

## Health and Safety Tips

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### Cold and Flu Prevention Reminders:



- Wash hands often with soap and water, especially after a sneeze or cough. When soap and water are not handy, alcohol-based hand sanitizer is an alternative.
- Cough and sneeze into elbow or sleeve.
- If using tissues, dispose of them appropriately and wash hands.
- Limit touching eyes, nose and mouth.
- Do not share drinking glasses, water bottles, mouth guards, cosmetics or eating utensils.
- If concerned that medical advice or care is needed, contact

HealthLink 811.

- Like any illness, should symptoms worsen, visit a doctor or clinic.

### Safety Lifting Method:

Manual lifting of objects or persons is a common work activity and that often results in injuries of the upper body. There is no single lifting limit, making it very important to assess whether a safe lift can be performed. In doing this, consider the distances of the lift, travel path, object or person characteristics (such as size, shape, texture and grasp features), and how many times the lift is required. The lifter's personal characteristics are also important to consider: strength, health, stamina, and lifting skill. Here are some key points to a safe lift:

- Always utilize lifting assistance and tools whenever possible!
- Get your body as close as possible to the object or person
- Keeping your feet about shoulder width apart for stability
- Bend at the knees and hips, not the waist!
- Maintain a long straight back through the lift, avoid twisting
- Never lift anything beyond your capability
- Minimize the amount of time, distance, or weight as much as possible

