

WORK SAFER



LIFESTYLE RISK FACTORS LIKE OBESITY, SMOKING, LACK OF PHYSICAL ACTIVITY, EXCESSIVE STRESS, AND INADEQUATE SLEEP CAN IMPAIR YOUR PERFORMANCE AT WORK, PUTTING YOU AND OTHERS AT RISK OF INJURY OR ILLNESS.



**GET ADEQUATE SLEEP!
ADULTS SHOULD GET 7-9 HOURS OF
SLEEP EACH NIGHT.**



**CONSUME A BALANCED DIET WITH A
VARIETY OF FRUITS, VEGETABLES, LEAN
PROTEINS, AND WHOLE GRAINS. AVOID
SUGARY SNACKS AS THEY MAY MAKE YOU
TIRED AND UNABLE TO FOCUS.**



**STAY UPDATED ON SAFETY PROTOCOLS
AND PROCEDURES RELEVANT TO YOUR
WORKPLACE.**

**ORDER SAFETY GLASSES ONCE PER YEAR
THROUGH TEHW!**



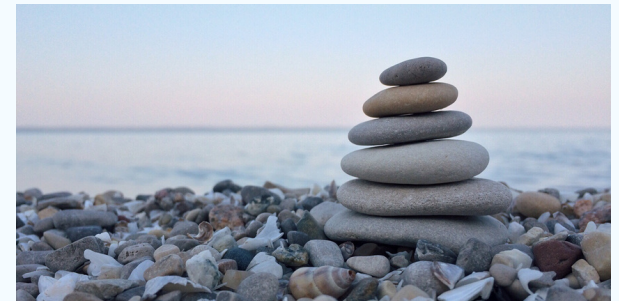
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**STAY HYDRATED AND DRINK WATER!
LIMIT THE INTAKE OF SUGARY AND
CAFFEINATED BEVERAGES TO AVOID
DEHYDRATION.**



**PRACTICE MINDFULNESS TECHNIQUES
TO IMPROVE FOCUS AND
CONCENTRATION.**



**ENGAGE IN DAILY PHYSICAL ACTIVITY TO
BUILD STRENGTH, ENDURANCE, AND
FLEXIBILITY.**



**FOSTER POSITIVE RELATIONSHIPS AT
WORK TO CREATE A SUPPORTIVE
ENVIRONMENT.**

