

S1138

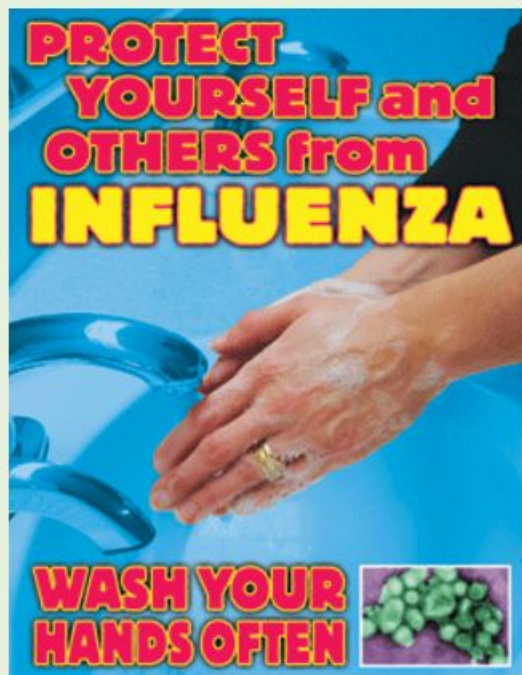


[zoom](#)

Available in: English

Keep your germs to yourself. Wash your hands often.

Adults as well as Kids don't follow the rules when it comes to risk prevention, so tell them. As the recent H1N1 influenza scare seemed relatively mild, will any future pandemics always be just a threat? Not so...don't take a chance, be well prepared. Use SafetyWorld's specific lists of family and business safety planning recommendations.



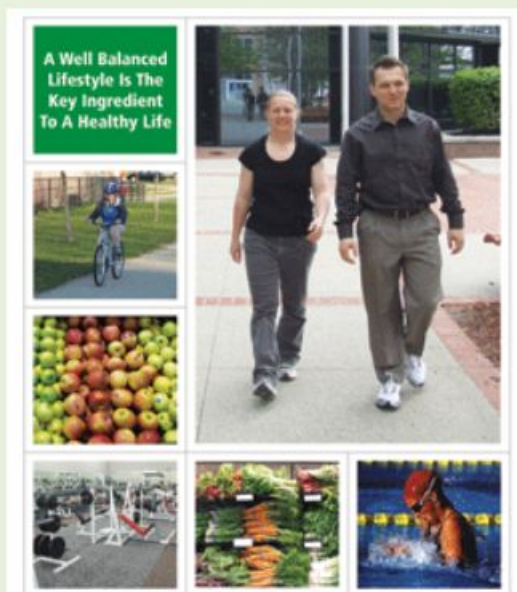
236

[zoom](#)

Available in: English

Pandemics – Including Influenza

Don't Put it Off, Get Vaccinated! H1N1 flu virus is causing panic in some areas, no worry in others. For the public it is a debate. For businesses time lost to debate is not an acceptable risk. What is known is that the H1N1 swine flu is affecting younger and healthier people; it's contagious and spreads when germs enter the nose, eyes, or throat. Want to gamble? Bet on a horse race.



HEALTH & WELLNESS

226

[zoom](#)

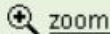
Available in: English

A balanced lifestyle is the key ingredient to a healthy life.

Believe it or not, people who adopt the four balanced life style behaviours live, on average, 14 years longer. Participation is the secret ingredient. This means your body functions best on a balanced diet to work as it was intended. Oh, so the four key ingredients are not listed here? The topic does, so study it.



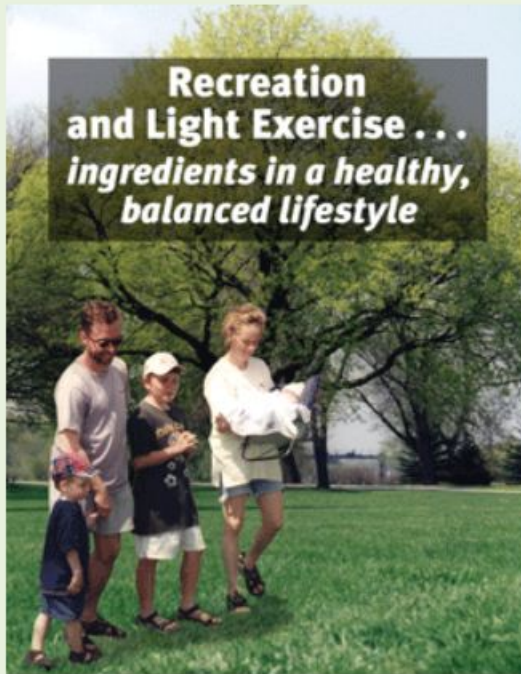
149



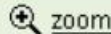
Available in: English

Eat light meals and drink plenty of water in hot conditions.

Increase your employees' understanding of why it is important to treat heat stress as a dangerous health hazard. It may not be possible to avoid heat stress, but knowing how to react to it is vital. Many heat disorder symptoms are listed, together with a considerable number of steps to KEEP COOL. A most important topic.



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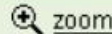
Available in: English, French

Recreation and light exercise...ingredients in a healthy, balanced lifestyle.

Today's media continually points out the dangers of calories, fats and salt ingredients in our foods, together with the lack of fibers. While not offering a dietary plan, the information here describes the foods we should eat and the suggested balance necessary to maintain a healthy body. Try it. You'll like it, as control over your diet improves.



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Available in: English, Spanish

A Healthy, balanced lifestyle promotes long-term health and wellness.

This topic questions whether we are healthier than our ancestors. It cites that many of today's illnesses are created through bad diets and lack of exercise. There is relief offered however, as it focuses directly on ways to combat today's seeming indifference toward improving a person's quality of life. Good health is not a by-product!

#S1138

Keep your germs to yourself. Wash your hands often.

**CLICK TO REQUEST
FREE SAMPLE**

Available in: English

KEEP YOUR GERMS TO YOURSELF



WASH YOUR HANDS OFTEN

KEEP YOUR GERMS TO YOURSELF



WASH YOUR HANDS OFTEN

Employee Safety Cards and Quizzes

Health and Wellness Employee Safety Cards match the poster theme of the month, and contain summary information to match your Safety Meeting Outline. The Health and Wellness Scratch Off Quizzes ensure everyone was paying attention. Like a lottery ticket, they create excitement in the safety meeting. When handed back in, they provide a record of who attended the session.



Employee Safety Card Size: 4 Pages Folded to 3.5'x5'
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Wall Posters

Place Health and Wellness Wall Posters at strategic points in your facility to publicize the theme of the month in a short visual message. 11' x 17' Safety Bulletin Posters go into more detail, offering valuable safety tips. We also have Frames available for all sizes.

Traditional Graphic Poster Sizes: 15'x20' and 11'x17'
Simpson Poster Sizes: 17'x22' and 11'x17'

Table Tents

Place Health and Wellness table tents in your lunch room and break rooms so your employees can read the safety message on their own time. One of the panels has the repeated topic graphic, and the other 2 sides have supporting text and images.



Size: 8' in height

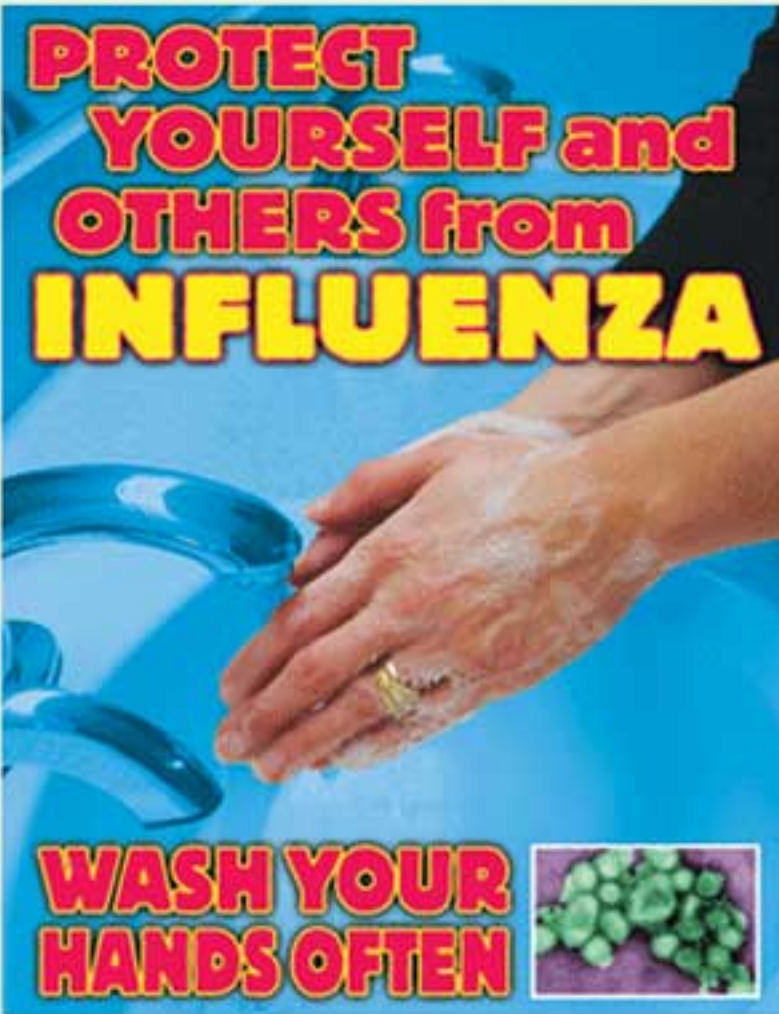
Safety Meeting Outlines

Safety Health and Wellness Meeting Outlines contain a complete guideline for your supervisors to run a productive and motivating meeting-step by step. There is space provided for you to customize and add your own notes. It will help you keep your meeting on schedule and on topic.



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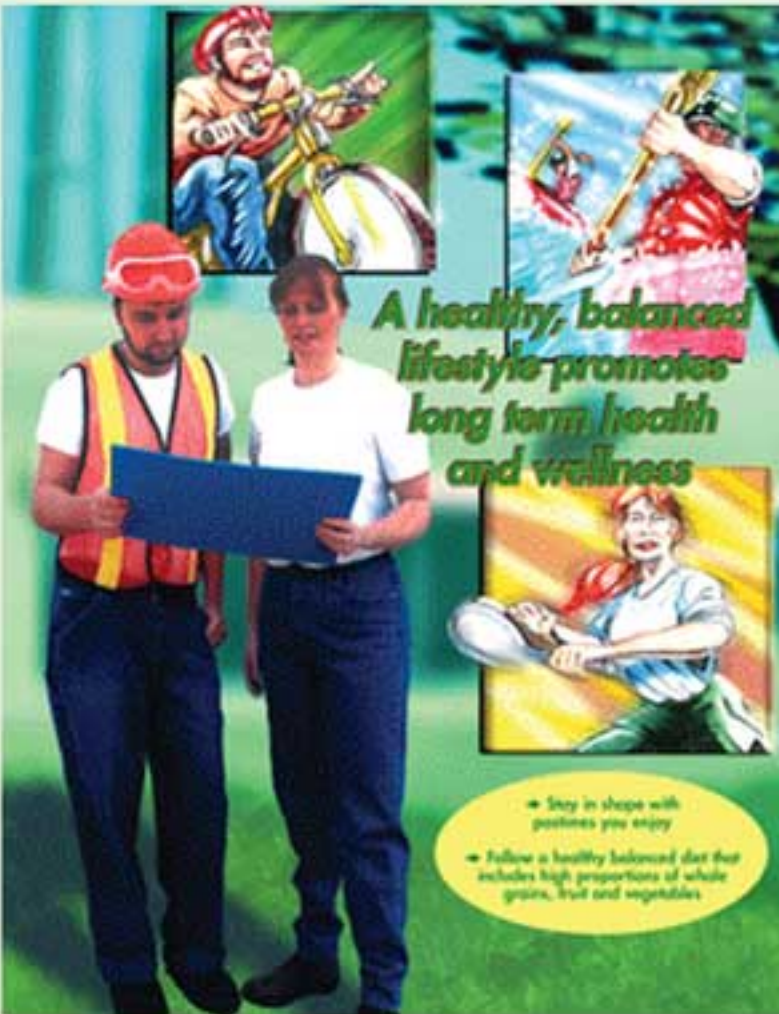
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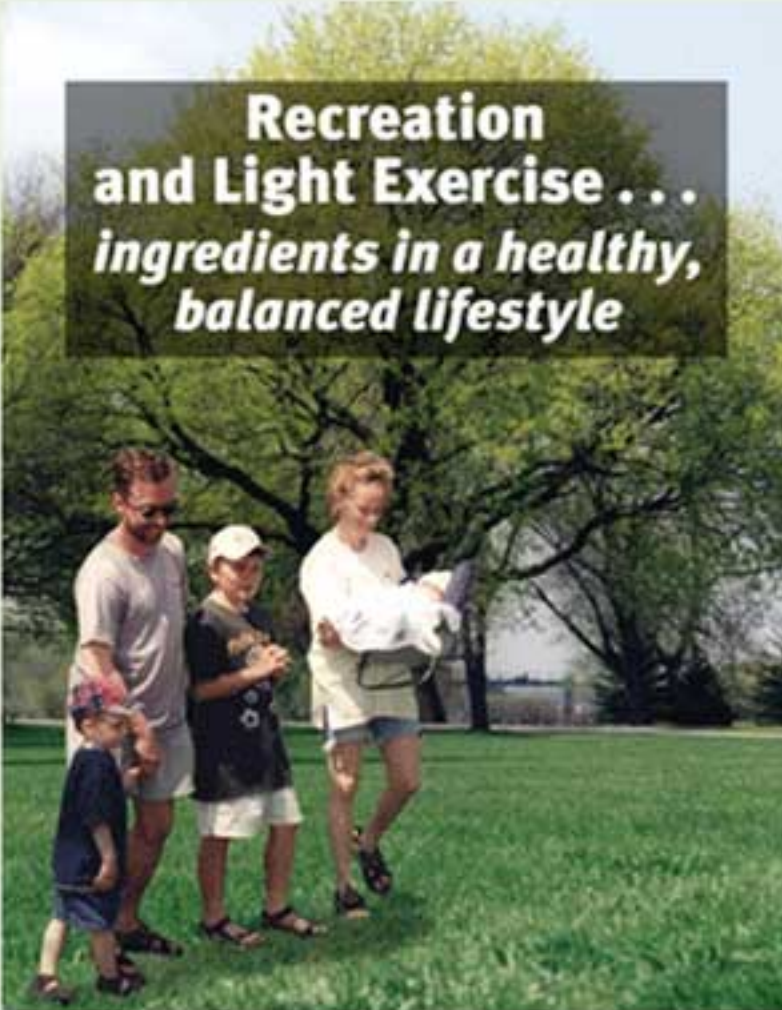
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Eat light meals and drink plenty of water in hot conditions



Eat light meals and drink plenty of water in hot conditions

Protect yourself from heat stress

What's wrong in this picture?

- Wear loose fitting, light-colored clothing
- Use a cooling fan
- When possible, shield yourself from heat sources in the workplace
- Wear a sun hat outdoors
- Take rest periods in a cool area
- Especially early in the season, work up to longer periods of exposure to heat. It takes several weeks to become acclimatized.
- Eat light meals containing plenty of fruit and vegetables
- Drink plenty of water—as much as a pint every twenty minutes.

Wouldn't this be a healthier meal for Lou?

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The Message Is Inescapable



www.worksafetyolutions.com.au

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