

WINTER 2024

CUPE 523 HEALTH AND SAFETY NEWSLETTER



OHS Mobile App



[https://www.worksafebc.com/en/about-us/news-](https://www.worksafebc.com/en/about-us/news-events/announcements/2022/December/bill-41-passes-into-law)

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STAY SAFE ON THE JOB: TIPS FOR PREVENTING COMMON WORKPLACE ACCIDENTS

- Wear proper personal protective equipment (PPE)
- Keep work spaces clean
- Encourage breaks
- Carry out regular risk assessments
- Don't take shortcuts
- Accident reporting
- Promote safety awareness and **education** with regular safety briefings and employee safety **training**.

Tips and Tricks to stay HYDRATED

- Experiment With How You Drink Water to Maximize Enjoyment
- Keep Track of Hydration With a Smartphone App
- **Don't wait till you're thirsty to drink.** By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.
- Set an alarm or reminder to drink water throughout your day.
- Keep a water bottle with you throughout the day.



"Workplace Ergonomics: How to Stay Comfortable and Injury-Free"

- Practice good posture
- Lift with your knees
- Adjust your monitor so it's at eye level
- Get a good chair
- While you are typing, keep your wrists straight

