

Safety Moments - 2016

(www.mun.ca/health_safety/training/Safety_Moments/Safety_moments.php)

Month	Topic	Title
January	Cold weather	Hypothermia and frostbite Protecting workers in cold weather Working in the cold Winter driving tips
February	Heart health	AEDs Be active! Canada Food Guide – fruits & vegetables Snow shoveling Cold weather safety tips for the home
March	Workplace health	Breathe easy Do you know what the symbols mean? (WHMIS) Physical activity is good for you Physical activity guidelines
April	Emergency management and National Day of Mourning - April 28	Emergency preparedness week Do you have your 72hr emergency kit? National day of mourning How will you prevent a death at work?
May	NAOSH week and risk	NAOSH Week Can you eliminate the hazard? Hunt for hazards Your OHS Committee is here for you Control your vehicle
June	Construction safety	Fall protection Ladder safety A damaged wire can start a fire Machine guarding
July	Summer safety	Lawn mower safety Heat stress Be safe by the water Get around using your own power
August	Personal protective equipment	Personal protective equipment Protect your feet Contact lenses Hard hats 101 Safety glasses
September	Workplace violence and mental health	Workplace stress Workplace violence Workplace violence prevention Feeling tired?
October	Fire prevention	Smoke alarm response time Fire prevention tips (electrical) Fire safety tips for the workplace Hear the beep where you sleep Liquids can cause fire
November	Communicable disease	The flu: Don't pass it on Hand washing The skinny on sharps Tips to prevent infections
December	Ergonomics	Check before you sit Repetitive strain injury Are you at risk of soft tissue injury? Think before you lift