



TOOLBOX

SAFETY TRAINING

Company _____ Location _____ Date _____

Vol 28 - No 14 HEALTHY LIFESTYLE

Providing a safe workplace begins with your being healthy and having a clear head at the beginning of each workday.

Try to have a good breakfast before beginning each day.

Get enough sleep so that you are clear headed on the job.

Avoid excess alcohol the night before you report to work. Don't expect to be able to stay out drinking until 2am and still get up early and function properly for a full days work.

Avoid illegal drugs that might impair your thinking or reaction time in the event of a situation that requires quick response by you.

Try to maintain a reasonable weight limit so as to protect you against heart attack and other health problems.

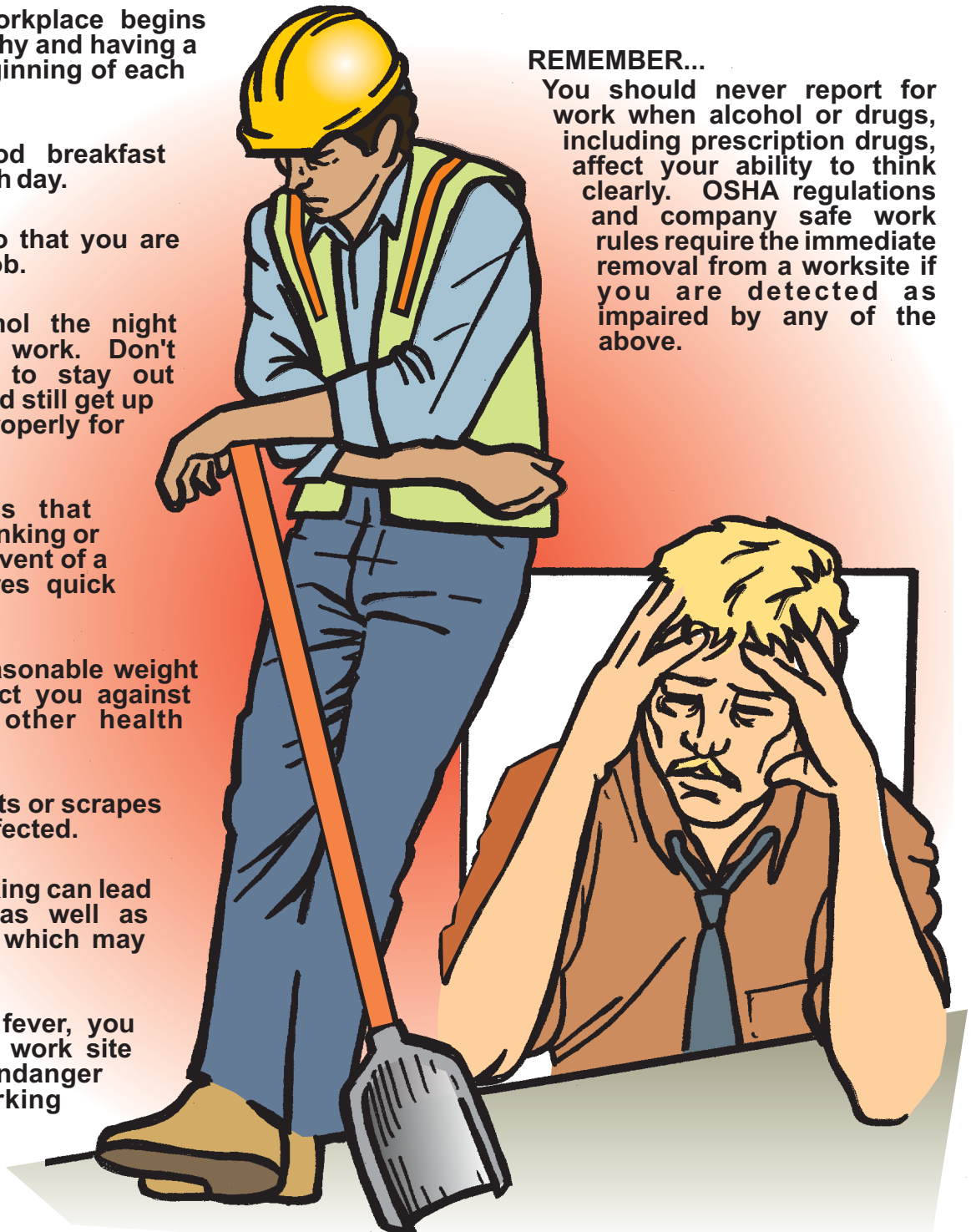
Take care of small cuts or scrapes that might become infected.

Remember that smoking can lead to many diseases as well as shortness of breath which may impede working.

If you have a high fever, you don't belong on the work site where you may endanger other persons working around you.

REMEMBER...

You should never report for work when alcohol or drugs, including prescription drugs, affect your ability to think clearly. OSHA regulations and company safe work rules require the immediate removal from a worksite if you are detected as impaired by any of the above.





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