

Safety Posters (2019)

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COLD OR FLU?

Cold Symptoms

- Low-grade or no fever
- Mild cough
- Sore throat is common
- Mild general aches & pains
- Mild fatigue"(weakness
- Sneezing"(stuffy nose common
- Headache uncommon



Flu Symptoms

- Sudden fever, often lasts 3+ days
- Prominent headache
- Extreme fatigue"(weakness. o c{ last weeks
- Severe aches & pains"
- Sneezing & stuffy nose"
- Severe cough and congestion
- Sore throat may occur

Prevention

- Prevent infection spread with handwashing
- Prevent infection spread with handwashing, vaccinations, & early treatment
- If fever is 101+ for more than 24 hrs, seek treatment

How long will cold & flu symptoms last?

- Fever & sore throat generally improve within 4 DAYS.
- Cough & nasal discharge may last 2 WEEKS or MORE.



Winter Driving Safety Tips

Remove Snow and Ice from vehicles before driving.

Make sure windshield wipers are in working order.

Ensure windows are defrosted.

Travel at a safe speed (Posted speed limit may not be appropriate for snow and ice conditions)

Leave a good distance between you and the car in front of you. Refrain from tailgating.

Leave space for snowplows.

Watch for pedestrians in the roadway.



<http://www.abingtonpd.org/wp-content/uploads/2018/01/Winter-Driving-Safety-Tips.png>

HOW TO DRIVE SAFELY ON ICY ROADS

- 1 Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
- 2 Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- 3 Turn on your lights to increase your visibility to other motorists.
- 4 Keep your lights and windshield clean.
- 5 Use low gears to keep traction, especially on hills.
- 6 Don't use cruise control or overdrive on icy roads.
- 7 Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
- 8 Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.
- 9 Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.



IF YOUR REAR WHEELS SKID...



- Take your foot off the accelerator.
- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
- If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

IF YOUR FRONT WHEELS SKID...



- Take your foot off the gas and shift to neutral, but don't try to steer immediately.
- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

<https://brandongaille.com/32-good-winter-driving-safety-slogans/>

Sources:
<http://www.weather.com/activities/driving/drivingsafety/drivingsafetytips/winterize.html#stranded>
<http://www.weather.com/activities/driving/drivingsafety/drivingsafetytips/snow.html>



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Profitable Internet Marketing



Spring Break Safety

Road Trip Safety Tips



KNOW YOUR ROUTE

Map your route out. Have a way to access the directions offline.



CHECK YOUR CAR

Make sure your car is working properly before going on a road trip.



TAKE BREAKS DURING LONGER TRIPS

If you're traveling with friends, take turns at the wheel to avoid one person driving the entire time.



WATCH FOR HAZARDOUS ROAD CONDITIONS

Recognize signs for construction sites and other surrounding hazardous conditions.



KEEP AN EMERGENCY KIT INSIDE YOUR CAR

Include flashlights, batteries, jumper cables, warning devices (i.e. flares) and a first-aid kit.



DON'T DRINK AND DRIVE

Always have a sober driver behind the wheel.

EVERY

31 MIN



SOMEONE DIES FROM
DRUNK DRIVING

THAT INCREASES BY
DURING SPRING BREAK 23%

1.5 MILLION STUDENTS

TRAVEL FOR SPRING BREAK ANNUALLY

traffic fatalities
increase during spring
break season by 9.1%



BERGENER
MIREJOVSKY

<https://i.pinimg.com/originals/f9/c3/80/f9c3800cd14f5d17342bbe3e4a6cb585.png>

STAYING
SAFE ON
SPRING
BREAK



Division of Student Affairs
UNIVERSITY OF FLORIDA

BE AWARE | BE CAUTIOUS | BE RESPONSIBLE | BE SAFE



http://gatorwell.ufsa.ufl.edu/images/uploads/health_comm/SpringBreakHeader-01.jpg



Practical Tips to Help You Keep Yourself, Your Co-workers and Your Campus Safe, Healthy and Secure!

INCREASED ACTIVITIES



INCREASE AWARENESS



A pedestrian is killed every two hours
and injured every 8 minutes in a traffic accident.



Never assume that a driver sees you!
Be visible at all times: wear bright clothing/reflective gear.



Always walk on sidewalks whenever available!
If there is no sidewalk, walk facing traffic.



<https://www.jmlawyer.com/es/blog/2013/06/10/everyone-pedestrian-safety-tips-pedestrians-and-drivers-0>

Pedestrian Safety Tips

- Make eye contact with drivers
- Avoid distractions like headphones or cell phones that will divert your attention
- Stay alert and look both ways before and during crossing

- Obey signs and signals and only use designated crosswalks
- Remain alert and help children cross the street safely
- Be noticed - wear bright clothing

How to Drive Safely Around Pedestrians

- Be alert - look for pedestrians and stop for them when they cross the street
- Don't pass stopped cars waiting on pedestrians - it's against the law and highly dangerous
- Slow down - the faster you are going the longer it takes to react and brake

- Follow signs and signals - stop on red, look right before turning on green and follow other traffic signals
- Avoid distractions - stay off the phone or anything else that may distract you from keeping your eyes on the road
- Drive sober - don't drive impaired

<https://zerofatalitiesnv.com/sidewalk-decals-installed-to-deter-jaywalking/>

EYE STRAIN

- ◆ LOWER PRODUCTIVITY
- ◆ WORK ERRORS
- ◆ HEADACHES
- ◆ EYE TWITCHES
- ◆ DRY, RED EYES

<https://blog.rendia.com/healthy-eye-tips>



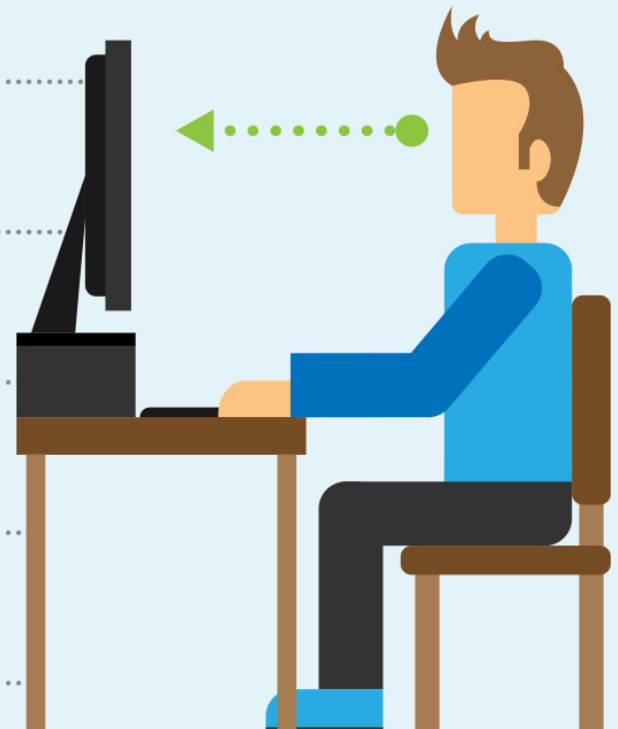
PROPER COMPUTER POSTURE



- Computer monitor not at eye level
- Sitting forward too close to the screen
- Back is bent forward and shoulders are up tight
- Forearms are bent and not parallel to the floor
- Feet are not touching the floor



- Monitor is at eye level
- The computer screen and keyboard are about a foot and a half away
- Sitting upright with neck and shoulders relaxed
- Forearms are parallel to the floor
- Feet are flat on the floor or on a footrest



https://www.digitalcare.org/wp-content/uploads/2016/09/Office-Ergonomics-Infographic-DigitalCare.org_.jpg

<https://www.allinahealth.org/healthysetgo/singlearticle.aspx?id=36507245895>

THE 20-20-20 RULE

to reduce the effects of digital eye strain



Take a break
for 20 seconds...



...and look at something
20 feet away...



...every 20 minutes.

TIPS FOR WORK SAFETY

Staying **healthy and safe** at work is important. No matter what your job, it is important to reduce your risks of injury and illness at work.



UNDERSTAND THE RISKS

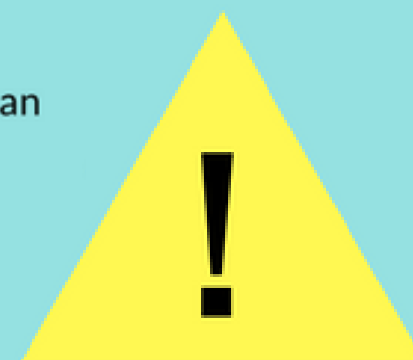
Once you know the particular hazards of your workplace, you can take steps to reduce your risks of work-related injuries or illness.

REDUCE WORKPLACE STRESS

Common causes include long hours, heavy workload, job insecurity and conflicts with coworkers or superiors. Stress can lead to depression, sleeping difficulties and having trouble concentrating.

TAKE REGULAR BREAKS

Staying fresh and alert will help you avoid burnout and injury. Schedule the most difficult tasks of each day for times when your concentration is the best, such as first thing in the morning. And of course, consult your cup of coffee for caffeinated help.



AVOID STOOPING

User ergonomically designed furniture and equipment, and rearrange your work-space so that everything you need is within your reach.



USE MECHANICAL AIDS WHENEVER POSSIBLE

Instead of trying to lift or carry heavy objects, use a wheelbarrow, conveyor belt, crane or forklift.



PROTECT YOUR BACK

If you do need to pick up and carry heavy objects, keep the load close to your body and remember; lift with your knees!

WEAR PROTECTIVE EQUIPMENT TO SUIT THE TASK

If worn correctly, gear such as earplugs, earmuffs, hard hat, safety goggles, gloves or full-face mask, these can dramatically reduce your risk of injury.



STAY SOBER

Alcohol and drugs are a contributing factor in around 3% of workplace fatalities. Do the right thing - don't become a statistic.

VOICE ANY CONCERNS

Your employer or human resources manager need to be informed about hazards and risks. Your employer is legally obliged to ensure a safe working environment.

<https://www.inxsoftware.com/news/10-tips-for-work-safety-infographic/>

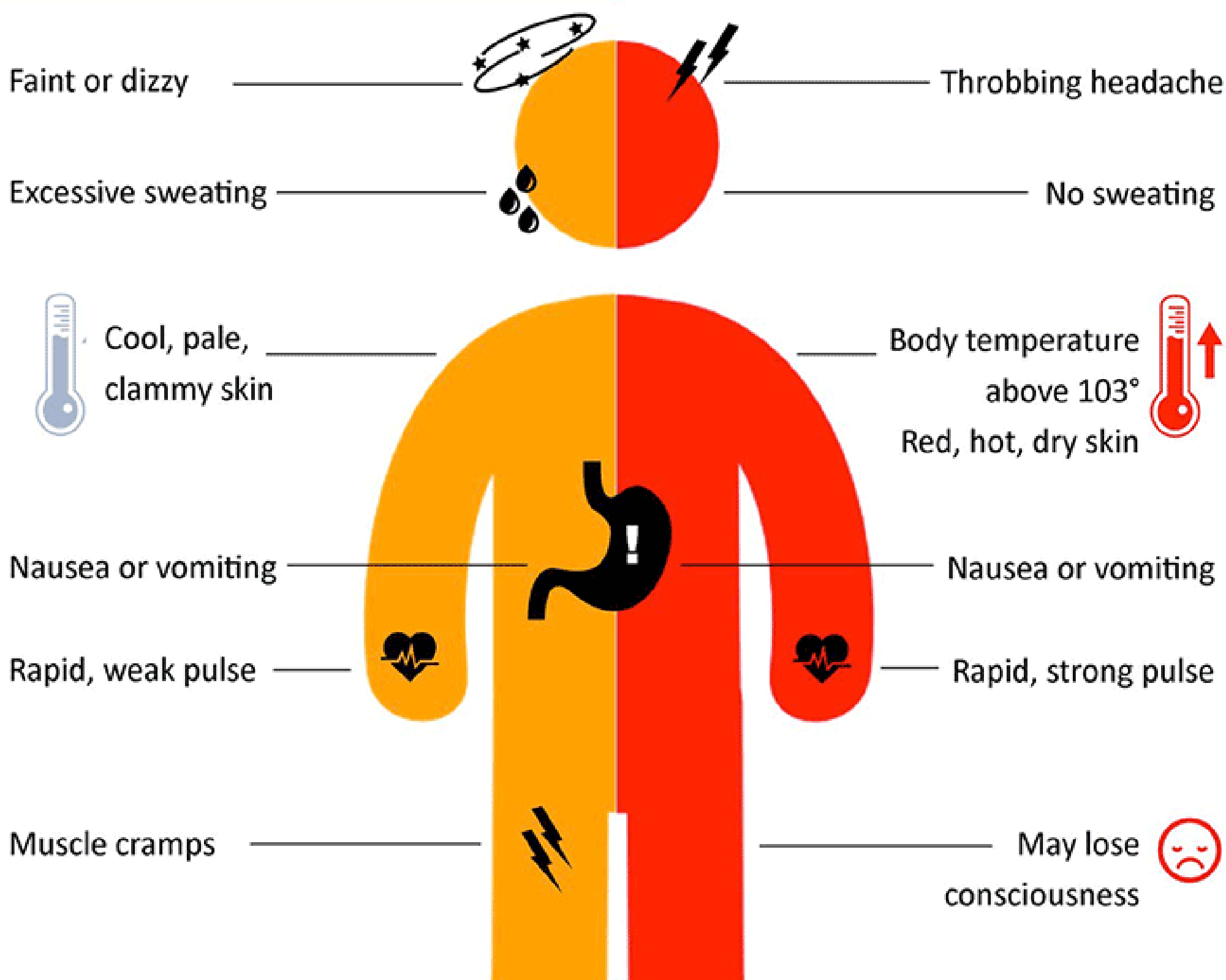
HEAT EXHAUSTION

WHAT TO WATCH FOR

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

PROTECT YOUR EYES *from the Sun*



1 in 4 Americans rarely or never wear sunglasses, leaving eyes at risk



2 in 3 Americans leave eyes unguarded on cloudy or rainy days



40% of UV exposure occurs when we are **NOT** in direct sunlight

3 in 10 Americans don't protect their eyes in the winter, when UV rays are still present



The dangers of unprotected UV exposure are underrecognized:

- Sunburned eyes (58% don't identify connection)
- Cataracts (65% don't identify connection)
- Age-related macular degeneration (65% don't identify connection)



REFLECTED UV LIGHT IS JUST AS DAMAGING AS DIRECT UV



WATER
REFLECTS UP TO
100%



SNOW
REFLECTS UP TO
85%



DRY SAND & CONCRETE
REFLECT UP TO
25%



GRASS
REFLECTS UP TO
3%





Practical Tips to Help You Keep Yourself, Your Co-workers and Your Campus Safe, Healthy and Secure!

SAFE MEDICINE DISPOSAL



1 Cross out or remove personal identifying information from the medicine bottle.



OR



2 Leave the product in its original container or place solid medicines in a sealed plastic bag.
If transferring medications to a sealed bag, please be sure to recycle all remaining packaging



3 Drop off Medications in the kiosk. Kiosks are located in the lobbies of Goodhue Hall and the UW Credit Union.



Check the Label
Once a medicine has reached its expiration date, it may not provide the treatment that you need.

OR

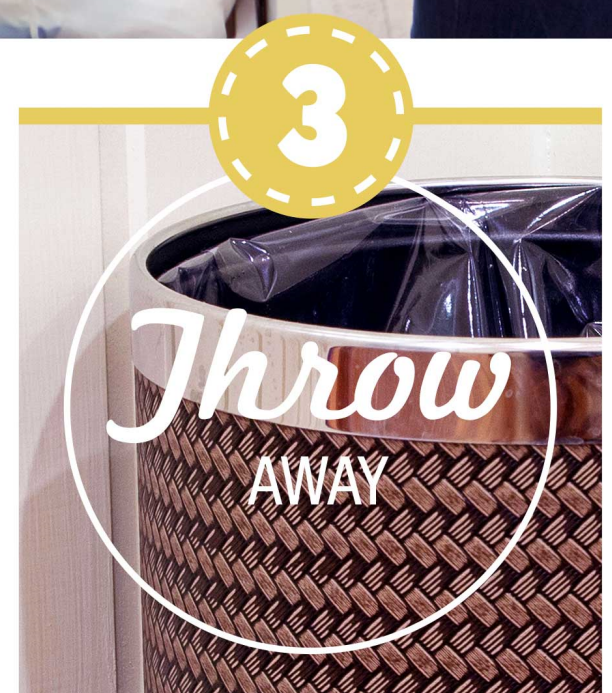
Follow these simple steps from the U.S. Food and Drug Administration (FDA) to dispose of OTCs in your household trash:



Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as used coffee grounds or kitty litter.



Place the mixture in a container such as a sealed plastic bag.



Throw the container in your household trash.



OCTOBER IS FIRE PREVENTION MONTH

Be Aware & Stay Safe!



20%

of homes have smoke detectors that **do not** work or are missing batteries.



Replace batteries **twice a year** and keep alarms free of dust.

2x

Working smoke alarms can **double your chances of survival** in a fire.



Smoke alarms should be installed on **every floor** of your home.



KNOW THE RISKS

10

There is a house fire **every ten seconds** in the U.S.



Cooking is the **leading cause** of house fires.

30

Home fires can spread in as little as **thirty seconds**.



More than **15,000** fires a year are started by clothes dryers. Clean the vents at least once a year.



Make sure that your family has a **fire escape plan** for your home and practice it regularly.



Remember: If there's ever a fire, **GET OUT, STAY OUT** and **CALL** for help.

MAINTAIN YOUR ELECTRICAL SYSTEM

<http://www.shaftonvfd.org/fire-safety.html>



Electrical fires can be caused by: broken wires, wire insulation drying out, loose switches or receptacles, and overheating caused by dirt and oil.



Get your electrical system checked by a licensed electrician **every four years**.



Faulty wiring is the number one cause of electrical fires. **The warning signs?** Flickering lights; breakers that always trip; fuses that blow; a burning smell when you plug in appliances; outlets and switches that spark; and discolored wall outlets.



COLD OR FLU?

Cold Symptoms

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- Mild cough
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Prevention

- Prevent infection spread with handwashing
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- If fever is 101+ for more than 24 hrs, seek treatment

Where can I get a flu shot on campus?

- Flu shots available at Ambrose Health Center. Walk-in vists are welcome! Flu shots also available November 13 at the Andersen Library: 11am-1pm
- Students - \$10 Staff - \$15

WINTER DRIVING SAFETY



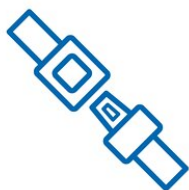
SEVERE WEATHER DRIVING: DOs & DON'Ts



DO SLOW DOWN



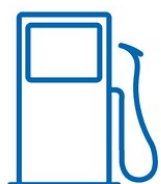
DON'T USE HANDHELD DEVICES



DO WEAR YOUR SEATBELT



DON'T USE CRUISE CONTROL



DO FILL YOUR GAS TANK



DON'T DRIVE UNLESS NECESSARY



DO REMOVE ALL SNOW AND ICE FROM YOUR VEHICLE



DON'T DRIVE UNDER THE INFLUENCE OF ALCOHOL/DRUGS

https://farm5.staticflickr.com/4693/39443819592_d8fd01f347_k.jpg

<https://munley.com/tips-sharing-road-snow-plow/>

