

Health & Wellness Tip of the Week

Week 15 April 10, 2017

April is all about **Workplace Safety**

It is the perfect time to remind everyone about the importance of following proper safety procedures and staying safe while at work.



Protect Your Head with Simple Steps

Head injuries in the form of concussion or other traumatic brain injury (TBI) can range from mild to life-threatening. There is a lot you can do to steer clear of concussion and other forms of TBI. Here are a few tips:

- 🎯 Wear a helmet or hard hat when you are taking part in anything where you could get hurt or fall.
- 🎯 Never drink or use drugs and drive
- 🎯 Remove tripping hazards in the home or workspace. Clean up dangling power cords and clutter on the floors such as tools. Secure rugs that slip or loose carpet on the stairway.
- 🎯 Wear seat belts when riding in or driving a motor vehicle.
- 🎯 Protect children in cars according to their height, weight and age.
- 🎯 Don't walk through dark rooms or hallways where you can't see what's in front of you.

Sources: U.S. consumer Product Safety Commission; Centers for Disease Control and Prevention

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