

## End of Year Safety Tips

With the end of another school year fast approaching we all need to remember to work safe to prevent injuries to ourselves and others.

Here are a few suggestions:

- Bend your knees and lift with your back straight. Keep the load close to your body and do not twist.
- Wear proper gloves when handling objects with sharp edges (metal, glass) or slivers.
- Use dollies or carts to move heavy loads, and ask for help.
- Warm up your muscles before you lift or carry heavy objects.
- Make several trips...do not attempt to carry one large load, make several trips with smaller loads.
- Do not over fill boxes or garbage bins with paper or books. The excessive weight increases risk of injury.
- Ensure you continue to work safety at the end of the year.. eg. use your stool or ladder when taking down bulletin boards.
- Often at the end of the year it is extremely hot within the school, remember to drink plenty of fluids, and take frequent breaks when clearing out your classrooms.
- Continue to report any hazards to the appropriate Health and Safety Representative.
- Continue to practice safe work practices outside of work...and have a safe summer.

**Safety**- whether at work, at home or at the cabin working safe and using the same safety principals used at work will keep you safe to enjoy your recreational activities all year.