

Safety FOCUSED

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Avoid Getting Sick at Work

While it may be difficult to avoid germs at work altogether, you can use the steps in this article to help lower your risk of getting sick.

Parking Lot Safety Tips

Slips, falls, auto accidents, theft, harassment and assaults are just some of the risks individuals face while using parking lots. Read on to learn some parking lot safety tips.

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A monthly safety newsletter from



Avoid Getting Sick at Work

It can be difficult to avoid getting sick at work, particularly if you work in close quarters. While you may not be able to avoid germs altogether, the following tips can help reduce your risk of getting sick:

- **Wash your hands.** Germs can cling to many surfaces in the workplace, including elevator buttons, doorknobs and refrigerator doors. To protect yourself from illness, it's important to wash your hands regularly, especially before you eat or after you cough, sneeze or use the restroom.
- **Keep your distance.** Illnesses like the cold or flu can spread even if you aren't in close contact with someone. In fact, experts say that the flu can spread to another person as far away as 6 feet. If you notice a co-worker is sick, it's best to keep your distance.
- **Get a flu shot.** Yearly flu shots are the single best way to prevent getting sick. Contrary to popular belief, flu vaccines cannot cause the flu, though side effects may occur. Often, these side effects are minor and may include congestion, coughs, headaches, abdominal pain and wheezing.

In addition to the above, it may be a good idea to avoid sharing phones, computers and food with your co-workers during flu season. Together, these strategies should help you stay healthy at work.

Parking Lot Safety Tips

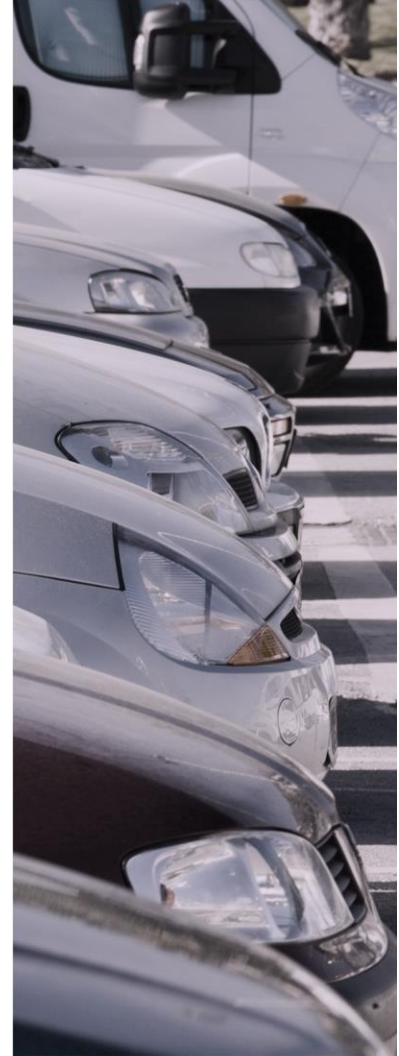
Parking lots are common hazards for drivers and vehicles alike. Slips, falls, auto accidents, theft, harassment and assaults are just some of the risks individuals face while using parking lots.

Even the parking lots and garages at your place of employment can be dangerous. Thankfully, there are simple and effective precautions drivers can take to protect themselves and their vehicles:

- Park in a well-lit area, preferably one with surveillance cameras and security patrol services.
- Avoid parking near shrubbery or other areas that could conceal attackers.
- Park as close to an exit as possible when using garages.
- Lock your doors when leaving your vehicle.

- Remain vigilant, and notify security or the authorities if you notice any suspicious behavior.
- Lock all of your valuable items in your trunk and out of sight. Avoid leaving purses or wallets in your vehicle.
- Walk confidently when leaving or returning to your vehicle. If you notice a potential threat, proceed to a safe place, like a public building or store.
- Use the buddy system, and walk to your car with a co-worker.
- Have your car keys ready when you near your vehicle.

Staying safe can be easy as long as you're cautious and mindful of your surroundings.



AVOID SLIPS AND FALLS IN PARKING LOTS

- » WATCH OUT FOR UNEVEN SURFACES, CURBS AND POTHOLES.
- » BEWARE OF ICE DURING COLDER MONTHS.
- » STAY IN WELL-LIT AREAS.
- » WALK, DON'T RUN.

