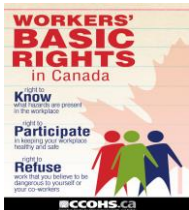


# NU Monthly Safety Newsletter

November 2022

## Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



## Signs of Addiction:

- Change in personality or behaviour.
- Changes in energy level.
- Change in appearance e.g., bloodshot eyes.
- Lack of concern for personal hygiene.
- Change in habits, friends, and activities.
- Odd mannerisms like shakes, slurred speech etc.
- Increased illness and change in weight.
- Extreme mood changes.



## Tips on how to prevent Addiction:

- Understand how addiction develops.
- Practice healthier living habits.
- Avoid temptations and peer pressure.
- Establish a belief system.
- Recognize strengths and weaknesses.
- Establish and achieve goals.
- Find the support you need.

