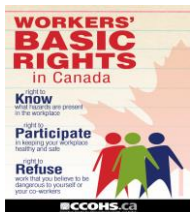


# NU Monthly Safety Newsletter

April 2023

## 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.



## Staying Healthy at work Tips:

- Stay hydrated.
- Maintain proper hand hygiene.
- Get sufficient night sleep.
- Utilize good posture.
- Learn stress management techniques.
- Maintain a clean workspace.
- Incorporate some exercise into your day.
- Don't forget to take breaks.

## TIPS TO STAY HEALTHY AT WORK



WASH HANDS REGULAR

KEEP CLEAN AND HYGIENIC WORK SPACE



USE STEPS INSTEAD OF LIFT

MANAGE STRESS PROPERLY



KEEP CLEAN AND HYGIENIC WORK SPACE

## How to be more active during the workday:

- When you take a break, move to a different area and stretch versus sitting in place.
- Wear comfortable shoes or leave a pair of comfortable shoes in your office.
- If you sit on a desk, make it a habit to move or stand up, march in place or pace in a circle.
- Take the stairs instead of the elevator.

## HOW TO BE MORE ACTIVE AT WORK



Take **REGULAR BREAKS** from sitting by standing up every 30 minutes



Take the **STAIRS** instead of the lift



**STAND UP** or **PACE** whilst on the phone



**WALK OVER** to speak to colleagues instead of emailing them



**KEEP HYDRATED** for frequent toilet trips



**LIMIT** screen time to stay active



Hold a **WALKING** or **STANDING** meeting



Try a **SIT-STAND** desk



**MOVE AWAY** from your desk at lunchtime