



Staying safe

at work so I can relax at home.



SUIT UP

Ensure you are wearing the appropriate personal protection equipment for your job role and work environment.



WARM UP & STRETCH

Whether you have a physically demanding role, or a desk job, warm up and stretch appropriately before you begin your shift such as taking a five to 10 minute walk.



Ergonomics

Is your workstation set up to ensure your comfortable? Check your computer screen is at eye height, your keyboard, mouse and phone are within easy reach and your feet comfortably touch the floor.

Identify your risks

Avoid painful muscle strains and injuries by lifting and moving items correctly around the workplace.



MAINTAIN A HEALTHY LIFESTYLE

All the factors relating to a healthy lifestyle affect each other and contribute to preventing injuries in the workplace:



Get some rest

Managing fatigue is important to making sure you're alert and able to adequately perform your job. Prioritise getting a good sleep by getting somewhere between the recommended seven to nine hours each night.



Fuel your body

Improve your energy levels by eating regular, healthy meals. If you're working shifts, plan your meals for your body clock including breakfast, lunch and dinner. The food you eat has a significant impact on the way you feel, your energy levels and how well you sleep.



Move it

Exercising for the maintenance of good health is really about helping your metabolism to run at its optimal speed. National health guidelines recommend that you complete 30 minutes of exercise most days of the week.



Heads up

All jobs and workplaces have stressors and risk factors that can impact on your mental health. Many studies have shown that regular physical exercise and relaxation can help to maintain good mental health. If you're having a hard time don't let it overwhelm you – talk to your family, friends, colleagues, manager or supervisor.