

\*\*\*Please sign in on back, and submit to Luke Jackson in HR\*\*\*



### **July 2020 SAFETY TALK – HAZARDS OF RETURNING TO WORK AFTER BEING AWAY**

There are many hazards associated with an unfamiliar work environment. Many of you might have found yourself working from home in recent weeks. Others might have continued working on campus, but been redeployed to other departments and/or assignments. Because of this, upon your return there could be hazards associated with that time away.

#### Ask yourself, or amongst your department:

- Have you had an initial safety meeting as a department to address hazards or concerns?
- Is the work environment (shop/office/hallways/lighting) clear and free of obstruction?
- Are you focused on the task at hand or distracted by variables outside of work?
- Did you make sure all safeguards are in place before beginning work?
- Do you and coworkers have the appropriate PPE (personal protective equipment)?
- Are you looking out for your coworkers?
- Stop work and inform supervisor if hazards need addressed

#### Here are some safety tips in hopes to prevent workplace injuries upon returning to regular duties:

- Consider how and/or why injuries are more likely to occur on the first day back to work
- Take the time to ensure you are taking necessary steps to avoid injury, especially during the first few hours back to work
- Make sure to stretch before moving items, and use proper lifting techniques
  - Avoid overfilling boxes which can lead to strain injuries
- Watch where you are walking and avoid “texting and walking”