|  |  |
| --- | --- |
| SAFETY  TIP OF THE MONTH | Physical preparation  * Establish pre-crisis sleeping patterns * Re-engage a healthy diet (vegetables, water, proteins) * Start increasing daily activities – keep an active schedule * Increase exercises and stretching routines * Consider Yoga in the morning and evening at home * Take walks to keep circulation and stamina levels up * Warm up prior to work * When at work stretch during breaks * Take micro-breaks throughout the day to avoid over-exertion * Break up larger tasks into manageable action items if overwhelmed * Continue with frequent hand washing * Maintain social distances per company requirements * Stay hydrated throughout the day * Limit screen time |
| **SAFETY REBOOT –  bACK TO WORK**  We are all anxiously awaiting to get back to a normal routine. But many of us have lost sight of the pre-crisis rituals and normal business disciplines.  When you think about returning to work, or about working in general, you may find yourself worrying about how you are going to re-engage in a NEW normal.  You may be worried about how you are  going to be able keep up with your job demands, whether you are going to make mistakes and the possible exposure to an infectious disease.  These anxieties are normal and our organization is here to support you in this transition back to work. We have prepared an extensive exposure mitigation plan as well as have developed a few safety tips to help successfully ease our team back into their job.  Your safety and well-being are our priority and we will continue to make every effort to keep your staff and community safe. |
| **FOUR TIPS TO RETURN TO WORK**   1. Re-engage your sleeping pattern 2. Re-engage a healthy diet 3. Stretch throughout the day to increase bloodflow and stamina 4. Ask for help. We are here to support you. | Emotional & Mental Preparation  * Talk with your family about returning to work and lean on their support (options for support include family, friends, pets & professional) * Meditation can help calm the mind and provide balance * Break up larger tasks into manageable action items if overwhelmed * Discuss concerns/ideas openly with employer, you are not alone * Plan for and visualize solutions to concerns * Prepare yourself for possible changes in processes and procedures * Talk to your family about returning to work * Talk to your co-workers/friends about returning to work |

*Training Attendance Form*

|  |  |  |
| --- | --- | --- |
| **Company Name** |  | |
| **Date / Time:** |  |  |
| **Instructor:** |  | |
| **Training:** | **Safety Re-Boot** | |
| **raining**  **Objectives:** | * Discuss anxieties on returning to work * Discuss employer mitigation practices * Review physical preparation best practices * Review emotional and mental preparation best practices | |

|  |  |
| --- | --- |
| **Print Name** | **Signature** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |