



TODAY'S SAFETY TALK – TRAINING SESSIONS TO PREVENT INJURIES AND INCIDENTS

TAKE A MINUTE FOR YOUR SAFETY

COLD AND FLU PREVENTION

Cold and Flu Prevention

Colds and flus can run swiftly through our families and work groups. These illnesses can lead to time away from work, irritability or more serious effects. Fortunately, there are some steps we can take to help reduce the chances of catching or spreading a cold or the flu to others. So please pay attention; your health and safety is important to us.

Hand Hygiene

Hand washing is the single most effective practice people can do to prevent diseases. Unfortunately, many people either do not wash their hands or do not do so effectively. We should wash our hands before eating, and after using the toilet, blowing our nose, coughing, sneezing, touching garbage or public touch points like door handles and handrails. It is good to wash hands both before and after preparing food or when caring for an ill individual.

According to the Centers for Disease Control and Prevention (CDC) to wash properly people should: [*Instructor Prompt: Consider demonstrating in front of the class with soap or hand sanitizer*]

- Wet hands with clean, running water (warm or cold), then turn off the tap and apply soap.
- Lather hands by rubbing them together with soap. Lather the backs of your hands, between fingers and under nails.
- Scrub hands for at least 20 seconds, consider humming the happy birthday song to yourself from beginning to end twice to approximate 20 seconds. Many people scrub or rub their hands too quickly.
- Rinse your hands under clean running water.
- Dry your hands using a clean towel or air dry them.
- Use hand sanitizer if soap is unavailable.
 - Apply hand sanitizer to palm of one and apply through all surface of the hands and continue rubbing hands together until they are dry.

Respiratory Hygiene or Cough Etiquette

Cough etiquette refers to the practice of covering your cough or sneeze to prevent disease transmission. This should be done when coughing or sneezing.

Ideally you cover your mouth and nose with a tissue when coughing and sneezing, dispose of the tissue after use and wash hands.

If a tissue is unavailable, cough into the back of your elbow or sleeve, not your hand. Again, wash your hands when able.

If you cough into your hands by mistake be sure to wash your hands promptly; avoid touching your eyes, nose or mouth until you wash your hands.

[*Instructor Note:* Several locations, such as hospitals or public health offices, may offer face masks to visitors to help minimize the risk of illnesses spreading to others. If this is available in your facility be sure to mention it as an option.]

Disinfectants

Keyboards, computer mice, door handles, railings and phones are common transmission points for germs. These should be regularly disinfected when possible, particularly during peak cold and flu season.

When using any disinfectant, be sure to follow appropriate product directions and personal protective equipment, such as gloves or eye protection if warranted. Please remember that disinfectants may not kill all germs.

Vaccination

To help prevent the flu, the CDC recommends the flu shot for everyone 6 months old and older with rare exceptions. These are offered every year at a variety of locations at low to no cost, depending on your insurance.

Staying Home

When sick with communicable illnesses, such as the flu (influenza), it is best to stay home, not only to care for yourself but to be avoid bringing the illness into the workplace and spreading it to others. [*Instructor Prompt:* Explain how employees can take sick days, how the policy works, etc.]

TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

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DATE OF TRAINING: _____ PRESENTER: _____

TOPIC(S): _____

Print Name

Signature

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