SEVEN-DAY SAFETY CHALLENGE

Enjoy a sun safe stroll
- Review the Health Canada Sun Safety website, forecast, and UV index
- Time your hike for morning or late afternoon; wear the right gear and stay hydrated!

Do a hazard assessment of your workspace
- Identify, assess, and control hazards (like cords, tripping hazards, etc.)
- Hunt for hazards online: play with your family!

Get ready in case of fire
- Review the Health Canada Fire Safety website; prepare & practice a fire escape plan
- Check your fire extinguisher and take the training

Take the training
- Take an afternoon to complete EHS training; try the **Supervisory EHS Professional Development course** and **Working Safely at the University of Alberta**

Reduce the strain
- Take the EHS Ergonomics online course
- Complete the [ergonomics self-assessment tool](#) for office set-up tips

Equip your kit
- Build a first aid kit using the list provided by the Canadian Red Cross
- Is there a trained first aider in your house? Find a course & add the app to your phone

Take a road trip (safely!)
- Do a walk-around inspection of your car
- Build a [roadside emergency kit](#) & store it in your vehicle