

Tools For Life – Weekly Health & Safety Meeting



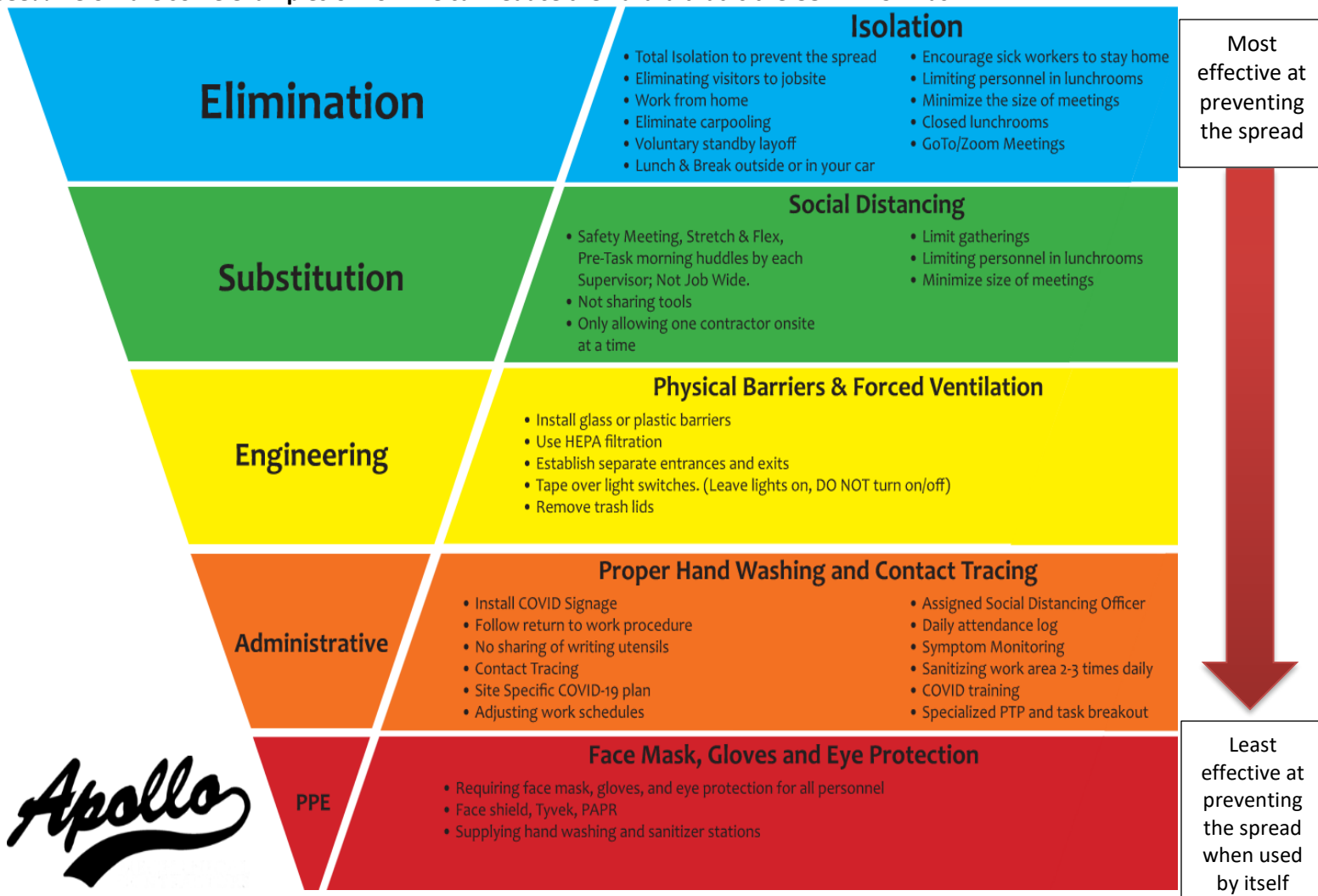
Home Healthy - Home Safe

February 2021

Hierarchy of Controls with COVID

Every day, we make decisions based on split second ‘hazard assessments’ that happen whether we actively think about them or not. Blame biology! We are hardwired to survive. To accomplish this, it is important to identify hazards and do something to mitigate them before they cause harm. Up until March of 2020, it was as simple as looking both ways before you crossed the street or thoroughly planning your work for the day. But for almost a year we have been battling a hazard we can’t see. The COVID-19 virus.

The hierarchy of controls is intended to identify and control hazards before they cause harm. ‘Controlling a hazard’ is safety talk for either removing or reducing a hazard’s ability to cause harm. In a perfect world we’d remove the hazard forever. In everyday language, “controlling a hazard” is a way to make the workplace safer. So how do we control a hazard we can’t see?? Below are some examples of how we can reduce the hazard that is the COVID-19 virus.



Discussion points: What additional controls can you use to mitigate the COVID-19 hazard in your workplace?

HEALTHY REMINDERS: Vitamin D is as important as calcium in determining bone health. Vit D may be obtained by sun exposure, food and/or supplements. Drinking at least 5 glasses of water a day can reduce your chances of having a heart attack by 40%.