

# SafetyToolboxTalks



## BRIESER CONSTRUCTION COMPANY SITE SAFETY MEETING - TOOL BOX TALK

### FLU PREVENTION 2010-11

Right about now in the early month of October we find ourselves in a change of season where it is starting to get a bit cooler outside. This means it is prime allergy and germ spreading season, which also means more sneezing, coughing, and germ spreading as well. Any type of germ spreading can ultimately lead to Influenza, better known as the flu.

The flu is a serious contagious disease that can lead to hospitalization or even death if serious enough. In the past year of 2009 a new flu virus called H1N1 spread worldwide causing the first flu pandemic in more than 40 years. We must take caution and practice the following actions to protect and prevent ourselves from Influenza on the jobsite:

- A yearly flu vaccine is the first most important step in protecting any viruses.
- People at high risk of flu complications include children, pregnant women, people with chronic health conditions, diabetics, and adults older than 65. So remember vaccination is very important and the first step to prevention.
- When foreman provide drinking water on the jobsite a good idea is to buy a case of bottled water and put it in a jug of ice rather than filling up the jug with water. This way no one is drinking out of the same container and the bottle is sealed to prevent less touching and sharing of the same container. But if you do decide to j
- Coolers should be sealed to prevent contamination and dust/germs from entering inside the cooler. Also make sure you have a supply of clean single use cups as well as a trash container, and dipping water or ice out is prohibited. Lastly remember to refill and clean before and after each day of use.
- Wash your hands before break time or lunch. All job sites should provide a restroom with some type of hand cleaner. If not it is a smart idea to carry some hand sanitizer of your own to use before you eat anything. Also make sure you are washing up after work. You do not want to bring any germs home to your family.

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- Cover your mouth and nose with a tissue rather than your hand when you cough or sneeze. Do not reuse tissue.
- Keep your lay-down areas clean and mess free. Break areas tend to get a lot of food crumbs and spills over time. This can lead to insects or even mice that carry many germs that we need to stay free from.
- Wiping down the tables, sweeping the floor under tables, and changing the garbage frequently are important steps to keeping away unwanted visitors.

So remember these are a few of the many ways to prevent germs and flu viruses so be smart this flu season and help prevent the spreading of germs as much as possible.

