1. **Fire** (i.e. what to do if one happens)
* If it is small, try putting it out with a fire extinguisher
* If it is bigger, call 911 and evacuate the building



1. **Burns/Scalds** (i.e. how to treat)
* Immediately place the burned skin under cold water
* Apply Polysporin to the wound

 

1. **Chemicals**
* Pay attention to warning labels
* Waft to smell, don’t sniff



1. **Slips/Trips/Falls**(i.e. how to prevent)
* Wear proper shoes with closed toes
* Use a wet floor sign if there’s a spill



1. **Cuts**(i.e. how to prevent/how to treat)
* Clean the wound and put on a band-aid
* Never place your fingers near the sharp edge of a knife



1. **Heavy Lifting** (i.e. of a bag of flour)
* Lift with your legs vs. depending on your arms, because you can hurt your back
* Ask a friend for help if the load is too heavy

 

1. **How to Prevent Food Poisoning**
* Avoid raw and undercooked or improperly prepared foods
* Don’t use the same surface for fruits/veggies and meat

 

1. **Waste Management**
* Put food scraps in the compost bin
* Paper and glass go in the recycling



1. **Personal Hygiene**
* Wash your hands with soap and warm water
* Keep long hair away from food

