



SAFETY TALK

Protecting yourself from the cold and flu

They call it the “common cold” because it is one of the most common viruses to humans.

What’s the danger?

The cold and flu are caused by viruses that constantly change so that these infections can come back and make us sick all over again.

The common cold and flu can take the form of headaches, dry mouths, sore throats, running noses and many other symptoms that cause us to miss work and school.

How to protect yourself

- Wash your hands often with soap and water or alcohol-based disposable hand wipes or gels.
- Routinely clean and disinfect commonly used surfaces such as keyboards, phones, and door handles.
- Avoid touching your eyes, nose and mouth.

- Maintain healthy habits such as eating well, exercising and get a good night’s sleep. Keeping your body in good physical condition is the best way to make sure your immune system can fight off viruses like the cold and flu.

How to protect others

- Cough and sneeze into the inside of your arm, not into your hands.
- If you’re able to, stay home from work or school for the day. This will allow you to rest up while your body fights off its illness, and will prevent your coworkers from getting sick.
- If you do get a cold, you should try your best to protect your family and co-workers from getting sick as well.

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

