

## IMPORTANCE OF SLEEP

In order to live a healthy and balanced lifestyle, you need to ensure sleep is a priority. Lack of sleep can cause you to become mentally and/or physically sick, so be aware of the symptoms of lack of sleep, and actively work each night to ensure you keep your sleep schedule.

Here are a few tips for a better sleep:

- Avoid going to bed on a full – or empty – stomach
- Avoid sleeping in, even on weekends
- Create a relaxing evening ritual
- Exercise
- Go to bed when you're truly tired
- Keep your bedroom quiet, cool, and dark
- Limit your napping
- Remove electronics from your bedroom
- Steer clear of caffeine and other stimulants
- Stick with a routine that includes a predictable sleep schedule

Sleep is an essential component and critical element of a mindful, healthy, and balanced lifestyle.



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## FIRST AID

IF YOU ARE INJURED AT WORK, YOU **MUST:**

### **SEEK FIRST AID IMMEDIATELY**

### **NOTIFY YOUR SUPERVISOR**

- Go to first aid attendant, even if you believe you are uninjured. You may be suffering from shock and could misinterpret your symptoms.
- Certain injuries, including soft tissue damage or mild concussions, may not become apparent for several hours.
- A seemingly minor injury can become very serious after a very short interval.
- Know the location of your first aid station and who your first aid attendants are, for yourself and for your colleagues' sake. You could save a life.

**REMEMBER,  
FIRST AID FIRST**

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