

Safety, Health and Environment Newsletter

For a better workplace - Chemistry Department

Ergonomics Tips



How reduce eye strain?

When working long hours in front of a computer screen, take regular breaks:

Every 20 min, look at something 20 feet away for 20 seconds

Office stretches: (more info in the link)

Stretching for Office Workers

Take a few minutes to do these stretches and your whole body will feel better



<https://caloriebee.com/workout-routines/Exercise-Made-Fun-and-Safe-Work-Safety-Stretching-Posters>

The Green Corner

Environmental Initiatives



We are recycling:

Bring your bread tags and plastic bottle tops & discard them in the labeled plastic container (Chem kitchen level 5) so we can assist in donating a wheelchair by end of 2019!



REDUCE WASTE!

When buying coffee/tea/hot chocolate at the food court, **BRING YOUR OWN CUP!**

Did you know?

Having plants in your office increases your wellbeing and productivity! So go green!



Lab safety:

- Over specs are now compulsory. If you haven't got yours yet, contact your SHE Rep asap.
- Reminder to label your solutions and samples properly for easy ID



Health Facts:

Eating breakfast has many benefits including increased memory, attention and energy levels, and decreased consumption of unhealthy snacks during the day.



5-min overnight oats: Mix 2 cups of oats with 1/2 cup of mixed dried fruits/nuts/seeds of your choice and a pinch of salt. Cover with milk and refrigerate overnight. Add fresh fruits and sweeten to taste. (makes 3-4)

Fundraising for cancer:

Come run with us to raise funds for cancer.



20 Oct - 5, 10 or 21 km
Contact Wade for more info:

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