



ANGLAIS

Take care of your health to improve your work
The MSA AIN-RHÔNE is here to support you

Your body is your primary work tool

In order to be efficient at work,
 you must protect your health and you



Food and hydration



Eat a hearty breakfast



Pack a meal for lunch or a snack



Drink water regularly (around 1.5L)



Limit tobacco consumption
Do not drink alcohol or take drugs at the workplace

Hygiene



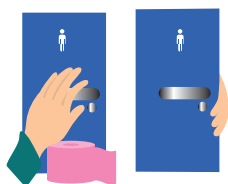
Wash your hands several times a day using soap and water



Before touching your mouth



In case of injury/scratches



Before/after using the toilet



Wear specific attire for work, take a shower and change clothes at the end of the working day



Protect yourself from heat and the sun



Wear suitable clothing, that is comfortable and provides proper coverage



Protect your head



Remember to wear sunglasses
Apply sunscreen to all exposed areas



Pay attention to signs of heat stroke
(fatigue, headaches, dizziness, confusion, etc.)



High temperatures:
limit strenuous activity and adjust your work pace

Protect yourself from cold



Wear suitable clothing,
that is warm and comfortable, able to wick away perspiration

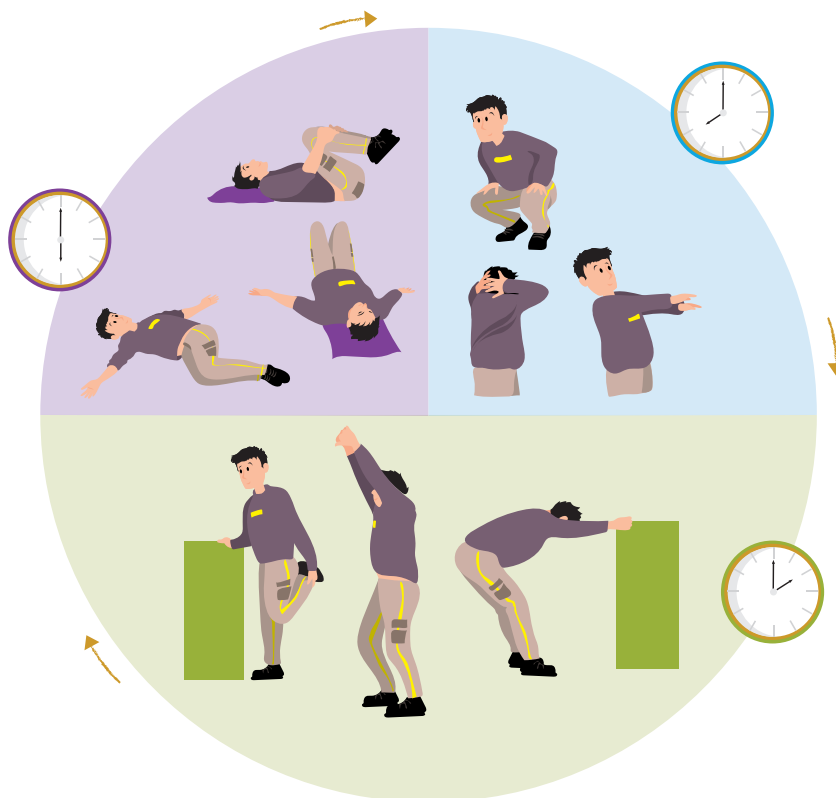


Move around regularly

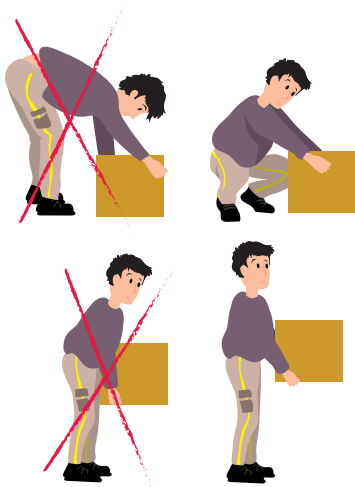


Drink hot drinks

Pay attention to your body



- Start the day with a warm up
- Stretch to avoid aches and pains
- Alternate tasks and change posture to protect your back and joints
- Practice a regular physical activity outside of work



Limit or share the carrying of loads
Adopt the correct position



Get enough good-quality sleep





Take care of your health



Ensure your tetanus vaccination is up-to-date

Tetanus is a serious illness.

Fatal one in three times, it can have many consequences.

Caused by a bacteria that lives in soil, it enters the body through any injury or wound and can go unnoticed.

If your vaccination is not up to date, or if in doubt, promptly speak to your general practitioner or contact the nearest hospital's public health centre.

To get vaccinated

Health and prevention centres in département 69

37 rue de Villars, 69400 Villefranche sur Saône – 04.74.65.02.70

2 rue de Marseille, 69007 Lyon – 04.72.73.12.76

19 rue Jean Bourgey, 69100 Villeurbanne – 04.78.68.39.60

25 rue Rabelais, 69120 Vaulx-en-Velin – 04.78.80.98.12

5 place de la Paix, 69200 Vénissieux – 04.72.50.08.68

60 rue Roger Salengro, 69700 Givors – 04.37.20.14.05

Public health centre in département 01

Hôpital Fleyriat, 900 route de Paris, 01012 Bourg en Bresse

Manned reception at the Haut-Bugey Hospital Centre,
Route de Veyziat, 01100 Oyonnax

Single contact number: 04.74.45.40.76



Workplace accidents

Comply with instructions given, with the company's internal rules and with circulation and parking rules.



In case of injury at the workplace or when commuting, declare the injury to the employer and head to the doctor or hospital emergency room to receive full coverage for all care.



CONTACT THE EMERGENCY SERVICES 15 or 112

- FOLLOW THE INSTRUCTIONS GIVEN BY THE RESPONDER
- PROVIDE THE EXACT LOCATION OF THE ACCIDENT
- NEVER HANG UP FIRST

IN CASE OF AN ACCIDENT

- 1 PROTECT the victim put an end to any danger, without risking oneself
- 2 CONTACT or ask someone to contact the emergency services: company first aid responders/ team manager and call 15 or 112
- 3 ASSIST retrieve the first-aid kit and wait for help to arrive



Your MSA Ain-Rhône occupational health and safety department is at your disposal

sst.blf@ain-rhone.msa.fr
0474459990