Every step matters:
From step stools to extension ladders, make sure you're putting the right foot forward. There are 2,000 ladder injuries nationwide every day. The most common ladder falls happen between 6 and 10 feet off the ground. The two most common ladder causes include overreaching and missing the last step when climbing down. Take safety into your own hands by taking ladder safety seriously.

With so many different types of safety shoes and boots available, there is no reason not to protect your feet no matter the type of work environment. Besides protection for feet, using proper shoes can help prevent slips which cause very serious injuries from improper, lifting and carrying items can lead to injuries. The National Safety Council notes that manual handling of objects accounts for an estimated 25 percent of all occupational injuries. Common materials-handling injuries include strains & sprains (specifically to the back), cuts, fractures, and bruises. Safe lifting practices should always be used.

Lifting and carrying objects is common for many workers across the country but training is important. If performed improperly, lifting and carrying items can lead to injuries. Water is an essential nutrient for all living things. It makes up 70 percent of planet Earth and 60 percent of our bodies. It keeps us functioning at optimal performance levels by regulating our core body temperature, carries key nutrients to vital organs and flushes internal toxins. Workers must be extra careful when working in extremely or extremely cold conditions. Not only do extreme temperatures take a toll on the body, they make workers way more susceptible to becoming dehydrated.

The workshops are held in two sessions taken jointly or separately for children ages 6-12: Session 1: Mondays and Wednesdays, June 19, 21, 26, 28 Session 2: Tuesdays and Thursdays, June 20, 22, 27, 29 The cost for each session is $90 per child ($180 for both). UH faculty/staff discounts are available. $20 total discount for Blaffer Art Museum members, UH employees/students.

For more information visit, www.blafferartmuseum.org