

# KICKSTART THE NEW YEAR WITH ESSENTIAL SAFETY RESOLUTIONS

Prioritize Health, Fire Safety, Lab Safety Protocols, Emergency Preparedness, and Distraction-Free Mobility



## Health and Wellness

Focus on heart health by learning CPR and participating in heart health awareness activities. Regular exercise and a balanced diet can also contribute to overall well-being.



## Fire Safety

Conduct regular fire drills at home and work. Ensure that smoke detectors are functioning and that you have a fire extinguisher readily available.



## Laboratory Safety

If you work in a laboratory, be sure to follow all safety protocols and attend all required safety training sessions. Proper handling, storage, and use of hazardous materials is crucial.



## Emergency Preparedness

Have an emergency plan, build an emergency kit and stay informed with UH Alerts. Plus, have a communication plan with family members and know the evacuation routes in your area.



## Distraction-Free Driving Awareness

Commit to avoiding distractions and remaining vigilant while driving, walking, or operating a scooter or bicycle on campus. This means refraining from using your phone, eating, or engaging in any activities that divert your attention from the road or sidewalk traffic.