

HEALTH AND SAFETY TALKS



SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Health Awareness

KNOW YOUR NUMBERS



Blood Sugar

This is the amount of sugar in your blood.

What should my number be? **Before eating: Less than 100**

Two hours after eating: Less than 140



Blood Pressure

This is the force of blood against your arteries when your heart beats (top number) and rests (bottom number).

What should my number be? **Less than 120/80**



Blood Cholesterol

Cholesterol is a waxy substance produced by the liver. Too much can make it harder for blood to circulate.

What should my number be? **Total score less than 200**



Body Weight

Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline.

What should my number be? **BMI 18.6 - 24.9**



ASPASA

Small surface mine association