Welcome to Oregon OSHA's Annual Safety & Health Break for Oregon

SAFETY BREAK for Oregon 2013

Team Up for Safety & Health

TEAM UP FOR SAFETY & HEALTH FAIR
WEDNESDAY, MAY 8, 2013
PORTLAND BUILDING, 3RD FLOOR

EXPLORE ALL THESE EXCITING OPPORTUNITIES

"CITY SHAPE" FITNESS CENTER

YOGA ON THE FLY BY MARK SIEBERG (Certified Instructor)
15 minute sessions at 10:15 am, 10:45 am & 11:15 am in the Exercise area

LEARN ABOUT EXERCISE EQUIPMENT
Instructors will be available to demonstrate exercise equipment in the Health Center.

WATER BUREAU QUIET ROOM/MASSAGE ROOM – CENTER STORAGE ROOM

MASSAGE THERAPY BY KRIS OKAMOTO
Kris will be offering $5 for 5 minute massages

ERGONOMIC ROOM (NEAR FACILITIES)

HAZARD HUNT
Inspect large photo displays of real hazards and see if you can identify the hazards. Correctly note the hazards and enter into a special drawing for a door prize.

HEALTH ROOM (NEXT TO FIR CREEK)

GET A FREE BLOOD PRESSURE CHECK
You can find out if you have high blood pressure by having your blood pressure checked regularly.

LEARN TO OPERATE AN AED
What you need to know about an AED besides where they are located. Learn how simple they are to use and how import it is to know CPR. You could help save someone's life!

BEAR CREEK ROOM

72 HOUR KIT DEMO/
Have you ever been curious to see the contents of the big black box? Here's your chance to see what's in the 72-hour emergency kits located in each bureau.

RISK MANAGEMENT - POINT OF DISTRIBUTION (POD)…
Establishing and operating closed city points of distribution (PODs) during a declared Public Health Emergency through Occupational Health and Infectious Disease Control Program.

City Risk

FIR CREEK ROOM

COAST GUARD AUXILLARY…
dedicated to reducing loss of life, injuries, and property damage that occur on U.S. waterways by improving the knowledge, skills, and abilities of recreational boaters.

PORTLAND FIRE & RESCUE…
Is your home safe? Is your family safe? It all begins with understanding. PF&R's Life Safety information is designed to provide you with the tools and knowledge you need to prevent fires and emergencies before they happen, and live safely at home and work.

PORTLAND PARKS & RECREATION $5 FOR 5K SERIES…
These fun runs are a series of family friendly 5k races that take place monthly from May through October at parks throughout the Portland area. These events are perfect for all ages and abilities and are geared toward first time and less experienced runners. The $5 5k Series will be just a fun and exciting way for the community to come together and support healthy lifestyle choices.

BIKE SAFETY…
Educating people about the role of bicycle transportation in keeping our communities livable and encouraging residents to choose bicycling for more of their daily trips

NEIGHBORHOOD EMERGENCY TEAMS (NETs)…
are Portland residents and employees trained by PBEM and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. Volunteers are trained to save lives and property until professional responders can arrive. These volunteers are specially trained to help others without putting themselves in harm's way.

OREGON TRAILRED CROSS…
will present information on home preparedness. Every person in Oregon needs to take simple steps to ensure that they are personally prepared for emergencies large and small. The Red Cross can help you prepare home evacuation plans, assembling a home preparedness kit, and putting together a communications plan to reconnect with your loved ones following a disaster.

HAZARDOUS MATERIALS BY PWB SUSTAINABILITY…
Old paint, solvents, pesticides, or car products stockpiled in your garage or at home? Learn how to best dispose of these and other products. Kavita Heyn and Matt Weatherly, representing the Portland Water Bureau's Sustainability Program, will be educating employees about managing household hazardous wastes. We will also answer questions about recycling and composting at work or at home.

REFRESHMENTS, DOOR PRIZES

Sponsored by the Portland Building Water Bureau Safety Committee and OMF Safety Committee