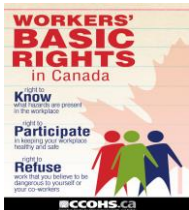


# NU Monthly Safety Newsletter

February 2023

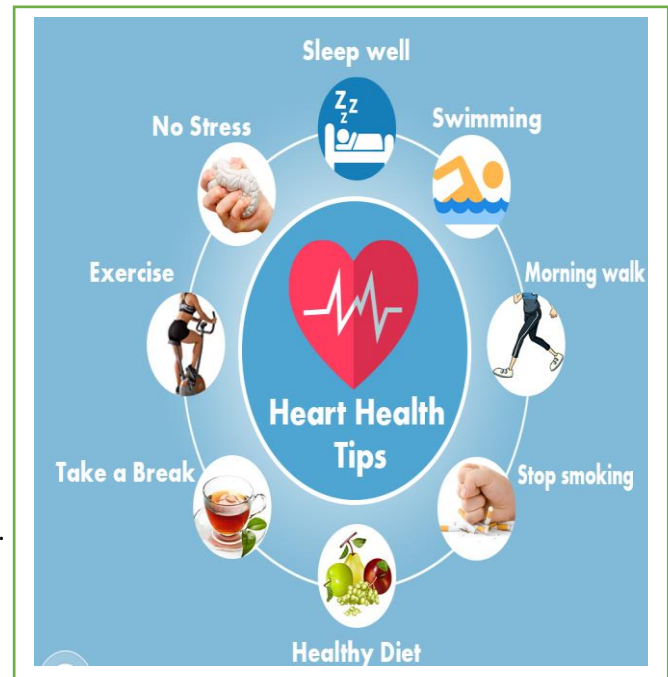
## Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



## Healthy Heart Tips:

- At least two and a half hours of physical activity per week.
- Eating nutritious foods.
- Mind games.
- Good social support network.
- Regular blood pressure checks.
- Proper stress management.
- Proper sleep habits (7-8hours) at night.



Reference: [Prevention of heart diseases and conditions - Canada.ca](https://www.canada.ca/en/healthycanada/services/heart-diseases-and-conditions.html)

## Symptoms of Heart Attack:

- Discomfort in the center of your chest.
- Shortness of breath.
- Cold sweat, Nausea or light headedness.
- Anxiety and Indigestion.
- Unexplained fatigue.
- Swelling of feet, legs and neck veins.



Reference: [Signs and symptoms of heart attacks - Canada.ca](https://www.canada.ca/en/healthycanada/services/heart-diseases-and-conditions.html)