Electrical Safety & Heart Health

Lower Your Number of Hazards

- Complete the Hazard Identification Checklist provided by UCI Safety on Site.
- Avoid overloading outlets and keep liquids away from electrical appliances.
- Regularly check circuits and outlets in your workplace for improper fits or damage.
- Report any electrical problems to UCI’s Environmental Health & Safety Department at (949)-824-6200.
- Get certified in First Aid and CPR with courses offered at the Anteater Recreation Center.
- Get heart-health conscious at www.heart.uci.edu.

Invest in Your Health

- Find local, sustainable, or healthier dining options on the UCI campus with the Peter’s Picks Program.
- Keep fit! Exercise daily at the Anteater Recreation Center or walk around the park.
- Find new ways to be healthy with workshops, events, and programs at www.wellness.uci.edu.

Know Your Numbers: Get Screened For...

- Body fat
- Blood pressure
- Blood sugar
- Cholesterol
- Waist-hip ratio
- Body mass index

www.wellness.uci.edu