

# Health & Safety Officer



- **General Duties**

- Prepare health and/or safety reports for club meetings
- Suggest and plan health or safety-related club activities with other officers

- **Health & Safety Reports**

(See below for some topic ideas)

- Reports should be 3-5 minutes long
- Provide new information (Everyone knows drinking water is important, but do they know all the effects of NOT drinking water?)
- Choose topics that are unique

-----*Tips*-----

- Prepare your report ahead of time (a week or two before each meeting)
- You can make your reports related to the club meeting programs (For example, if the program involves sewing, give a report on sewing safely)
- Enhance your report by using poster boards, flyers, or power points

- **Healthy Living and Safety Activities**

*Activity ideas:*

- Club Meeting Programs
- Community service
- Workshops
- Display boards
- Brochures
- Flyers

### Health-related topic ideas

- “Delicious nutritious” snack ideas
- Easy everyday physical activities
- Preventing common sicknesses and viruses
- Websites and programs to help you lose weight/track nutrition
- Dangers of too much time on your phone, TV, or computer

### Safety-related topic ideas

- Importance of stretching
- What to do during thunderstorms, tornadoes, floods
- Active shooter situations
- Fishing, swimming, shooting, boating, hiking, cycling, or jogging safety
- Travel safety
- Electrical, gas, or oil safety