

Safety Week at Reece



By: The OT Team

Get Ready to Mask!



https://www.youtube.com/watch?v=YwNU4jgAhvY&feature=emb_logo

Familiarize

- Consider wearing masks at home to get used to the look and feel.
- Video chat with family and friends who are wearing masks.
- See if you can find photos of favorite celebrities wearing masks online.

LET'S PLAY A GAME!

**GUESS WHO! ARE THEY WEARING THEIR MASK
CORRECTLY?**



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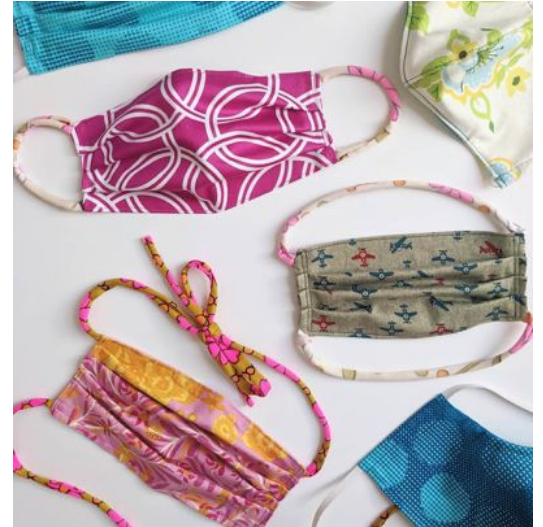
Prepare

- Heavy work and deep pressure can be calming. You can provide heavy work to your body by doing resistive exercise.
- You can provide heavy work to your mouth and cheeks by:
 - Having a crunchy or chewy snack
 - Chewing gum.
 - Drinking thick smoothies with straws
 - Massaging your cheeks and jaw
 - Using an electric toothbrush



Use your creativity!

- Personalize your masks by embroidering, sewing sequins/beads/patches, or drawing with fabric markers.
- Look for masks with fun designs!



Practice

- Start to practice wearing your mask while you play video games or while watching a TV show. Keep track and see if you can wear it longer each time you try!
- Practice putting on and taking off a mask by touching the loops only!
- Practice using proper handwashing techniques and social distancing guidelines throughout the day, even when at home!



Learn

- Mask wearing as an important part of keeping everyone safe! This includes handwashing, social distancing, and other precautions your family is taking.
- Look for youtube videos that discuss the science behind face covering, hand washing, and physical distancing.
- Learn about correct and incorrect ways to wear a mask.



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Wash Your Hands





Explore

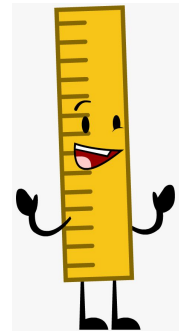
- Explore certain fits or fabrics to find the most comfortable!
- Try a loop extender or hats/headbands with hooks or buttons to hold your loops!
- Consider the scent of the material or detergent and whether it is comfortable.



Eye Safety

Keep a safe distance from devices.

- Try to stay at least 16 inches away from any screen.
 - Use a ruler to help you see how far away that really is and measure how close you usually are.
- Were you closer than you thought or just right?
 - You can also put a piece of tape on your desk or table to remind you how far away your device should be.



Eye Safety



Take regular breaks.

- Even though your teacher will tell you when to take a break from zoom, you can still give your eyes a break whenever you need to.
- At least every 20 minutes, look up from your screen and pick a spot to look at that is far away from you.
- Count to 20 while staring far away and then come right back to focusing on your class

Eye Safety



Try eye palming!

Eye palming is a technique you can use to fully relax your eyes and give them a much needed break.

Here's how to do it:

- Step 1: Rub your hands together to make them warm.
- Step 2: Cup your hands as you cover your eyes with them so that it is totally dark.
 - Check if there are any spots where light is coming in and adjust your hands as needed.
- Step 3: Take 10-30 seconds to fully relax your eyes.

You can keep your eyes closed or open.

Eye Safety

Consider blue light blocking glasses.

- Blue light is a kind of light that comes from our electronic device screens. This kind of light can cause you to strain your eyes, feel tired, get headaches, or have trouble sleeping at night. Blue light glasses are non prescription lenses that help to filter out blue light from screens.
- You can also change your screen color settings to warmer colors to reduce the amount of blue light!



We've got your back!

MAINTENANCE OF PROPER BODY MECHANICS



SWATILEKHA DAS
(RN,MSN)

