

## Food and Drink at Your Workspace

Many of us eat/snack and drink on-the-go - sometimes it can be while we are typing, writing and performing our daily tasks.

Do you know what can be a hazard to your health and may contaminate your food and drink?? Think about:

- what your hands have touched
- what might be on the surface of a table, desk and keyboards
- items near your food/drink when stored or even when eating
- coffee pot locations such as in clinic /active therapy areas

*The Occupational Health and Safety Regulations, 1996 (Regulation 75)* states there must be a suitable area for workers to eat and drink during work breaks. And where substances used are likely to contaminate a worker or their clothing or food, a separate eating area is to be provided.

### What Areas Might Contaminate My Food/Drink?

Some examples of areas where your food/drink may be exposed to contamination are:

- nursing stations
- patient care areas
- operating and procedure rooms
- laboratories
- pharmacies
- areas with chemicals such as maintenance or cleaning closets/carts
- areas with hazardous materials

### Where Should I Eat/Drink?

Take your breaks in designated areas that are free from infectious materials, hazardous chemicals or drugs.

### What Can I Do To Keep My Food/Drink Safe?

- Wash your hands before you eat.
- Clean the surface of your eating area.
- Keep your drinks in cups with lids. Clean your hands before you handle the lid.
- Keep your food covered and stored in a designated area.
- Eat during break times.

### Where Can I Get More Information?

- Talk to your supervisor, safety department or occupational health committee. They could offer some guidance/assistance if you have any questions.
- Contact the infection control practitioner responsible for your facility.

This Safety Talk was developed in collaboration with Saskatchewan's Provincial Infection Control Practitioners.

### Safety Talk Discussion

**Be Accountable: Choose safety - work safe - and go home injury free!**

