

Health and Safety Bingo

* Complete all squares in this BINGO card by **2/28/2022** and earn a SecretWord!

* All boxes are hyperlinked.

* Check the small square in each box once you have completed the activity in that box.

* Please email completed card by **2/28/2022** to hsbingo@asu.edu

* Email questions to hsbingoqs@asu.edu

<u>Sign up for HIP</u>	<u>Complete the ASU EHS CPR and AED Awareness Training</u>	<u>Ensure your Fire Safety Training is up to date</u>	<u>Drink your Water Today! Aim for between 95-131oz</u>
<u>Walk 20 minutes</u>	<u>Wear a hat or sunscreen while in the sun</u>	<u>Look away from your computer today</u>	<u>Watch the EHS BEE Safe video</u>
<u>Send a Sun Award</u>	<u>Visit the Employee Health website</u>	<u>Visit the ASU Staff Council website</u>	<u>Do a Random Act of Kindness</u>
<u>Wear Your Seat Belt</u>	<u>Go to sleep on time tonight</u>	<u>Make a healthy choice today</u>	<u>Stretch for 10 minutes today</u>