

HEALTH AND SAFETY TIPS

1. Do not mortgage your health for anything else. Remember, "Health is Wealth" it is only the person that is healthy that thinks on how to make wealth. Most of the time, the rich that is wealthy and down with illness prays for God to remove his riches and replace it with good health.
2. Eat well, eat right: - eating of balanced diet enables the body system to be at optional anatomical, psychological and physiological state/frame work.
3. Avoid excessive alcohol intake: - High intake of alcohol destroys the systems of the body and leaves its victims with chronic malfunctioning of the body unimaginable psychological impairment.
4. Avoid Tobacco Smoking: - It is dangerous to Health. Just as above, including cancer and respiratory disease.
5. Shy away from reckless sexual behaviours, it brings untold hardship on its victims including transmission of sexual transmitted disease (STD) HIV Aid, Gonococcus, Streptococcus, Staphylococcus, Cocci, Bacilli to mention but a few.
6. Sedentary life style kills gradually:- this simply mean lack of exercise, regular and adequate exercise is the key to effective anatomical and physiological function of the body.
7. Rest and Sleep: - Endeavour to have restful and good sleep. This rejuvenates the system.
8. Do not jeopardize or put your safety at risk, always ensure or put your safety first. Ensure your safety all the time.
9. In all situations think safety, work safety, drive safely, drink safely and act safety.
10. Avoid Crowded Environment: - This could be very dangerous as anything can happen especially at this time of insurgency. Beside it could bring about respiratory infection. The risk of communicable disease is high
11. Never withdraw huge amount of money and keep with you in your house or carry about. You may become a target for the criminally minded people.
12. Be conscious of the type of people you allow access into your house. Some could come to spy on you.
13. For residents of satellite towns/developing areas:- be mindful of the type of motor-bike you pick to your house. They may make U-turn and visit you at odd hours.

Think Safety all the time.

FRSC Cares!!!