

Injury Prevention at Work



Stop by a Bus Ops tabling event to connect with a Wellness Champion to learn simple injury prevention tips, explore available resources, and pick up a Metro Wellness FitKit (while supplies last)!

Atlantic/Central Base	Monday, July 13	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
Ryerson Base	Monday, July 13	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
Bellevue Base	Tuesday, July 14	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
East Base	Tuesday, July 14	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
North Base	Wednesday, July 15	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
South Base	Thursday, July 16	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
Tukwila Base	Thursday, July 16	4:00 am - 9:00 am

Questions? Metrowellness@kingcounty.gov

Injury Prevention at Work



Stop by a Rail tabling event to connect with a Wellness Champion to learn simple injury prevention tips, explore available resources, and pick up a Metro Wellness FitKit (while supplies last)!

Rail OMF - Central **Tuesday, July 21**

- 11:00 am - 1:30 pm (4th floor break area)
- 6:30 pm - 9:00 pm (1st floor VM entrance)

Rail OMF - East **Tuesday, July 28**

- 11:00 am - 1:30 pm (1st floor breakroom)
- 6:30 pm - 9:00 pm (1st floor breakroom)

Questions? Metrowellness@kingcounty.gov

Injury Prevention at Work



Stop by the KSC tabling event to connect with a Wellness Champion to learn simple injury prevention tips, explore available resources, and pick up a Metro Wellness FitKit (while supplies last)!

King Street Center

Wednesday, July 22

10:00 am - 4:00 pm

4th & 5th Floor Entrance

Questions? Metrowellness@kingcounty.gov



King County
METRO
Wellness

kingcounty.gov/metro/wellness

Injury Prevention at Work



Wellness Champion representatives will attend July safety meetings at listed Facilities locations to distribute injury prevention resources, provide Metro Wellness FitKits (while supplies last), and share simple ways to prevent workplace injuries.

Central Facilities Safety Meeting	July meeting
South Facilities Safety Meeting	July meeting
North Facilities Safety Meeting	July meeting
Power Distribution Safety Meeting	July meeting

Questions? Metrowellness@kingcounty.gov

Injury Prevention at Work



Wellness Champion representatives will be at the listed locations during the times below to distribute injury prevention resources, provide Metro Wellness FitKits (while supplies last), and share simple ways to prevent injuries at work. Materials will be left behind for employees they are unable to connect with.

North/East Region VM Locations	Wednesday, July 22	6:00 am - 10:00 am
Central/South Region VM Locations, TCC, Drug & Alcohol, & Marine	Thursday, July 23	6:00 am - 11:00 am
North/East Region VM Locations	Wednesday, July 29	5:00 pm - 9:00 pm
Central/South Region VM Locations & TCC	Thursday, July 30	5:00 pm - 9:00 pm

Questions? Metrowellness@kingcounty.gov

Injury Prevention at Work



Wellness Champion representatives will be at the listed Streetcar locations during the times below to distribute injury prevention resources, provide Metro Wellness FitKits (while supplies last), and share simple ways to prevent injuries at work. Materials will be left behind for employees they are unable to connect with.

Streetcar First Hill & South Lake Union Wednesday, July 22

5 am - 8 am & 12 pm - 4 pm

Questions? Metrowellness@kingcounty.gov