



2018 ECC Health, Safety and Wellness Activities

Activity	Date/s	No. of Participants
Fire Preparedness Seminar	March 12, 2018	78
Emergency Preparedness	May 11, 2018	115
BOSH	February 12-16, 2018	
National Occupational Safety and Health	March 14-15, 2018	1
Fire Safety Orientation	July 12, 2018	2
Occupational Health for Nurses (OHNAP)	September 6-7, 2018	1
Asean Forum on HIV AIDS in the Workplace	November 9-10, 2018	1
Lakbay-Aral/Planning Exercise	March 23, 2018	28
Moral Recovery Seminar	March 14, 2018	
Heritage Tour Cum Visita Iglesia	March 26, 2018	26
ECC Corporate Activity	June 5-9, 2018	39
Seminar on Prevention and Curing Cancer the Natural Way	July 12, 2018	
ECC Bowling	August 14, 23, 28, September 4, 11, 18, 2018	
Eye Check up	March 12, 2018	
Massages	March 15, 2018	
Culminating Activity	December 16, 2018	
Zumba exercise	Every Monday	
Metro Shake Drill	July 19, 2018 November 05, 2018	
Emergency Kit	March 2, 2018	
R.A.C.E. to Serve Fun	September 2, 2018	