



## Project ZIP = SIX Courses

1. Complete ONE ZIP course each week
2. Participate in the meme contest and trivia the following week
3. Complete all six and get a shirt!

Jan. 24 - 28, 2022

# WEEK ONE

# BACK SAFETY



**HOUSTON HEALTH**  
DEPARTMENT



What you  
need to  
**KNOW?**

## SIX courses in SIX steps

1. Use the QR code to login to TMS.
2. Have the Zip Web-Based Training guide handy.
3. Take the pre-test, launch and complete the training, and post-test.
4. Submit a meme on Back Safety by 2/2. The winner will get a t-shirt with their meme on it!
5. Be the first to submit their answer to the trivia question in the Morning Minute (Wednesdays).
6. Complete all SIX ZIP trainings and get your official t-shirt to rock on Fridays!





## Project ZIP = SIX Courses

1. Complete ONE ZIP course each week
2. Participate in the meme contest and weekly trivia question.
3. Complete all six courses and get a shirt!

Jan. 31 - Feb. 4, 2022

## WEEK TWO

# VIOLENCE IN THE WORKPLACE



[Click here for](#)  
[Week 1](#)  
[TRIVA question](#)





**HOUSTON HEALTH**  
DEPARTMENT



## **SIX courses in SIX steps**

1. Use the QR code to login to TMS.
2. Have the *Zip Web-Based Training Guide* handy.
3. Take the pre-test, launch the training video, and take the post-test.
4. Submit a meme on Back Safety (2/2) and a "Violence in the Workplace" meme (2/9).
5. Be the first to submit the correct answer to the trivia question in the Monday Zip Email.
6. Complete all SIX ZIP trainings and get your official t-shirt to rock on Fridays!



# Project ZIP = SIX Courses



1. Take the survey
2. Complete ONE ZIP course each week
3. Participate in the meme contest and trivia the following week

Jan. 24 - 28, 2022

## Week One

Survey & Back Safety

Jan. 31 - Feb. 4, 2022

## Week Two

Violence in the  
Workplace

Feb. 7 - 11, 2022

## Week Three

Slips, Trips, & Falls

Feb. 14 - 18, 2022

## Week Four

Driving Safety

Feb. 21 - 25, 2022

## Week Five

Bloodborne Pathogen  
Awareness

Feb. 28 - Mar. 4, 2022

## Week Six

Emergency Preparedness



WEEK 1

**Congrats Tammy Luu!**

Project Zip Meme Winner