

8

WORKPLACE SAFETY TIPS

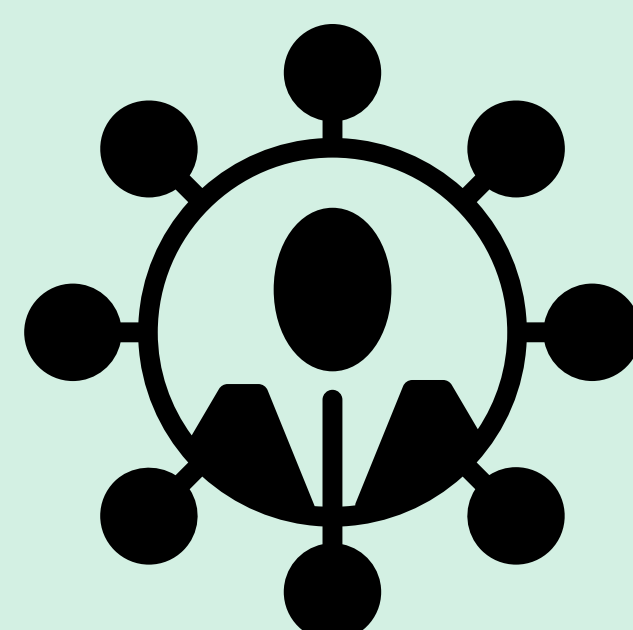
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1

BE AWARE OF YOUR SURROUNDINGS

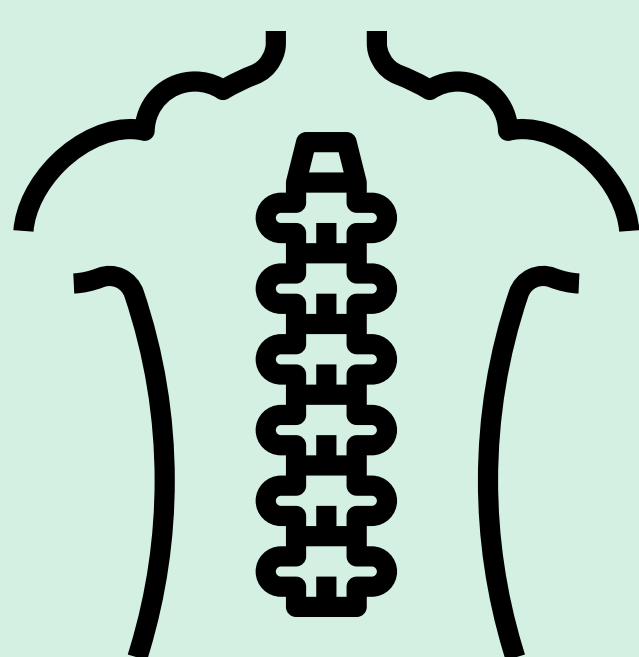
The more familiar you are with your tasks and workplace, the more aware you'll be of the potential hazards.



2

KEEP CORRECT POSTURE

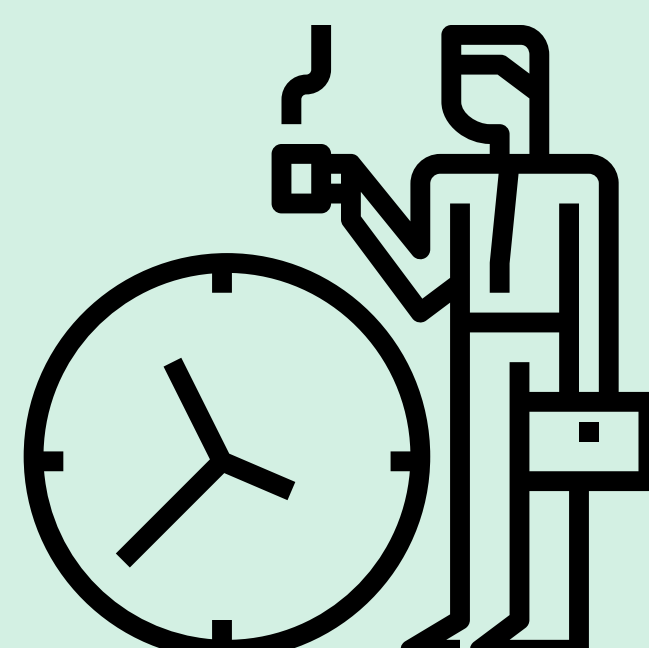
Make sure you have good posture to avoid back problems, neck pain, and even carpal tunnel. Your back is always worth those extra few seconds.



3

TAKE REGULAR BREAKS

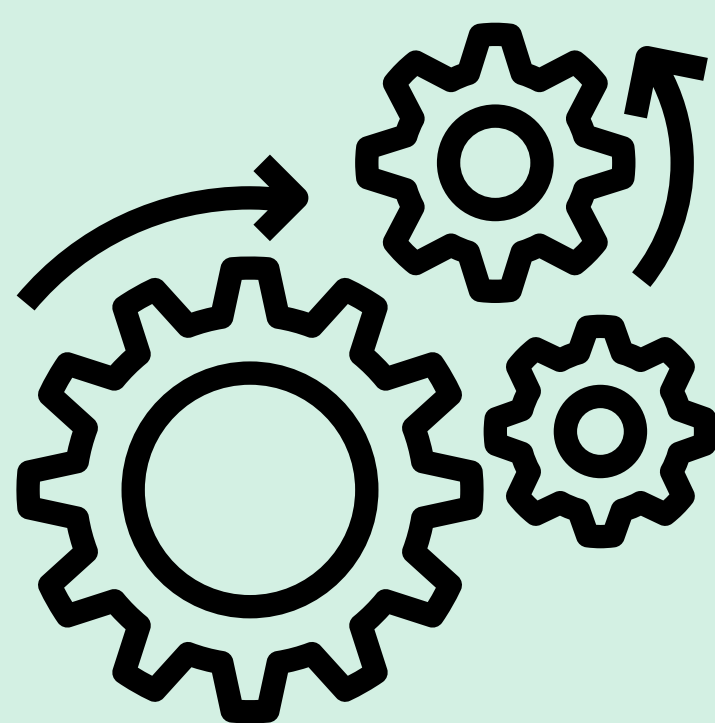
Take the breaks you're given on a regular schedule to keep yourself fresh, and try to schedule your more difficult tasks for the beginning of your shift when you're most alert.



4

NEVER TAKE SHORTCUTS ON PROCEDURES

It's important to always use every tool and machine you're working with according to instruction. Be sure you're always using the right tool for the job, and using it correctly.



5

BE AWARE OF NEW SAFETY PROCEDURES

It's your responsibility to ensure you understand the new safety procedures and implement them properly before you perform the task.



6

KEEP EMERGENCY EXITS CLEAR

Never place anything in front of an emergency exit door, even if it's only for a few minutes. Ensure pathways to equipment emergency shutoffs are clear in case something needs to be powered down immediately.



7

REPORT UNSAFE CONDITIONS

It's important to always report any hazardous situation or unsafe condition as soon as possible, to keep yourself and other employees safe.



8

ALWAYS WEAR PERSONAL PROTECTIVE EQUIPMENT

Make sure you're always wearing the personal protective equipment (PPE) provided to you by your employer.

