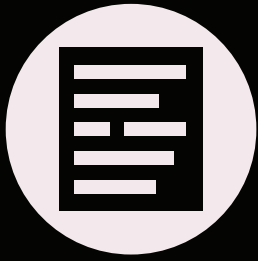


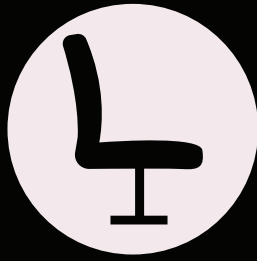
## 12 Safety Tips

# FOR ANY INDUSTRY



### 1. Know your safety protocols

Make sure emergency exits are clearly marked and you know the quickest route to safety from any location in the facility.



### 2. Perfect Posture

To help avoid back pain, make sure that your shoulders stay in line with your hips when sitting, and always lift with your knees when picking up heavier materials.



### 3. Pay Attention to Your Surroundings

Learn about the risks associated with your job, and be mindful of your surroundings in order to help prevent accidents and injuries.



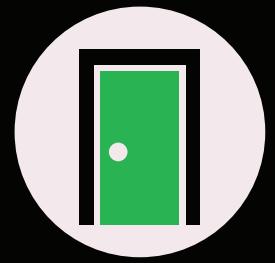
### 4. Take regular breaks

Taking regular breaks will help keep you fresh and alert on the job.



### 5. Report Unsafe Conditions to Your Supervisor

It's your job to make sure that your work environment stays safe for you and your fellow employees.



### 6. Keep Emergency Exits Easily Accessible

Quick, easy access to exits are necessary for any work environment. Keep the pathways to these exits clear and free of debris in order to ensure a quick and hasty escape, should you need one.



### 7. Don't Try to Impress

We can't stress this enough, use mechanical aids whenever possible. Use the dollies, forklifts and hand trucks that you have available to make your job easier and prevent injuries.



### 8. Reduce stress in the workplace

Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Take your concerns about workplace stress to your supervisor to see how they might help you address them.



### 9. Dress for Safety and Success

As with any job, it is important to dress the part. That means wearing comfortable clothing that is not too baggy. This will help protect you from getting caught on anything that might be in your line of walking. Proper safety toe footwear is also important in your line of work.



### 10. Use Tools and Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is the leading cause of workplace injury. Using tools the right way greatly reduces the chance of workplace injury.



### 11. Stay Sober

This one seems like a no-brainer, yet around three percent of workplace fatalities occur due to alcohol and drugs.



### 12. Keep the Lines of Communication Open

It's important to be aware of the government and company safety regulations that your company and industry need to abide by. Take the time to properly train new hires, and communicate up to date information regarding safety protocols and plans of action.



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