

6 HEALTH & SAFETY TIPS FOR THE WORKPLACE

1 Pay attention to your surroundings...

Refer to safety training and communication to remain aware of possible risks or hazards in the workplace.

2 Use Proper Safety Gear...

Protective gear like earplugs, safety goggles, and gloves should never be overlooked if required to safely execute a task.

3 Practice Good Posture...

Research shows good posture increases productivity, allowing the body to work more efficiently with less muscle fatigue.

4 Keep Emergency Exits Clear...

Obstructed exit ways could mean life or death in a disaster requiring quick evacuation such as fire or an external/internal threat.

5

Prevent Slips, Trips and Falls...

Icy parking lots, icy walkways, wet floors, and carpets are all slip, trip, and fall hazards. Be aware of the hazards and report them to a supervisor right away.

If you have an incident in your workplace, make sure that it is investigated to eliminate the cause.

6

Report Safety Issues to Your Supervisor...

Employees should never fear negative consequences for reporting accidents, hazards, and a near miss.

Employees should never fear negative consequences for reporting an injury.

Employees should never fear negative consequences for reporting safety issues or feel pressured to overlook safety concerns.