COMMON RULES FOR WORKPLACE SAFETY

- Report all incidents.
- Know where First Aid is located.
- Lift with your knees, not your back.
- Adhere to workplace safety standards.
- Wear the appropriate uniform for your workplace.
- Avoid overexertion by taking breaks and stretching.
- If you see something that is unsafe speak up and let others know.
- Stay present for safety training and participate in emergency drills.
- Keep things clean! A clear space will make reducing risk monumentally easier.
- Learn the skills necessary for your workplace so you are not a danger to yourself or others.
- Be aware of all emergency exits and fire extinguishers, as well as how to access and use them.
- When using any equipment, make sure that you are following appropriate usage procedures.
- Keep stress levels as low as possible, a calm mind can assess risk and prevent danger more readily.
- When using sharp tools, be aware as well as concerned for your own safety and the safety of others.
- Discuss with your team the importance of safety rules within the workplace and how you can practice staying safe each day.

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