Stay Safe At All Hours Infographic

10 HEALTH & SAFETY TIPS FOR THE WORKPLACE

CAUTION

1 Pay Attention to Your Surroundings
Refer to safety communication and training to remain aware of possible risks or hazards in the workplace.

2 Use Machines, Tools & Other Equipment Properly
Always use the right tool for the right job to reduce risk of injury. Never use machinery, tools, or equipment you have not been trained to properly operate.

3 Practice Good Posture.
Research shows good posture actually increases productivity, allowing the body to work more efficiently with less muscle fatigue.

4 Take Regular Breaks
Not only are breaks regulated by law for non-exempt workers, but they actually increase productivity and reduce workplace injury.

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

6 Use Mechanical Aids When Possible
If required to move heavy objects, use proper mechanical aids such as a dolly, wheelbarrow, or forklift.

7 Keep Emergency Exits Clear
Obstructed exit ways could mean life or death in a disaster requiring quick evacuation such as a fire, earthquake or active shooter.

8 Stay Sober While Working
Drug and alcohol use on the job contribute to higher rates of workplace injury. Workplace safety is instantly increased by requiring all employees to stay sober at work.

9 Reduce Work-Related Stress
Workplace safety issues are often exacerbated by work-related risk factors like bullying, job insecurity and long working hours.

10 Report Safety Issues to Your Supervisor
Employees should never fear negative consequences for reporting safety issues or feel pressured to overlook safety concerns.

avery.com/industrial

AVERY

Source: https://www.avery.com