

SAFETY AND HEALTH AT WORK



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DATE: _____ What is your name? _____

DO



BEFORE AND DURING A TASK

What could go wrong?
How bad could it be?
Has anything changed?

and think

Am I ok to do the job?
Do I understand my task?
Do I have the right tools and equipment?

before you act

THINK:
Can I make it safe?
Do I know the procedure?
Do I have the right tools?

If you cannot make it safe, do not accept the risk.



DON'T



Push Yourself Too Hard

Communicate

Think Before You Step

Inspect Equipment Before

Forget Your Seatbelt

Ignore Your Surroundings