

SAFETY STARTS WITH YOU

7 TIPS TO KEEP YOU SAFE AT WORK

1 Don't Take Shortcuts

When on the job, whether you're operating tools and machinery or sitting behind a desk, follow all training and instructions. **Procedures exist to help keep you safe.**



2 Keep Correct Posture When Sitting for Long Periods of Time

If your job requires long periods of sitting (typing, driving long distances, customer service, etc.), correct posture is a must to help prevent back, neck, and even hip pain.



3 Safe Lifting Starts With Your Head

Think before you lift any heavy object at work.

Keep the load close to your waist, adopt a stable position and avoid bending your back when lifting.



4 Wear Your PPE

Whenever applicable, **wear all required personal protection equipment (PPE)** recommended for your job, from face masks to hard hats and everything in between.



5 Be Aware of Your Surroundings

Take a few seconds to familiarize yourself with your work environment every shift. The more aware you are of your tasks, your workstation ergonomics, and the space you'll be operating in, the less likely you are to feel fatigued or encounter a potential hazard.



6 Report Unsafe Conditions

If you see something, say something!

Make your supervisor aware of any unsafe conditions you see that may potentially be hazardous to you, your fellow team members, and patrons. Keep your work area and emergency exits clear at all times to help reduce the likelihood of accidents.



7 Take Regular Breaks

Fatigue can be a contributing factor to accidents and injuries, so make sure to take regular breaks throughout your day as permitted by your employer.



WORKPLACE INJURY STATISTICS



\$171 BILLION

Total Annual Workplace Injury Cost

216 MILLION

Lost Days Of Work Annually

EVERY **7 SECONDS**

There is a Workplace Injury



24/7/365 MULTI-SPECIALTY CARE ANYWHERE