



Workplace Safety Awareness



Everyone is at risk for workplace injuries, whether lifting heavy items, pulling loads, performing repetitive movements, or working at a desk. Practicing workplace safety can mitigate issues like knee and back pain, neck strain, and fatigue. Maintain a safe work environment with the following tips:

- 1 Stay current with training and safety procedures.**
Review training when operating new machinery or if procedures change.
- 2 Prioritize personal protective equipment (PPE).**
Wear PPE correctly to prevent injuries. Follow employer requirements for gloves, hazmat suits, etc.
- 3 Avoid shortcuts in procedures.**
It may be tempting to take a shortcut, but it's critical to follow established procedures to maintain safety and prevent injury.
- 4 Stay aware and report unsafe conditions.**
It only takes a few minutes to ensure pathways are clear, and hazardous situations are reported.
- 5 Maintain correct posture to prevent musculoskeletal disorders.**
Aligning the spine, shoulders, and hips helps distribute weight evenly, reducing strain on muscles and joints.
- 6 Ask for help when needed.**
Seek assistance if items are too heavy or tasks are hard to manage. Asking for help minimizes the risk of injuries for everyone.

Sources:

Recommended Practices for Safety and Health Programs in Construction (osha.gov) | Ergonomics - Overview | Occupational Safety and Health Administration (osha.gov)

Workplace Safety Tips Every Employee Should Know - eSafety

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