



AVAMERE  
A FAMILY of COMPANIES

# SAFETY HABITS

## 01

Set your own standards. Don't be influenced by those who fail to use their safety equipment or devices. If you don't wear safety glasses just because others don't, remember that the blindness that could follow will be yours alone.

Operate equipment only if qualified. Your supervisor might not realize you've never done a job before. You have the responsibility to let your supervisor know you need training.

## 02

## 03

Respect machinery. Make sure all guards are in place. Never hurry beyond your ability to see, think and act safely. Remember to de-energize the power before placing your hands in a point of operation or danger zone. Always follow procedures, and don't take short cuts!

Use your own initiative for safety protection. You're in the best position to see problems. Ask for and use personal protective equipment and seek necessary guidance to perform your job safely.

## 04

## 05

Ask questions. If you're uncertain, ASK. Don't accept answers that contain "I think," "I assume," or "I guess." Be absolutely sure. Too much is at stake.

Use care and caution when lifting. Strains cause most muscle and spinal injuries. Know your limits—and don't exceed them. The short time it takes to get help can prevent weeks of being off work from pain or surgery.

## 06

## 07

Practice good housekeeping. Disorganized work areas breed accidents. Remember: A place for everything, and everything in its place.

Wear proper and sensible work clothes. Wear sturdy, appropriate footwear that completely encloses the foot and toes. Avoid loose clothing and dangling jewelry, and tie back long hair and ensure it can't get entangled in machinery. Make sure your gloves fit well. And always dress for the job.

## 08

## 09

Practice good personal cleanliness. Avoid touching your eyes, face and mouth with dirty gloves and hands. Wash with soap and water, and use barrier creams when necessary. Most industrial rashes come from poor hygiene.

Be a positive part of the safety team. Understand and willingly accept and follow safety rules—and encourage others to do so. Your positive attitude can play a major role in preventing accidents and injuries.

## 10