



Safety Talk:

Ten Commandments of Good Safety Habits

In most everything we do, we find a “trick” to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury-free throughout the year. Here are 10 safety habits to live by:

- 1. Set Your Own Standards.** Don't be influenced by others around you. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with.
- 2. Use Care and Caution When Lifting.** Most muscle and spinal injuries are from overstraining. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help could prevent weeks of pain.
- 3. Practice Good Housekeeping.** Disorganized work areas are the breeding grounds for incidents. You may not be the only victim. Don't be a cause.
- 4. Operate Equipment Only if Trained.** You have the responsibility to let your supervisor know if you have questions on how a specific type of equipment or lift works prior to use.
- 5. Respect Machinery.** If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never place your hands in any point of operation.
- 6. Use Your Own Initiative for Safety Protection.** You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional training you need.
- 7. Ask Questions.** If you are uncertain, ask. Do not accept answers that contain, “I think, I assume, I guess.” Be sure.
- 8. Wear Proper and Sensible Work Clothes.** Wear the appropriate footwear and clothing for the task at hand.
- 9. Practice Good Personal Cleanliness.** Avoid touching eyes, face and mouth with gloves or hands that are dirty.
- 10. Be a Positive Part of the Safety Team.** Willingly accept and follow safety rules. Encourage others to do so as well. Your attitude can play a major role in the prevention incidents.

Please be sure to sign-in on the training certification form.

Majority of information obtained from:

PA Department of Labor and Industry. (07/02/2014). *PATHS Safety Talk Topics*.

http://www.portal.state.pa.us/portal/server.pt/community/training_resources/21030/safety_talk_topics/967254

