

CommonRules For Workplace Safety

- **Report all incidents.**
- **Know where First Aid is located.**
- **Lift with your knees, not your back.**
- **Adhere to workplace safety standards.**
- **Wear the appropriate uniform for your workplace.**
- **Avoid overexertion by taking breaks and stretching.**
- **If you see something that is unsafe speak up and let others know.**
- **Stay present for safety training and participate in emergency drills.**
- **Keep things clean! A clear space will make reducing risk monumentally easier.**
- **Learn the skills necessary for your workplace so you are not a danger to yourself or others.**
- **Be aware of all emergency exits and fire extinguishers, as well as how to access and use them.**
- **When using any equipment, make sure that you are following appropriate usage procedures.**
- **Keep stress levels as low as possible, a calm mind can assess risk and prevent danger more readily.**
- **When using sharp tools, be aware as well as concerned for your own safety and the safety of others.**
- **Discuss with your team the importance of safety rules within the workplace and how you can practice staying safe each day.**