



## 073: Safety 101–General Guidelines

### *The safety mindset*

The slogans “Safety is No Accident” and “Safety First” mean you eliminate accidents by purposefully putting safety in the front of your mind.

Look for unsafe conditions when entering an area or starting a task.

Always ask yourself, “Is this the safe way to do this task?” Think in terms of “what if,” and take the appropriate actions.

Ask others, “Do you think you are doing that safely?” if you think they are not. Safety is everyone’s responsibility, individually and collectively. A friendly reminder may save the life of a friend.

If someone helps you see you were doing an unsafe act, thank that person. The life just saved may have been your own.

Report unsafe conditions to your foreman, and take any emergency measures needed to prevent an immediate danger. For example, put markers on a spill or clean it up.

Remember that an unrepentant, unsafe coworker is an unsafe condition, just like bad lighting or an oil spill.

Report injuries to your foreman.

Keep yourself physically prepared so you can stay alert. Get your rest. Don’t take illegal drugs. Use other drugs, such as liquor and over-the-counter medications, responsibly and not on the job.

### *Housekeeping*

Keep work areas free of trash, food scraps, and other items that attract vermin.

Clean up spills and leaks immediately.

Keep in mind that a clean work area promotes a safety mindset, while a sloppy work area only reinforces sloppy habits.

### *PPE*

Wear your hardhat and safety glasses as soon as you arrive on site. Hazards do not check the time clock.

Wear hearing protection any time you must raise your voice to carry on a normal conversation.

Wear natural fibers. Leave jewelry at home.

Before using respirators, rubber gloves, fall restraints, or other such equipment, inspect it.

### *Tools and equipment*

Do not operate equipment without authorization. This includes everything from lift trucks to powder-actuated tools.

Replace worn tools. In addition to jeopardizing the quality of your work, these jeopardize your safety and that of others.

### *Discussion leader duties for this session:*

Review your site safety manual or company safety policy.

### *What this Safety Talk covers:*

General safety principles and tips.

### *Discussion notes :*

