

Stay Safe At All Hours Infographic



10 HEALTH & SAFETY TIPS FOR THE WORKPLACE



- 1 Pay Attention to Your Surroundings**
Refer to safety communication and training to remain aware of possible risks or hazards in the workplace.
- 2 Use Machines, Tools & Other Equipment Properly**
Always use the right tool for the right job to reduce risk of injury. Never use machinery, tools, or equipment you have not been trained to properly operate.
- 3 Practice Good Posture.**
Research shows good posture actually increases productivity, allowing the body to work more efficiently with less muscle fatigue.
- 4 Take Regular Breaks**
Not only are breaks regulated by law for non-exempt workers, but they actually increase productivity and reduce workplace injury.
- 5 Use Proper Safety Gear**
Protective gear like earplugs, safety goggles and gloves should never be overlooked if required to safely execute a task.
- 6 Use Mechanical Aids When Possible**
If required to move heavy objects, use proper mechanical aids such as a dolly, wheelbarrow, or forklift.
- 7 Keep Emergency Exits Clear**
Obstructed exit ways could mean life or death in a disaster requiring quick evacuation such as a fire, earthquake or active shooter.
- 8 Stay Sober While Working**
Drug and alcohol use on the job contribute to higher rates of workplace injury. Workplace safety is instantly increased by requiring all employees to stay sober at work.
- 9 Reduce Work-Related Stress**
Workplace safety issues are often exacerbated by work-related risk factors like bullying, job insecurity and long working hours.
- 10 Report Safety Issues to Your Supervisor**
Employees should never fear negative consequences for reporting safety issues or feel pressured to overlook safety concerns.

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