



# OCCUPATIONAL SAFETY CARD

STAY SAFE. STAY AWARE. GO HOME HEALTHY.



## TOP 5 DAILY SAFETY REMINDERS

- 1 **Wear Your PPE** – Hard hats, gloves, safety glasses, and boots must be worn at all times.
- 2 **Inspect Tools & Equipment** – Check before use. Report defects immediately.
- 3 **Know the Hazards** – Be aware of risks in area (chemical, electrical, slip/trip, etc.).
- 4 **Use Proper Lifting Techniques** – Lift with your legs, not your back, Get help with heavy loads.
- 5 **Report Near Misses** – Every incident is a learning opportunity. Help prevent future accidents. *Help prevent future accidents*



## EMERGENCY PROCEDURES

**Fire:** Pull alarm, evacuate, call 911.

**Injury:** Administer first aid. Call designated First Aider. Report to supervisor.

**Chemical Spill:** Evacuate area, alert EH&S. follow SDS instructions.



## QUICK TIPS

- Keep exits and fire extinguishers clear
- Lockout/tagout before maintenance



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- Keep exits and fire extinguishers clear
- Stay hydrated & take breaks