### **WHAT'S AT STAKE?**

An employer or supervisor can't stand by you every second to see that safety rules are followed. You must take charge of your safety because you have the most to gain – and the most to lose.

#### WHAT'S THE DANGER?

Injuries result when a worker fails to take responsibility for safety – by ignoring safety procedures or consuming drugs or alcohol at work, for example. You could suffer burns, broken bones, electrocution, crushing, chemical injuries, concussion or other injuries if you don't take safety precautions.

### **EXAMPLE**

Joe is an experienced construction worker, but he suffered a painful knee injury after he fell from a ladder. Although he knew better, he had leaned too far to retrieve a hammer.

## **HOW TO PROTECT YOURSELF**

## Break your own unsafe habits

Don't rush a job. Take time to maintain tools and equipment according to the manufacturer's instructions and follow all safety procedures and policies.

## Train and participate

Take safety training and learn the health and safety standards that apply to your work. Before operating equipment, get trained for it. Support or join workplace safety and health committees.

#### Gear up

Take personal protective equipment (PPE) and other safeguards seriously. When other employees understand you really believe in these things, they are more likely to become believers, too.

## Don't be the fall guy

If you spill liquid on the floor, mop it up immediately. If you find a piece of equipment leaking fluid, report or repair it. Regularly check around your work area and look for material which could cause someone to trip.

### Clean up

Remind yourself about cleaning up the work area regularly and removing debris continually, or at least as each task ends. Don't wait for the boss to point out fire hazards.

## Take responsibility

Report any hazardous conditions. Ensure that emergency equipment is readily available, ventilation equipment is working properly, cords and cables are routed away from traffic areas, light fixtures are maintained and hazardous materials are correctly labeled and stored where they cannot ignite or contact workers.

## You're not Superman or Wonder Woman

Refuse unsafe work. Lift correctly and don't lift something heavier than your capacity. Get enough rest before you come to work.

## **FINAL WORD**

If you have a positive attitude toward safety measures, your co-workers are more likely to do the same. A good role model maintains a safety leader viewpoint at all times, because workers need to depend on themselves and each other.

# QUIZ

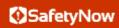
- 1. Your employer is totally responsible for ensuring that you follow safety rules.
  - o True
  - False
- 2. Before operating equipment, a worker. needs to take any training required for it.
  - o True
  - o False
- 3. You can prevent falls by which of the following:
  - a. Reporting or mopping leaks and spills
  - b. Repairing tripping hazards
  - c. Both of the above
- 4. A worker has the right to refuse unsafe work.
  - o True
  - o False
- 5. The official safety officer is the only one who should have a safety auditor viewpoint.
  - o True
  - o False

BEFORE THE TALK - TIPS	AFTER THE TALK- CHECKLIST
<ol> <li>Prepare to lead a discussion on safety leadership at this safety meeting. Who are the safety leaders? What does it take to be a leader?</li> <li>Be alert to individuals expressing an interest in safety leadership. This meeting might help you identify the next volunteers for the safety and health committee, or someone who would be a good candidate for further education and advancement.</li> <li>Arrange to send your potential safety leaders to a safety course or conference. They would learn and be inspired at the National Safety Council Congress held each fall in the United States.</li> <li>Conducting the weekly safety meeting is another good opportunity for the potential safety leader.</li> <li>How do your workers feel about other workers pointing out unsafe actions? Get a discussion going and see if there is any resistance or resentment you need to deal with.</li> <li>Invite a guest speaker such as the safety director for your company or another organization.</li> <li>Are your employees clear on what to do about safety concerns? Do they know how to report problems? Go over this information at your safety meeting.</li> </ol>	PROVIDED FOLLOW-UP TO WORKERS THAT DID  POORLY ON THE QUIZ  NAME:
NOTES	

# **ANSWERS:**

- 1. False
- True
   C

- 4. True
- 5. false



ATTENDANCE		
INSTRUCTOR:	DATE:	
SAFETY TALK:		