



Jim Persons  
jimpersons@safetypride.com  
707-889-0881

## **“General Rules for Safety at Work”**

- Lifting: Always use proper lifting methods. Get help with heavy loads.
- Falls and falling objects: Look before you step. Keep all walk areas clear. Stay out from under loads. Do not use unsafe ladders. Install guardrails properly.
- Stepping on nails: Remove all nail hazards. Look before you step.
- Openings: Properly cover floor openings. Install guardrails. Keep barricades in place.
- Protective gear: Wear your hard hat. Protect your eyes with safety glasses or goggles. Always wear the appropriate protective gear.
- Housekeeping: A clean job is a safe job. Dispose of waste material properly.
- Unsafe use of tools: Remember that power tools are dangerous. Keep guards in place.
- Wear appropriate personal protective equipment. Protect your co-workers. Stop and unplug equipment to adjust.
- Unsafe tools and equipment: Inspect tools and equipment regularly. Report all defects to your supervisor. Always use the right tool. Always secure tools safely when not in use.
- Teamwork: Plan all work with safety in mind. Always be aware of and protect all workers on a jobsite.

**REMINDER - SAFETY CAN BE LEARNED.**