



## GENERAL RULES FOR SAFETY AT WORK

1. **Lifting:** Always use proper lifting methods. Get help for heavy loads.
2. **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.
3. **Stepping on nails:** Remove all nail hazards. Look before you step.
4. **Openings:** Properly cover floor openings. Install guardrails. Keep barricades in place.
5. **Protective gear:** Wear your hard hat. Protect your eyes with safety glasses or goggles. Always wear the appropriate protective gear.
6. **Housekeeping:** A clean job is a safe job. Dispose of waste material properly.
7. **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 make adjustments.
8. **Unsafe tools and equipment:** Inspect tools and equipment regularly. Report all defects to you supervisor. Always use the right tool. Always secure tools safely when not in use.
9. **Teamwork:** Plan all work with safety in mind. Always be aware of and protect all workers on a jobsite.

### REMINDER – SAFETY CAN BE LEARNED

Safety Recommendations: \_\_\_\_\_

Job Specific Topics: \_\_\_\_\_

M.S.D.S Reviewed: \_\_\_\_\_

Attended By:

---

---

---

---

---