



Each time someone is injured, we need to ask ourselves **“How did it happen?”**

Accidents just don’t just happen, they are caused. Accidents are usually a result of someone not paying attention or not knowing how to recognize a safety hazard at the job, home or vehicle.

Sites with effective safety attitudes have about 20% less injuries compared to those without.

Here are some general rules to follow and the 4 hazard avoidance rules.

General Rules

Learn the safe way to do your job.

Don’t jump from one elevation to another.

Don’t work under suspended loads.

Remove protruding nails or bend them over.

Keep the work area clear of debris.

Use the personal protective equipment required for the job.

Treat all electrical wires as being “live.”

Use the right tool for the right job.

Be sure all tools are in good shape.

Four Hazard Avoidance Rules

Know the safe way to work, and then follow it all the time.

Maintain safe working conditions – for yourself and others around you.

Setting an example for safe work and encourage others to do so.

Report all accidents and near misses.

Remember:

Ask yourself **“Are you following the basic common-sense rules?”**

Keep asking yourself **“How can I make my work safer?”**

You can avoid a serious accident and help prevent them for fellow workers.