



In almost everything we do, we find a way to make the process easier and faster. These processes we develop become work habits used in our everyday activities. Some say it takes 21 days of continual monitoring and reminding yourself to develop a habit. Some of us have excellent habits, but some could use a little work.

Good work habits include:

- Always wear the proper personal protective equipment.
- Don't over-exert yourself – get help with heavy tasks.
- Don't overextend yourself when on ladders and risk losing your balance.
- Always use the proper tool for the job. Focus on your work and avoid distractions.
- Look for unsafe acts or working conditions, and then report them.

Watch out for others – remember you are part of a team.

These are just a few habits that safety-conscious employees do every time they perform a task.

Ask the following questions before you begin to work:

- Are the conditions safe to do the work? Are the methods we are going to use safe?
- Does everyone know what to do?
- Does everyone know how to do it?
- Can I or a co-worker fall, get struck by, get caught between or under, or get electrocuted on this job?

By remembering and following safety rules, asking yourself about the conditions, methods, and job site hazards, and knowing what to do, you should be able to decrease your chances of being injured. Please take steps to prevent accidents, not cause them.