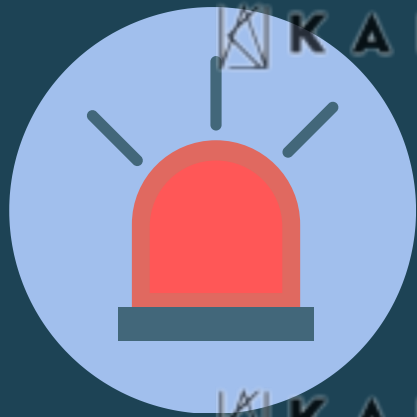


Workplace Safety

Protecting Our Most Valuable Assets

Creating a safer work environment is crucial to avoid work-related accidents can lead to absences and fatalities. 1 in 4 accidents results in an absence from work while 12 work-related fatalities occur every day. To promote safety, everyone must play a role. Here are some ways to achieve this goal.

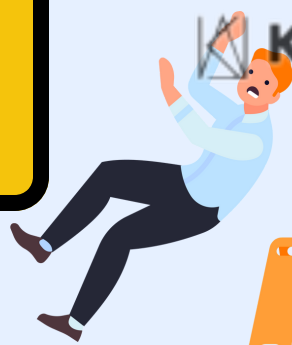
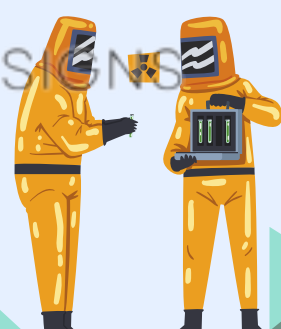


REPORTING HAZARDS



Inform your supervisor or facility department of any unsafe conditions or hazards.

Report any safety issues immediately to prevent potential accidents for yourself or others.



ERGONOMOMICS

Don't forget to adjust your chair, desk, and monitor to ensure optimal comfort and ergonomics while you work. Also, it's crucial to maintain proper posture to avoid discomfort and potential harm. Of course, last thing is...

Take your breaks!



LIFTING SAFETY

Avoid Physical Strain and Financial Pain. Save yourself from this discomfort and follow these simple tips for lifting heavy items:

- Bend your knees when lifting to avoid back strain.
- Keep the load close to your body to improve balance.
- Use mechanical aids whenever possible to reduce the risk of injury.



FIRE SAFETY



Important fire safety tips include keeping exits and pathways clear, using fire extinguishers if safe to do so, and calmly evacuating the building without using elevators.

FIRST AID

It's important to be prepared for emergencies. Learn basic first aid techniques like CPR and wound care. Familiarize yourself with the location of first aid kits and AEDs. Remember to call for medical assistance when necessary.



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