

MAFES Dawg Tracks



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Ten Commandments of Good Safety Habits



In most any kind of work that we do we try, or maybe even stumble upon, a method or a little “trick” that improves our efficiency at making the job easier and sometimes faster. Once we find this little trick and repeat it several times, it becomes a habit. If we develop this “little” trick effectively, it becomes a good habit and one that will help to keep us safe during the year.

Following are ten safety habits that we should practice in our everyday work life.

- **SET YOUR OWN STANDARDS** – Don’t let others around you influence you negatively. For example, you’re required to wear safety glasses, but other fellow workers aren’t wearing theirs, so you choose to not wear them. Just think that if you suffer partial or total blindness, it’s you that will live with this, not the others.
- **OPERATE EQUIPMENT ONLY IF YOU ARE QUALIFIED** –Your immediate superior or supervisor may assume that you can operate the piece of equipment that he assigned you to operate. It is your responsibility to let him know that you aren’t experienced or qualified to operate it if this is the case.
- **RESPECT MACHINERY** – If you put something in the machine’s way, it will pinch, crush or cut it, depending upon the type of machine. Make sure that all the guards and shields are in place. Don’t try to work so fast that you compromise the ability to work fast and safely. Remember to always remove the key from the ignition before dismounting the implement.
- **PRACTICE GOOD PERSONAL CLEANLINESS** - *Most* industrial rashes are the result of poor hygiene practices.
- **USE YOUR OWN INITIATIVE FOR SAFETY PROTECTION** - You are in the best position to see problems when they arise. Ask for help or guidance as you need it and ask for the personal protective equipment that is required to perform the task safely and efficiently.
- **ASK QUESTIONS** – When in doubt, ask! We hear it all the time and I am as guilty as anyone. We’re sometimes afraid to ask questions for fear of appearing dense or ignorant. Don’t accept the answer such as, “I think, I guess, or I assume.” Get a positive answer so that you are sure of the direction that you are heading in.
- **USE CARE AND CAUTION WHEN LIFTING** – Most muscle and spinal injuries are from overstrains. Know your limits and don’t exceed them. Ask for help and be patient while they are coming to help. A couple of extra minutes of waiting are better than months of pain from a back injury or a back strain.
- **PRACTICE GOOD HOUSEKEEPING** – Disorganized workplaces or shops are breeding grounds for accidents. You may not be the only statistic, but try to do your part in avoiding anyone becoming a statistic.
- **WEAR PROPER AND SENSIBLE CLOTHING** – Wear sturdy footwear that fully encloses the feet. Avoid loose clothing, dangling jewelry and if you have to have long hair keep it tied back to void entanglement.
- **BE A POSITIVE PART OF THE TEAM** – Willingly accept and follow the safety rules. Encourage others to do the same. Your attitude can play a big part in helping to prevent accidents and injuries.

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**APPLY YOUR GOOD INTENTIONS
TO
ACCIDENT PREVENTION !!**