



## Safety Message of the Day for IMEA Members



### The Ten Commandments Of Good Safety Habits

In most everything we do, we find a “trick” to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

1. Set Your Own Standards. Don't be influenced by others around you who are negative.
2. Operate Equipment Only if Qualified. Your supervisor may not realize you have never done the job before.
3. Respect Machinery. If you put something in a machine's way, it will crush it, pinch it or cut it.
4. Use Your Own Initiative for Safety Protection. You are in the best position to see problems when they arise.
5. Ask Questions. If you are uncertain, ask.
6. Use Care and Caution When Lifting. Most muscle and spinal injuries are from overstrain. Know your limits.
7. Practice Good Housekeeping. Disorganized work areas are the breeding grounds for accidents.
8. Wear Proper and Sensible Work Clothes. Wear sturdy and appropriate footwear.
9. Practice Good Personal Cleanliness. Avoid touching eyes, face, and mouth with gloves or hands that are dirty.
10. Be a Positive Part of the Safety Team. Willingly accept and follow safety rules.