Personal protective equipment

- In good condition
- Keep protective equipment clean and in good condition
- Replace damaged equipment
- Check it before you use it
- Keep protective equipment clean

Equipment Maintenance

Lenses:
- Regularly inspect dust, tears, and scratches

Breathing Protection

- Safety shoes
- Safety glasses or goggles
- Gloves or hand protectors
- Hard hats and caps

Caution

At all times, wear static-resistant gloves.

Yellow indicators caution.

Red indicators the equipment is not authorized.

Keep out

For general safety instructions.

Black, green, blue
- White, green, black

NO SMOKING

Required.

Please read instructions. These colors are used for general safety instructions. These signs are for your protection. Observe them and follow for your safety.
How to Lift Right

When you're lifting some-

Plant your feet firmly.
Squat down close to the
thing from the floor.

Repetitive Lifting

Steady your wrists.
If you are required to do a lot of

Hazardous Materials

Handle then. Keep your elbows
Press or dirty objects before you

Head, Arms

Where you're going.
Carry a clear head so you can't see

Sign

Get help of use equipment.
Don't lift loads that are too heavy or

SIZE

Yourself.

Follow these tips to avoid hurting

Position

Plant your feet firmly.
The floor isn't close to it.
When you're lifting something from

Back Position

Plant your feet firmly.
Keep your back straight.

Seal your thighs and arms take

Sealed line from your head to your

Back

Keep your back reasonably straight.
Hand and Lift Trucks

Keep your hands and fingers free and clear of pinch points.

Conveyor Safety

Do not move conveyor while you or anyone else is on it.

Keep your hands and fingers free and clear of pinch points.

Conveyor Hazards

They are dangerous.

They can also be dangerous if they are not in use.

They are helpful in your work. They are not dangerous when used safely.

When using a hand truck, don't stack materials so high you can't see where you're going.

Keep stack materials so high you can't see where you're going.

Push, don't pull. It's safer and easier.

Don't stack materials so high you can't see where you're going.

Keep hands inside the handles so you can't see where you're going.

Don't use the lift truck when the load is off-post.

Look out for all hazards.

Safety is important. Make sure you're following the rules.

When using a hand truck, don't stack materials so high you can't see where you're going.

Push, don't pull. It's safer and easier.

Keep stack materials so high you can't see where you're going.

Don't use the lift truck when the load is off-post.

Look out for all hazards.

Safety is important. Make sure you're following the rules.
Warehouse & Storage safety tips

What can help you
- Shelves, bins, and containers
- Labels, signs, and tags
- Proper lighting and ventilation
- Clean and organized work area
- Regular inspections
- Training and safety meetings

Safety procedures can help you work safely:
- Use protective equipment, such as gloves, safety glasses, and hard hats.
- Keep your work area clean and organized.
- Use caution when moving heavy objects.
- Report any hazards or accidents immediately.

Remember:
- Keep the floor clear of obstacles.
- Use proper equipment to lift and move heavy objects.
- Keep a safe distance from moving equipment.
- Always follow the manufacturer's instructions.

Unloading safety
- Ensure the trailer door is securely closed.
- Check all tie-downs and straps.
- Use proper equipment to lift and move objects.
- Keep your distance from the trailer while loading.
- Load objects in a safe and secure manner.
For Your Information
You may be interested in our other booklets. Ask about:

☐ Head Protection
☐ Hand Protection
☐ Sound Sense
☐ Eye Protection
☐ Foot Protection

For more information or to order, call your regional office of the National Safety Council toll-free.

National Safety Council

Central Region
1-800-621-7619

Western Region
1-800-848-5588

Northeastern Region
1-800-432-5251

Southeastern Region
1-800-441-5103

Hawaii Occupational Safety & Health Division
830 Punchbowl Street - Room 423
Honolulu, HI 96813

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