

SAFETY



MONDAY

PREVENT WORKPLACE INJURIES



Getting injured while at work can be a painful and stressful event that may affect your work and home life. Be proactive and prepared for work to prevent this from happening to you!

P – Pre-shift stretching will get your body and mind ready for the work ahead.

R – Request help if an item is too heavy to push, pull, or lift to avoid strain/sprain injuries.

E – Exclude distractions that may take your focus away from the action you're completing.

V – Verify all potential hazards before beginning a job or task to ensure you have the needed tools and PPE.

E – Engage with your supervisor/manager by reporting unsafe and hazardous conditions.

N – Never take shortcuts! Skipping steps can have serious consequences.

T – Treat your mind and body with care by allowing ample time for rest, nutrition, and relaxation before your next shift. You're an industrial athlete!



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