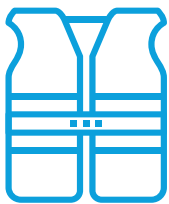


# 5 Safety Tips for Workers



## Get in and out of equipment the right way

- Wipe mud and slippery substances off boots
- Install foot or hand holds on equipment
- Use a step ladder
- Ask for help



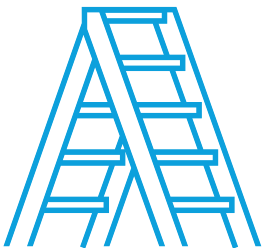
## Wear the right equipment

- Wear back braces when lifting heavy objects
- Wear gloves and goggles if using dangerous tools
- Wear a safety harness on elevated areas
- Wear nonskid, rubber footwear on slippery surfaces
- Wear a breathing mask in areas with bad ventilation or while working with dangerous toxins, heavy dust or debris



## Take precautions when loading and unloading equipment

- Clear and straighten ramps
- Leave space between you and the equipment
- Use a spotter to guide your equipment
- Ensure you have proper clearance between the trailer deck and you
- Use correct tie-down procedures with dangerous toxins, heavy dust or debris



## Watch out for climbing hazards

- Inspect ladders or stairs before stepping on them. Do not use metal ladders in rainy or wet conditions
- Use aerial lifts and elevated platforms when possible
- Use ladders that are 3-4 feet taller than the area you need to reach
- For every 4 feet of length, scoot the base of the ladder out a foot from the wall.
- Keep your hands free of tools when climbing and descending



## Secure crowded work areas

- Keep a significant distance between workers and large machinery
- Require operators to use horns to warn others when they are using large machinery

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