

Safety tips for young and seasonal workers

Remember the four rules of summer (especially if working outdoors)

- Wear sunscreen.
- Wear sunglasses.
- Wear bug spray.
- Stay hydrated.

Be ready for emergencies

- Know where the first-aid kit is located in your work area.
- Know who the designated emergency responder is for your work area. Don't attempt first-aid treatment if you are not trained in first aid.
- Report any injury to a supervisor immediately.
- Know where the emergency exits are in your work area.

Prevent cuts and lacerations

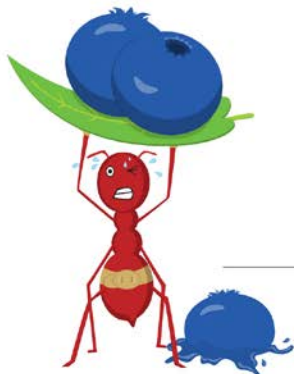
- If you're handling a knife, always cut away from the body.
- If you do receive a cut, get first aid treatment. Clean all surfaces properly where blood may have spilled to protect you and others from blood-borne diseases.

Protect yourself and your senses

- Wear safety glasses to protect your eyes against liquid splashes or flying debris. If you are using chemicals, you need training about the chemicals you are using.
- Wear hearing protection when exposed to loud noises.
- If you are working outdoors, apply sunscreen frequently and liberally. Wear sunglasses and a brimmed hat if possible. Drink plenty of water.

Wear suitable clothing

- Wear clothing that is appropriate for the job and the work environment.
- Wear enclosed shoes. Protect your feet from falling objects, lawn mower blades, hot grease, chemical spills and other hazards. For jobs where heavy loads could fall, wear shoes with metal-reinforced toe guards.
- Don't wear loose clothing or dangling jewelry that could catch in moving or rotating parts. Keep long hair pulled back.



Prevent slips, trips and falls

- Keep floors clean and free of spills, oils and debris.
- Do not allow electrical cords and other objects to extend across a walkway.
- While mopping, make certain that signs alert others of the danger of wet surfaces.
- If you have to use a ladder, make certain it is secure. Never step on the top platform of any ladder, including a stepladder.

If your work involves operating machines

- Do not use equipment or tools without proper guards.
- Never reach inside moving machinery.
- Do not wear jewelry, gloves or loose clothing while using machines with high-speed moving parts, like drill presses.
- Never use electrical equipment while standing in water.

For work requiring manual lifting, use proper lifting techniques

- Get close to the load. Grab the load safely, with your hands under or low on the object.
- Bend your knees, with feet slightly spread for balance and stability.
- Keep your head, shoulder and hips in a straight line as you lift. Do not twist. Turn your entire body, including your feet.
- Know how much weight you can safely lift. Get help lifting if necessary.
- If your job requires repeated heavy lifting, see if you can alter the job set-up to reduce the load weight and the degree you are required to bend and twist.

If working late at night

- Know the emergency contact numbers and the call-in procedure.
- If there is a robbery attempt, do not argue or struggle with the perpetrators.
- Ask for an escort to your car. Park your vehicle in a well-lit area.

