

7 BACK TO WORK SAFELY REMINDEES



1 Be hyper aware of your surroundings.

Your work area may have been second nature to you before, but you've been away for a while. Go slow and take the time to reacquaint yourself with the job hazards all around you.



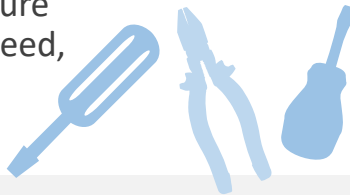
2 Review the task at hand before you start

Nothing is more important than your safety. Walk through each step and make sure you address all critical safety concerns.



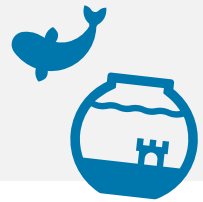
3 Set up your workspace for ease of access.

Organize your tools and equipment before you begin. This will help you orient to the task at hand and ensure you have what you need, when you need it.



4 Feeling a little like a fish out of water?

It's OK to admit you need some time to regain your footings when you come back. Be aware, when things aren't "feeling right," they can go very wrong – very fast. Stay safe!



5 Take regular breaks.

When you're not used to the work routine, tiredness creeps in sooner than you'd think. Fatigue can cause serious accidents and injuries. Take regular breaks to help keep your head in the game, and on safety.



6 Use your PPE correctly.

Refamiliarize yourself with the correct use of personal protection equipment. It's been a while since you used them – a bit of retraining is likely in order.



7 Inform supervisors of unsafe conditions – as soon as you spot them.

If you notice anything looks unsafe, report it. Now's not the time to let anything slide. You look out for me - I look out for you. **We're in this together!**

