

## SAFE WORK HABITS

In almost everything we do we take short cuts to make the process go easier and faster. These processes develop into work habits and are used at work but in everyday activities as well. Some studies say it takes 21 days of continual monitoring and reminding yourself to develop a habit. Some of us have very good work habits, and some of us don't. Let's look at a few examples:

- ❖ Do you wear a hard hat every time you are in an area that has an overhead hazard?
- ❖ Do you use the three points of contact when getting in and out of equipment?
- ❖ Do you use safety goggles/glasses when using a grinder?
- ❖ Do you fasten your seat belt every time you enter an automobile?
- ❖ When driving a vehicle do you pull over and stop before using your cell phone?
- ❖ Do you use the hand rail when going up and down stairs?
- ❖ Do you wear hearing protection when working in the area of a jack hammer?

These are just a few habits that safety conscious employees do each and every time they do a task.

## HOW ABOUT YOU?

Content Source: Occupational Safety and Health Administration (OSHA) (Users of Safety Talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations.)

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