

STOP & THINK & DO

DEDICATE 5 MINUTES OF YOUR TIME TO THINK YOUR WORK OVER STEP BY STEP

BEFORE COMMENCING WORK

- Take a look around: assess the situation
- Are any operations that may influence the safety being carried out nearby?
- Will my work affect anyone else?
- Think about your actions step by step
- Do I have the tools and PPE necessary for the performance of work?
- Assess the hazards. Ask yourself:
“How can I be harmed?”

HAZARD CONTROL: WHAT DO I NEED?

- Safety fencing
- PPE: Safety helmet /
protective glasses /
protective gloves
- Work permit
- Safety harness
- Insulation

**IF IT IS UNSAFE TO CONTINUE,
CEASE THE WORK**

YOU ARE PERSONALLY LIABLE

for the Safe accomplishment of the Objectives assigned
to you and for the Safe Working area

IN COURSE OF WORK

- Do you feel safe in course of work?
- Do the people around you perform their work safely?

AFTER WORK

- Inspect the working area
- Did I create a hazardous situation?
- Can anything be improved?

POTENTIAL HAZARDS / TYPES OF ACCIDENTS

- Electric voltage
 - Extreme temperatures
 - Restricted space
 - Fall from height
 - Heavy load / back damage
 - Objects falling from height
 - Failure / damage of equipment
 - Natural disasters
 - Hazardous chemical substances
 - Slippery surface
 - Tiredness
 - Insufficient or excessive lightening
 - Increased noise level
 - Mechanical sources of hazard
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