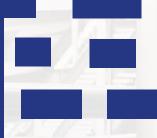
## TEN TIPS FOR HEALTH AND SAFETY AT WORK



Avoid work pressure; take it up with your superior

severe weather

Protect yourself against

A proper posture for sedentary work

Hazardous materials? Know the rules; do not depend on others

Aggression and violence?
Take preventive measures
as an employer

Use proper work shoes that suit the situation

Wear face protection

Safe lifting!

Treat your coworkers as you would like to be treated yourself.

Take preventive measures to avoid occupational accidents

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LILTIMO