

TEN TIPS FOR HEALTH AND SAFETY AT WORK

1 Avoid work pressure;
take it up with your superior

2 Use proper work shoes
that suit the situation

3 Protect yourself against
severe weather

4 Wear face protection

5 A proper posture for
sedentary work

6 Safe lifting!

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

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

9 Aggression and violence?
Take preventive measures
as an employer

10 Take preventive
measures to avoid
occupational accidents