

# IS SAFETY ON YOUR MIND?

A worker is injured on the job in the U. S.

**EVERY 7 SECONDS**

That's 12,300 workplace injuries every day.<sup>1</sup>

Follow these worksite safety tips at all times to help prevent injuries to yourself and those around you:<sup>2</sup>

- 1** Always be aware of your surroundings 
- 2** Keep correct posture to protect your back 
- 3** Take regular breaks 
- 4** Never take shortcuts on procedures 
- 5** Be aware of new safety protocols 
- 6** Keep emergency exits clear 
- 7** Report unsafe conditions immediately 
- 8** Wear appropriate personal protective equipment 



SELF-INSURED WORKERS'  
COMPENSATION FUND

<sup>1</sup><https://www.nsc.org/work-safety/tools-resources/infographics/workplace-injuries> <sup>2</sup><https://www.esafety.com/8-workplace-safety-tips-employees-should-know/>