

Protect Yourself **FIRST**

Be Your Own Best Safety Advocate!



Avoid **PREVENTABLE** injuries in the workplace—**ALWAYS** wear the required Personal Protective Equipment (PPE).

Safety Checklist

- Head:**
Helmets, hard hats
- Eyes/Face:**
Safety glasses, goggles, face shields
- Ears:**
Ear plugs
- Hands:**
Protective gloves
- Body:**
Vests, coveralls, full body suits
- Feet:**
Proper shoes or boots, foot guards, ankle shields



SELF-INSURED WORKERS'
COMPENSATION FUND

¹U.S. Bureau of Labor Statistics: <https://www.bls.gov/iif/oshsum.htm>

²Back pain at work: Preventing pain and injury: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20044526>