



MAFES Dawg Tracks

January 6, 2014



10 Commandments of Good Safety



As an ex-apparel engineer and manager, we always were looking for “tricks” or other ways to make jobs more efficient and more user-friendly to result in bottom line cost savings and also not to compromise any safety issues. Through repetitions in methods analysis, these operations became rote with the operators, but we still had to follow-up to make sure that the habits they formed were positive and not lending them to the potential for injury.

Following are some traits or habits, which if practiced, will become an aid in helping to reduce the potential for injury:

- **Set Your Own Standards** – Whatever your job description may entail- set your own standards of what and how you expect to accomplish the goals that are set, both in efficiency and safety-wise.
- **Operate Equipment Only if You are Qualified** – Your supervisor or manager, whichever is the case, may not be fully familiar with your work skills and/or experience, so it is your responsibility to let him know, so you can get fully trained on the duties that you are lax or inexperienced in.
- **Respect Machinery** – Regardless of your level of experience on machinery and equipment, shortcuts, “cutting corners,” or not staying focused can get you in trouble, causing personal injury - or it could result in equipment problems.
- **Use your own Expertise or Initiative for Safe Protection** - You, better than anyone else, are in the best position to anticipate or acknowledge the potential for equipment problems that could cause injury to you or problems with the equipment or machinery. In this case, don’t be bashful! Go to your supervisor and make him aware of the potential problem that could put you or the equipment in “harm’s way.” Don’t continue “half-cocked” and get yourself hurt or cause problems with the equipment.
- **Ask Questions** – If you are uncertain about a situation that might harm you or the equipment, don’t be afraid to ask questions to correct the situation. The worst decision is to be apprehensive about asking and not getting the situation resolved. No questions are insignificant that can abort the potential for personal injury or equipment problems.
- **Use Care and Caution When Lifting** – Most back and muscle injuries are caused by overexertion. Check the load before you attempt to lift it. Don’t be afraid or embarrassed to ask for help or to get a machine to assist you in lifting an object that is too much for one person.
- **Practice Good Housekeeping** – Dirty and unorganized work areas are an eye sore, but more than that they are an invitation for an injury hazard. The opposite of the above is a highly organized and clean work area that allows work projects to be completed faster, safer and more efficient overall. It also presents a positive image for visitors and shows that a strong sense of pride prevails by the working staff.
- **Wear Proper and Sensible Work Clothes** – One should wear sturdy footwear that is ideal for working in this type of environment, not sneakers or dress types or ones where the foot is not fully enclosed. Avoid wearing loose clothing, dangling jewelry. If you have long hair, it should be pulled back and secured in a ponytail. Long hair caught in a shaft or pulley can cause serious injury or in some cases death!
- **Practice Good Personal Hygiene** – Avoid touching your eyes, face or mouth with dirty, greasy hands. Wash regularly when you finish or leave a task. A skin lotion applied after washing is good to keep your skin supple and not dry and cracking. Most rashes are caused by poor hygiene practices.
- **Be a Positive Part of the Safety Team** – Be a leader and example for your fellow employees. Accept the safety rules willingly and encourage others to do the same. Your positive attitude may just be an example for others to follow.

***SAFETY ISN'T JUST A SLOGAN
IT'S OUR WAY OF LIFE!!
BE ALERT
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ACCIDENTS HURT***