EPIC
EMPOWERING PEOPLE IN CONSTRUCTION
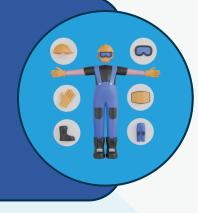
5 Ways To
Increase Personal Safety

1. Familiarise Yourself with Safety Protocols

Take the time to learn and understand the safety protocols and guidelines specific to your workplace or industry and attend safety training sessions. This includes knowing evacuation routes, emergency procedures, and any potential hazards.

2. Use Personal Protective Equipment (PPE)

Always wear the appropriate personal protective equipment for your job. This might include items like safety goggles, gloves, helmets, or respiratory masks. Properly maintained PPE can significantly reduce the risk of injury.

3. Stay Aware of Your Surroundings

Be vigilant about your surroundings. Pay attention to potential hazards, such as wet floors, exposed wires, or other safety risks. Report any safety concerns to your supervisor or the appropriate personnel immediately.

4. Maintain a Respectful Attitude

Promote a respectful and non-threatening atmosphere in the workplace. Avoid confrontational or aggressive behaviour, which can escalate conflicts and jeopardise personal safety.

5. Report Safety Concerns

If you encounter unsafe conditions or observe unsafe practices, report them to your supervisor or the designated safety officer. Reporting safety concerns promptly can lead to their resolution and help prevent accidents in the future.