My safety is my future

Am I Safe?

**Dangerous Machines**
I never clean or check a machine unless it is locked. ☐ ☐
If I see a missing guard on a machine, I always report it immediately. ☐ ☐
I avoid/am aware that loose hair and clothing could pull me into a machine. ☐ ☐

**Chemicals**
I never mix ammonia and bleach. ☐ ☐
I never use chemicals without training. ☐ ☐
I never use chemicals without a label. ☐ ☐
I know I could die from fumes in a confined space, so I never enter until I have received confined space entry training and have checked that my coworker is outside. ☐ ☐

**Slippery Floors, Trips, and Falls**
My employer keeps floors clean. ☐ ☐
If I see any slippery liquid or material on the floor, I report it to my supervisor. ☐ ☐
If I see a grate that is missing or out-of-place, I report it to my supervisor. ☐ ☐

**Insoles**
To protect my back, I wear insoles when standing for long periods. ☐ ☐

**Preventing Permanent & Crippling Injuries to My Hands, Shoulders, and Back**
I know the risk factors for crippling repetitive motion injuries:
- force, repetition, cold, vibration, awkward posture. ☐ ☐
I do not ignore my body's warning signs:
- pain, tingling, numbness, trouble sleeping, swelling, inflammation. ☐ ☐
Before and after work, I make sure to do stretching exercises. ☐ ☐
If my knife is not kept sharp, I talk to my supervisor. ☐ ☐
I am aware that working in close quarters increases the risk that I'll be cut by my neighbor, and that I have the right to report safety concerns to my supervisor and OSHA. ☐ ☐
Fixing safety problems, keeping my body and coworkers safe
I report my concerns to my supervisor in writing and keep a copy. ☐ ☐
I keep a diary of my concerns, my actions, and my employer’s response. ☐ ☐
If my safety concerns aren’t fixed, I report the problem to OSHA. ☐ ☐
If I am punished in any way for being injured or reporting a safety concern, I tell OSHA right away (within 30 days). ☐ ☐
If there is an amputation, hospitalization, or loss of an eye at work, my employer must report it to OSHA immediately. If not, I can also report it to OSHA. ☐ ☐

Under Nebraska law, I have the right to see my own doctor if...
…I have had a check-up with a family doctor to establish my own doctor before I am injured. ☐ ☐
…and if I choose that doctor in the moment of injury. ☐ ☐
Also, I know if I am injured at work, it should be covered by workers comp, not my own health insurance. ☐ ☐

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