

# 12 Tips for Staying Safe at Work

**12. Never assume.**  
Don't assume you can do something without instruction, guidance or supervision.

**11. Be honest.**  
If a task is too much for you, say so! Don't attempt something that you can't handle.

**10. Talk to your Family.**  
Tell them what you're doing at work. Let them know if you think something's wrong.

**9. If you're hurt.**  
No matter how minor, report injuries to your supervisor or employer and tell your family.

**8. Report hazards.**  
Tell your supervisor if you see anything hazardous, even if it involves another worker.

**1. Get training.**  
Learn how to work safely. Follow the rules and know what to do in an emergency.

**3. Wear the gear.**  
Hair nets, gloves, aprons, safety glasses, ear plugs, etc. Use them properly as required.

**4. Identify risks.**  
Before you start the job, report unsafe practices and situations to your supervisor or employer.

**5. If you don't know, ask!**  
There are no "dumb" questions. Learn about your rights and obligations under the legislation.

**7. Follow the safety rules.**  
And if you don't know the safety rules, ask your supervisor.

**6. Do your job.**  
Don't do anything you haven't been asked to do, or have been told specifically not to do.

**2. Be supervised.**  
Supervisor, will you be here to see that I do the job right? If you're not around, whom should I ask?

