

# Workplace Safety First Checklist



Workplace safety is paramount to ensure the well-being of everyone while at work. This Safety First Checklist is designed to underscore the significance of safety protocols and serve as your comprehensive guide. Create a safer and healthier work environment with these tips.



## 1 Wear the Right Gear

- Wear the Correct Personal Protective Equipment (PPE)**
- Hard Hat:** Always wear when required.
- Safety Goggles:** Protect your eyes from hazards.
- Gloves:** Keep hands safe from chemicals or sharp objects.
- Mask:** Prevent inhalation of harmful substances.

## 2 Know What to Do in an Emergency

- Identify Emergency Exits:** Locate and memorize emergency exit routes.
- Fire Extinguishers:** Know their locations and how to use them.
- Evacuation Plan:** Familiarize yourself with evacuation procedures.
- Emergency Contacts:** Keep a list of important contacts handy.



## 3 Report Hazards Immediately

- Spills and Leaks:** Report to a supervisor or maintenance.
- Damaged Equipment:** Don't use; report for repair.
- Exposed Wires:** Avoid contact and report to maintenance.
- Blocked Exits:** Keep exits clear; report obstructions.

## 4 Practice Good Ergonomics

- Desk Setup:** Adjust chair and monitor for comfort.
- Posture:** Maintain a neutral spine and proper alignment.
- Stretch Breaks:** Take short breaks to stretch and move.
- Lifting Techniques:** Lift with your legs, not your back.



Take a free ergonomic assessment at

[orlandoortho.com/safety](https://orlandoortho.com/safety)



## 5 Take Care of Your Health

- Regular Checkups:** Schedule and attend routine health checkups.
- Call Your Direct Orthopaedic Specialist:** For any musculoskeletal concerns.
- Stay Hydrated:** Drink enough water throughout the day.
- Healthy Eating:** Maintain a balanced diet.

When you need your direct orthopaedic specialist, contact Orlando Orthopaedic Center.

Remember, safety is everyone's responsibility, and together, we make a difference.

407.254.2500

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