

# SAFETY POSTERS



CONTRACTORS



EDUCATIONAL



LOCAL / COUNTY GOVERNMENT



MANUFACTURING



MEDICAL



SOCIAL SERVICE



TRANSPORTATION



WHOLESALE / RETAIL

# Safety Poster Order Form



Please complete with poster number and quantity. Posters are 11x17".

Poster Number	Amount Requested

Poster Number	Amount Requested

Special instructions:

Send posters to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AR-0001



**ON ICE & SNOW!**

# Carbon Monoxide Awareness

Carbon monoxide (CO) is a colorless, odorless, tasteless, and non-irritating gas. CO is difficult to detect. Even low exposures of CO can affect an employee, reducing the blood's ability to deliver oxygen to vital organs of the body. Concentration levels in the human body can build slowly over time as CO exposure continues, resulting in carbon monoxide poisoning. CO is fatal at high concentrations.

OSHA CFR 1910 states CO exposure levels cannot exceed 50 parts per million (PPM) over a time-weighted average (TWA) for an eight-hour period. This level refers to the air within the building, not the CO exiting the forklift's tailpipe.

## Signs of CO poisoning:

- Light-headedness
- Fatigue
- Dizziness
- Confusion
- Nausea
- Headache
- Impaired vision

## If you suspect a CO poisoning:

- Call 911
- Move everyone outside
- Open dock doors to increase fresh air ventilation





# BE AWARE!

## LOOK FOR



**POTHOLES**



**UNEVEN SURFACES**



**STANDING WATER**



**ICY CONDITIONS**

# WHEN IN PARKING LOTS

AR-0004

WALK LIKE FREDDY...



SLOW AND STEADY!



AR-0006

# THINK TWICE

WHEN THERE'S

# SNOW AND ICE!

AR-0008

**PENSAR DOS VECES  
CUANDO HAY**

**NIEVE Y HIELO!**

**AR-0008-B**



# GET SMART!



## USE SAFETY FROM THE START

### WEAR GLOVES TO PREVENT CUTS

# GET SMART!



## USE SAFETY FROM THE START

**WEAR GLOVES TO PREVENT CUTS**

# HEARING PROTECTION IS A



# SOUND INVESTMENT.

# AUDICIÓN PROTECCIÓN ES UN



# SONIDO INVERSIÓN.



# HEARING PROTECTION IS A



# SOUND INVESTMENT.

# WIPE UP



# AND AVOID A WIPE OUT

# LIMPIE



# Y EVITE ACCIDENTES

# SAFETY GLASSES: ALL IN FAVOR



## SAY EYE.

PER OSHA 29 DFR 1910: EYE PROTECTION MUST BE WORN

- When working under vehicles
- Using air-powered tools
- Spraying chemicals, acids, or caustic liquids
- Working with pressurized systems
- Using bench grinder, drill press, etc.
- Tire installation
- Using the brake lathe
- Sanding, chiseling, grinding, hammering, etc.
- Or hazards from other potential flying particles

**WEAR YOUR SAFETY GLASSES TODAY!**



# GAFAS DE SEGURIDAD: TODOS A FAVOR



# DECIR OJO.

AR-0025

# SAFETY GLASSES: ALL IN FAVOR



# SAY EYE.

# GAFAS DE SEGURIDAD: TODOS A FAVOR



# DECIR OJO.

AR-0026

# SAFETY GLASSES: ALL IN FAVOR



# SAY EYE.



# GAFAS DE SEGURIDAD: TODOS A FAVOR



# DECIR OJO.

# Don't Pay the Price



## Look Out for Snow and Ice!

Report unsafe conditions to \_\_\_\_\_



# Don't Pay the Price



## Look Out for Snow and Ice!



AR-0030-B

# OSHA recommends these tips to avoid slips and falls:



- Keep floors clean and dry.
- Provide warning signs for wet floor areas. Avoid when possible.
- Provide appropriate waterproof footwear.
- Keep all places of employment clean and orderly and in a sanitary condition.
- Keep aisles and passageways clear and in good repair.
- Keep exits free from obstruction.



# OSHA recomienda estos consejos para evitar resbalones y caídas:



- Mantenga los pisos limpios y secos.
- Proporcione señales de advertencia para las áreas de piso mojado. Evítelas cuando sea posible.
- Proporcione calzado impermeable adecuado.
- Mantenga todos los lugares de trabajo limpios, ordenados y en condiciones higiénicas.
- Mantenga los pasillos y pasillos despejados y en buen estado.
- Mantenga las salidas libres de obstrucciones.

# Fork Truck Safety



- Only YOU, the operator, can ensure the forklift is operated safely.
- Conduct a pre-check and document all findings.
- Know your route of travel.
- Do not use unsafe or defective equipment.
- Use your seat belt at all times!

# Seguridad de Carretilla Elevadora



- Sólo usted, el operador, puede asegurarse de la carretilla elevadora es operado de manera segura.
- Cabo una verificación antes de usar y documentar todas los hallazgos.
- Conozca su ruta de viaje.
- No utilice equipo inseguro o defectuoso.
- Utilizar el cinturón de seguridad en todo momento.

# Electrical Safety



- Follow all company procedures for lockout/tagout.

Beware of:

- inadequate wiring
- exposed electrical parts
- wires with bad insulation
- overloaded circuits
- ungrounded electrical parts or tools

# Seguridad Eléctrica



- Siga todos los procedimientos de la empresa para bloqueo y etiquetado.

Tenga cuidado con los:

- cableado inadecuado
- partes eléctricas expuestas
- cables con mal aislamiento
- circuitos sobrecargados
- piezas o herramientas eléctricas sin toma de tierra



# Machine Guard Safety



**Keep all your fingers!**  
**Do NOT remove machine guards.**

# FALLS FROM HEAVY EQUIPMENT

Falls from heavy equipment occur most frequently when drivers don't face the equipment and keep three points of contact.

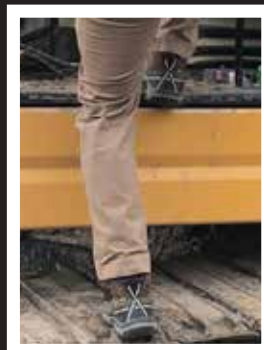


## KEEP THREE POINTS OF CONTACT

- Never carry items when you climb.
- Look down before climbing down.
- Keep steps and grab bars clean.
- Wear footwear that's in good condition and appropriate for the weather.

**ALWAYS  
FACE THE  
EQUIPMENT!**

**Always use proper foot and hand placement.**



# Stair Safety Tips:



- Make sure stairways are well lit and free of tripping hazards.
- Pay attention when you approach stairways.
- Don't let objects you are carrying block your view on the steps.

## Consejos de Seguridad para Escaleras:



- Asegúrese de que las escaleras están bien iluminadas y libres de peligros de tropiezos.
- Prestar atención cuando se acerque a las escaleras.
- No permita que objetos que están llevando bloqueen su visión sobre las escaleras.

# Prevent Heat Illness



- Wear a hat and light-colored clothing.
- Know where you're working in case you need to call 911.
- Drink water even if you aren't thirsty.
- Rest in the shade.
- Know the signs of **heat exhaustion**:
  - Dizziness
  - Headache
  - Sweaty skin
  - Fast heart beat
  - Nausea, vomiting
  - Weakness; and
  - Cramps.
- Know the signs of **heat stroke**:
  - Red, hot, dry skin
  - High temperature
  - Confusion
  - Fainting; and
  - Convulsions.

**Heat kills - get help right away!**



# Prevenga las enfermedades derivadas de la exposición al calor



- Use sombrero y ropa de colores claros.
- Sepa dónde está trabajando en caso de que necesite llamar al 911.
- Beba agua incluso si no tiene sed.
- Descanse a la sombra.
- Conozca las señales de agotamiento por calor:
  - Mareos
  - Dolor de cabeza
  - Piel sudorosa
  - Latidos acelerados
  - Náuseas, vómitos
  - Debilidad
  - Calambres
- Conozca las señales de un golpe de calor:
  - Piel enrojecida, caliente y seca
  - Alta temperatura
  - Confusión
  - Desmayos
  - Convulsiones

**El calor mata; ¡busque ayuda de inmediato!**

Avoid slips, falls ...

and injuries this winter

Take my advice:

- Watch your step on slippery walkways.
- Walk, or waddle, like me, slowly shifting your weight from side to side.



AR-0045



**KEEP EMERGENCY EXITS**  
**CLEAR**



**MANTENGA DESPEJADAS  
LAS SALIDAS  
DE EMERGENCIA**



# Safe Exiting

Falls while exiting buses occur most frequently when drivers are not wearing ASTM slip rated footwear and do not maintain three points of contact.



## KEEP THREE POINTS OF CONTACT

- Hold onto both grab bars on each side of you while entering or exiting the bus.
- Keep steps clean and free of snow and ice.
- Look down at where your feet will contact the ground before stepping.
- Wear ASTM slip rated footwear that is in good condition and appropriate for the weather.

ALWAYS USE  
GOOD HAND  
PLACEMENT.



GOOD HAND  
PLACEMENT



POOR HAND  
PLACEMENT



# SHARPS SAFETY

Sharps are objects that can penetrate a person's skin, such as needles, lancets, broken glass, broken capillary tubes, and blades.

Who gets injured? Any employee handling a client's sharp is at risk of injury.

## Where, When and How injuries occur:

Injuries with needles and other sharp devices can happen at any time during use.

## To prevent sharps injuries:

The first priority is to eliminate and reduce the use of needles and other sharps whenever possible. Train the client to perform the activity independently.

## Preventing Sharps Injuries:

1.

BE PREPARED.

2.

BE AWARE.

3.

DISPOSE WITH CARE.

Ensure that equipment necessary for performing a procedure is available within arm's reach, and organize the equipment so the procedure can be done safely.

## Remember, when working around or using sharps devices:

- Be aware of the devices, where they are and who is using them;
- Be prepared; and
- Dispose of devices in sharps approved containers.

## You're part of the sharps injury prevention process when you:

- Adhere to safe practices and assist and support co-workers in safe practices;
- Report injuries involving exposure to blood or body fluids and sharp injuries;
- Participate in training and request additional training when needed; and
- Follow Visions written Exposure Plan.

## If you sustain a needle stick injury, take action immediately:

- Wash the wound with soap and water;
- Flush mucous membranes with water; and
- Alert your supervisor and initiate the reporting system.



# SEGURIDAD EN LA MANIPULACIÓN DE OBJETOS PUNZANTES

Los objetos punzantes son objetos que pueden penetrar la piel de una persona, como agujas, lancetas, vidrio, tubos capilares rotos y cuchillas.

¿Quién se lastima? Cualquier empleado que manipule un objeto punzante de un cliente corre el riesgo de lastimarse.

## Dónde, cuándo y cómo ocurren las lastimaduras:

Las lastimaduras con agujas y otros objetos punzantes pueden ocurrir en cualquier momento durante el uso.

## Para prevenir las lastimaduras con objetos punzantes:

La primera prioridad es eliminar y reducir el uso de agujas y otros objetos punzantes siempre que sea posible. Entrene al cliente para que realice la actividad de forma independiente.

## Prevención de lastimaduras con objetos punzantes:

1.

ESTÉ PREPARADO

2.

SEA CONSCIENTE

3.

DESECHE CON CUIDADO

Asegúrese de que el equipo necesario para realizar un procedimiento esté disponible al alcance de la mano y organice el equipo para que el procedimiento se pueda realizar de manera segura.

### Cuando trabaje cerca de objetos punzantes o los utilice, recuerde:

- Sea consciente de la presencia de objetos punzantes, dónde están y quién los está usando;
- Esté preparado; y
- Deseche los dispositivos en recipientes aprobados para objetos punzantes.

### Usted forma parte del proceso de prevención de lastimaduras con objetos punzantes cuando:

- Cumple con las prácticas seguras y ayuda y apoya a sus compañeros de trabajo en las prácticas seguras;
- Informe las lesiones que involucren exposición a sangre o fluidos corporales y heridas cortantes;
- Participe en la capacitación y solicite capacitación adicional cuando sea necesario; y
- Siga el plan de exposición escrito de Visions.

### Si sufre una herida por pinchazo de aguja, actúe de inmediato:

- Lave la herida con agua y jabón;
- Enjuague las membranas mucosas con agua; y
- Avise a su supervisor e inicie el sistema de informes.



# SLIP & FALL PREVENTION

## Wintertime Exposures

### Components to optimize your snow / ice removal processes:

#### Pre Planning:

- ☐ Have a signed contract (if using an outside contractor).
- ☐ Contractor/maintenance will have a plow plan to designate where to pile snow.
- ☐ Plan for staggered parking (car rotation) for more effective clearance.
- ☐ Assigned responsibilities for the contractor and your staff are in place.
- ☐ Determine who will be responsible for the upkeep of the dumpster areas.
- ☐ Designated walkways are identified (no-walk areas are closed or marked off).
- ☐ Drains and downspouts aren't creating slip/fall hazards.
- ☐ Salt and shovels are placed at all employee entrances.

#### Removal:

- ☐ Frequency of snow removal: one inch of snowfall or less.
- ☐ Snow/ice removal efforts will be completed before the start of the shift or shift change.
- ☐ Surfaces are cleared to bare pavement.
- ☐ Equipment to clear ice/snow is provided and is in good working condition.

#### Inspect:

- ☐ Conduct/document inspections of main entrances, walkways, and parking lot(s) 30 minutes before shift change.
- ☐ Use a snow/ice removal log.
- ☐ Designated person(s) should contact contractor/maintenance if they need additional service.

#### Educate:

- ☐ Provide all-staff training for personal safety during winter months.
- ☐ Staff should be instructed to use designated walkway during weather events.
- ☐ Staff should be told who to notify to report a potential issue(s).
- ☐ Have a mass communication system plan to alert staff of weather events.

# WORK SMARTER, NOT HARDER

Think Ergonomics and fit the task to the person!



Avoid sitting on the floor too long without back support.

## 1 USE BACK SUPPORT AND STRETCH



Use the wall, furniture, or a large pillow for back support.



Do stretching exercises.



Don't lift children with your back.

## 2 LIFT SMART



As you lift, bend your knees and keep the child close to you.



Avoid twisting your body when lifting.

## 3 AVOID TWISTING WHILE LIFTING



Point your feet in the direction of the lift.



Don't carry heavy loads by yourself.

## 4 AVOID CARRYING HEAVY LOADS



Carry lighter loads.



Use a cart or get a co-worker to help you.

Contact your West Bend agent to learn more about job safety or for more information, visit [thesilverlining.com](http://thesilverlining.com).





# Warm-Up Stretches

This is not a prescribed list of stretches, nor is it a specific treatment plan. Not all stretches are suitable for everyone and this or any other stretching program may result in injury. Any user of these stretches assumes the risk of injury that may result from performing these activities. To reduce risk of injury, consult your healthcare professional before completing any part of this stretching program.

**STRETCH INTO THE POINT OF TIGHTNESS AND HOLD FOR 30 SECONDS**  
**STOP IF YOU HAVE ANY PAIN**



Turn your head from left to right until you feel a gentle stretch.



Lower your head down, then raise it toward the ceiling.



Lean your head from side to side.



Grasp your elbow; pull your arm across your chest. Repeat on the other arm.



With elbow straight, first bend your wrist downward, applying gentle pressure. Then bend your wrist upward while applying gentle pressure. Repeat on the other arm.



Make a fist, then slowly open.



Lean toward the wall shifting your weight forward while keeping your back heel on the floor. Repeat with the other leg.



With one foot forward and toes pointed toward the ceiling, slightly bend at the waist until you feel tension in the back of your leg. Repeat on the other leg.



# **WALK LIKE A PENGUIN**

## **ON ICE AND SNOW**



**Wear appropriate footwear.  
Point your toes slightly outward.  
Take short steps, keeping your center  
of gravity over your front leg.**

# **TAKE IT SLOW**

## **ON ICE AND SNOW**



**Wear appropriate footwear.**

**Walk on cleared paths; don't take short cuts.**

**Slow and steady will get you there;  
rushing may lead to the emergency room.**

# **TAKE IT SLOW**

## **ON ICE AND SNOW**



**Wear proper footwear.**

**Watch where you step – obstructions are  
sometimes hidden under the snow.**

**Take designated walkways; don't take shortcuts.**

**Help control ice and snow by shoveling  
and spreading salt and/or sand.**

# BE ALERT FOR REFREEZE



**Snow and ice on sidewalks and parking lots  
can melt, then refreeze and create a hazard.**

**Use caution when walking  
and exiting your car.**



# ESTÉ ALERTA AL HIELO



**La nieve y el hielo en las aceras y los estacionamientos pueden derretirse, luego volver a congelarse, y eso crea un peligro.**

**Tenga cuidado al caminar y salir de su auto.**



**If you don't like the weather, wait a minute and it will change.**



**Winter weather seems to change constantly.**

**Be aware of potential slip and fall hazards whenever:**

- Snow is falling
- Temperatures rise above freezing during the day and fall below freezing at night
- Blowing snow sticks to sidewalks and parking lots

# CHOOSE YOUR WINTER FOOTWEAR WISELY.



**The footwear you choose for  
today's snow and ice may  
determine your footwear for  
the next six weeks!**

# **HAVE YOU WINTERIZED YOUR FEET?**



**Wear proper footwear for conditions.  
Put your dress shoes on once inside.  
Report icy areas, or shovel and spread  
salt/sand.**

# TAKE THE SAFEST ROUTE



**Be alert for icy spots when walking.  
Use designated and cleared walkways.  
Don't take shortcuts.  
Be alert on ramps, stairs, and curbs.  
Use handrails whenever possible.**

# BLACK ICE ALERT



**Winter often brings icy spots  
that are hard to see!**

- Assume dark areas on sidewalks and parking lots are icy.
- Hold onto your vehicle when entering and exiting it.
- Step down – not out – at curbs.



# PARKING LOT ALERT



**Many people slip and fall in parking lots during the winter.**

**While we try to keep our parking lot clear of snow and ice, constantly changing weather can make it difficult. Please be alert and prevent slips and falls by:**

- Watching out for and avoiding hidden patches of ice;
- Walking around snow that's melted and refrozen;
- Staying away from drifted frozen snow; and
- walking around patches of packed snow.

# GETTING IN AND OUT OF YOUR AUTO

# AVOID SLIPPING AND FALLING



In the winter, people often slip when getting out of their vehicles. We often don't think about the condition of the street or parking lot, and we may also have our hands full, which makes it hard to steady ourselves.

## When getting out of a vehicle in the winter:

1. Look at where your feet are going. Is the surface free of ice and snow?
2. Place one hand on the vehicle door and the other on the door frame.
3. Place your feet firmly on the ground.
4. Slide out of the vehicle and stand up, keeping a firm grip on the vehicle.
5. Once you're standing and stable, grab any items you need to carry.

# FRESH SNOW ALERT



**Snowfalls may be beautiful, but they're also dangerous.**

**BE ALERT when snow falls:**

- Wear footwear appropriate for the conditions.
- Take small steps, keeping your center of gravity over your feet.
- Pay special attention to ramps, stairs, and curbs. Use a handrail if possible.
- Watch for hidden obstructions under the snow.



# REFREEZE ALERT



**Snow/ice that melts and refreezes causes many slips and falls each winter. While a sidewalk or parking lot may be clear when you first walk on it, it may be icy later on. To avoid the hazards of refreeze, be alert in areas where it can occur:**

- On a sidewalk where the snow is close to the edge;
- Where a roof drains and discharges onto a walkway;
- Near a pile of snow or where the runoff flows;
- Near curbs/gutters; and
- Where there are water puddles in parking lots or on sidewalks.

# FALLS FROM TRACTORS

Falls from tractors occur most frequently when drivers don't face the equipment and keep three points of contact.



## KEEP THREE POINTS OF CONTACT

- Never carry items when you climb.
- Look down before climbing down.
- Keep steps and grab bars clean.
- Wear footwear that's in good condition and appropriate for the weather.

## ALWAYS FACE THE EQUIPMENT!



Always use proper foot and hand placement.





# CAÍDAS DE TRACTORES

Las caídas de los tractores ocurren con mayor frecuencia cuando los conductores no están de frente al equipo ni mantienen tres puntos de contacto.



## MANTENGA TRES PUNTOS DE CONTACTO

- Nunca sujete objetos al subir.
- Mire hacia abajo antes de bajar.
- Mantenga limpios los escalones y las barras de apoyo.
- Use calzado que esté en buenas condiciones y sea apropiado para el clima.

## MANTÉNGASE DE FRENTE AL EQUIPO



Utilice siempre equipamiento adecuado en pies y manos.



# WINTER DRIVING SAFETY

Winter driving can be hazardous and scary, especially in the Midwest where we can get a lot of snow and ice. When the weather gets frightful, it's best to avoid driving if possible. For those who need to get behind the wheel, the National Highway Traffic Safety Administration provides these safety tips.



## **PREPARE FOR THE TRIP, PROTECT YOURSELF AND YOUR PASSENGERS AND PREVENT CRASHES ON THE ROAD.**

- 1** Always look and steer where you want to go.
- 2** Wear your seatbelt.
- 3** Fill up your windshield wiper fluid.
- 4** Keep extra distance between you and other vehicles.
- 5** The best way to survive a skid on a snowy road is to avoid getting into one in the first place. In the event of a skid, ease off the gas, don't break until the car is under control, and carefully steer in the direction you want the front of the car to go.
- 6** Make sure you can see and be seen.
- 7** Accelerate slowly.
- 8** Watch the weather.
- 9** Slow down!
- 10** Put a winter emergency kit in your vehicle.
- 11** Plan your route.
- 12** Keep your tires properly inflated to the correct tire pressure.
- 13** If you're on the job providing transportation services and you experience problems, follow the accident policy and report.

# PALLET STORAGE SAFETY



**Never stack or lean pallets on their sides**

**The safe way to store pallets is flat on the bottom in a stable manner to reduce the risk of collapse or sliding every time.**

- Keep aisles and passageways clear with no pallets obstructing across or in aisles.
- Ensure that stacked pallets are the same size and that stacks are even and stable.
- Dispose of or repair pallets that are difficult to stack or have protruding nails, splinters, loose boards, or similar hazards.
- Avoid storing empty pallets in high-traffic areas.

Pertinent OSHA pallet storage standards include, but are not limited to: 1910.176(b), 1910.176(c), 1910.22(b)(1), and 1926.25(a).

# SEGURIDAD PARA EL ALMACENAMIENTO DE PALÉS



**Nunca apile ni apoye los palés sobre los lados**

**La forma segura de almacenar palés es apoyados sobre la parte inferior de manera estable para reducir el riesgo de colapso o deslizamiento en todo momento.**

- Mantenga los pasillos despejados sin que los palés los obstruyan.
- Asegúrese de que los palés apilados sean del mismo tamaño y que las pilas sean uniformes y estables.
- Deseche o repare los palés que sean difíciles de apilar o que tengan clavos salientes, astillas, tablas sueltas o peligros similares.
- Evite almacenar palés vacíos en áreas de mucho tráfico.

Las normas de OSHA pertinentes para el almacenamiento de palés incluyen, entre otras: 1910.176(b), 1910.176(c), 1910.22(b)(1) y 1926.25(a)

# **PAVE** the way to **SAFE TRANSFERS**.

Keep our combative and dementia residents safe with these four steps.

## **STEP 1**

**P**REPARE BY **KNOWING YOUR RESIDENT**  
**CHECK THE "ALL ABOUT ME" SHEET**



**Hold a stuffed animal**

**Fold socks**

**Distract with topics they enjoy**

**Play their favorite music**

**Avoid triggers that upset**



# **PAVE** the way to **SAFE TRANSFERS**.

Keep our combative and dementia residents safe with these four steps.

## **STEP 2**

**A****SSESS THE RESIDENT'S CURRENT MOOD OR BEHAVIOR BEFORE TRANSFERS.**



**Are they agitated or calm?**

**Is this a good time of day?**

**Is there a trigger to behavior  
that can be removed?**

# **PAVE** the way to **SAFE TRANSFERS**.

Keep our combative and dementia residents safe with these four steps.

## **STEP 3**

**V**ARY YOUR APPROACH BASED ON  
THE RESIDENT'S CURRENT MOOD  
OR STATE OF MIND.



**Remain calm**

**Do not rush**

**Have one extra caregiver to  
hold their hand**

**You may need to try later or  
use a different caregiver**

# **PAVE** the way to **SAFE TRANSFERS**.

Keep our combative and dementia residents safe with these four steps.

## **STEP 4**

**E**NLIGHTEN BY REMAINING CALM,  
COLLECTED, AND IN CONTROL. MAKE THE  
RESIDENT FEEL COMFORTABLE AND SAFE.



**Maintain eye contact and a calm voice**

**Use gentle touch to calm**

**Use non-threatening body posture**

**Only one caregiver speaks**

**Ask easy questions to distract**

# SHOOT for Severe Weather SAFETY



## The Final 4:

**1.** Go to the lowest level. **2.** Protect your head. **3.** Don't panic. **4.** Know what to do.

**Review your severe weather policy and preparedness plan.**

# When the resident has fallen to the floor...



Have nursing assess their status

If the resident is unable to get off of the floor with coaching or on their own...

# Get a Lift!



Always ask yourself ...

is this the safest  
transfer for our resident?



Always use two caregivers  
when transferring with a lift.

One at the controls to push, raise, and lower the lift

One at the resident's side to steer and reassure

Never transfer the resident down a hallway

Always ask yourself ...

is this the safest  
transfer for our resident?



Three things you need to have a safe  
and successful gait belt transfer

- 1) A Gait Belt
- 2) Ability to follow directions
- 3) Resident able to bear weight for 5 seconds or more

Safer Transfers for the Resident  
Safer Transfers for the Caregiver

Always ask yourself ...

is this the safest  
transfer for our resident?



Only one set of hands on the gait belt

Able to bear weight for five seconds

If not ...

Get a Lift!

Always ask yourself ...

is this the safest  
transfer for our resident?



Can't bear weight for five seconds or more?

Get a Lift!

Safer Transfers for Residents are  
Safer Transfers for Caregivers



Always ask yourself ...

is this the safest  
transfer for our resident?



Choose & inspect the correct sling

Clear a path

Only one caregiver giving directions

Have a second caregiver to assist



Always ask yourself ...

is this the safest  
transfer for our resident?



Use a Gait Belt!

Never pull on  
a resident's arms.

# SLEEP WELL. DRIVE ALERT. ARRIVE SAFE.

**Sleep apnea is treatable. Do you have any of the six sleep apnea signs? If the answer is yes, you need to see a doctor.**

1. You've been witnessed snoring loudly or not breathing while sleeping.
2. You wake up with a dry mouth, sore throat, coughing, or unable to catch your breath.
3. You're excessively sleepy during the day and have decreased energy.
4. You wake up not feeling refreshed.
5. You have difficulty staying awake in during the day.
6. You have morning headaches.



**Obstructive sleep apnea is a serious medical condition that causes more than 1,500 road fatalities each year and makes you up to 13 times more likely to be involved in a motor vehicle accident.**

# DUERMA BIEN. MANEJE ATENTO. LLEGUE A SALVO.

**La apnea del sueño es tratable. ¿Tiene alguno de los seis síntomas de apnea del sueño? Si la respuesta es afirmativa, debe consultar a un médico.**

1. Se le ha visto roncando fuerte o sin respirar mientras dormía.
2. Se despierta con la boca seca, dolor de garganta, tos o no puede recuperar el aliento.
3. Está demasiado somnoliento durante el día y tiene poca energía.
4. Se despiertas sin sentirse renovado.
5. Tiene dificultad para mantenerse despierto durante el día.
6. Tiene dolores de cabeza matutinos.



**La apnea obstructiva del sueño es una afección médica grave que causa más de 1500 muertes en la carretera cada año y aumenta hasta 13 veces la probabilidad de verse involucrado en un accidente automovilístico.**

# Harness Safety

Your harness is your lifeline!



## Before EVERY use:

- ✓ Check your harness for wear and tear:
  - o Torn or frayed fabric
  - o Loose stitching
  - o Stained fabric
- ✓ Inspect buckles, grommets, and D-rings.
- ✓ Clean your harness per manufacturer recommendations.
- ✓ Replace your harness ASAP if any defects found.



# Safe Exiting

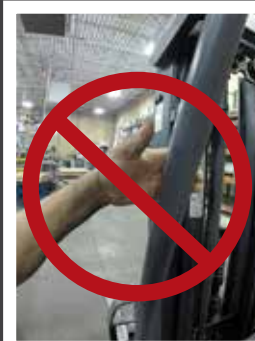
Always maintain three points of contact when entering and exiting a forklift.



## KEEP THREE POINTS OF CONTACT

- Hold on with both hands while entering and exiting the forklift
- Always face the forklift when entering and exiting
- Wear ASTM slip rated footwear that is in good condition
- Before exiting the forklift, look where you will be stepping

## ALWAYS USE PROPER FOOT AND HAND PLACEMENT





# Salida Segura

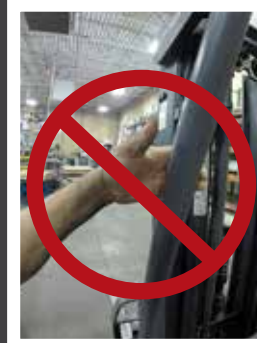
Mantenga siempre tres puntos de contacto al entrar y salir de un montacargas.



## MANTENGA TRES PUNTOS DE CONTACTO

- Sujétese con ambas manos al entrar y salir del montacargas.
- Siempre mire hacia el montacargas al subir y bajar.
- Use calzado con clasificación antideslizante ASTM que esté en buenas condiciones
- Antes de bajar del montacargas, mire dónde pisar

UTILICE SIEMPRE EQUIPAMIENTO ADECUADO EN PIES Y MANOS



Always ask yourself ...

is this the safest  
transfer for our resident?



Sit-to-Stand Transfers require the ability to ...  
Follow Directions

Put both feet on the base of the lift

Bear some weight on legs, but for less than 5 seconds

Grasp and hold on to the lift with their hands

Always ask yourself ...

is this the safest  
transfer for our resident?



If the resident cannot follow instructions  
and cannot sit unassisted.....

# Get a Lift!

# Assisting a Resident To & Away from a Table

## Step into the Movement **AND** Use Your Legs and Body Weight



### Closer to Table

1. Stand next to the chair, legs in staggered stance
2. Hip/thigh against back of chair
3. Shift weight forward towards front leg, moving chair close to table



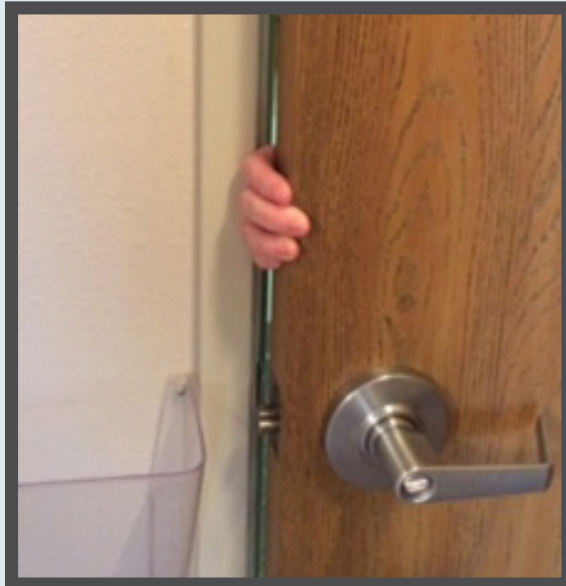
### Away from Table

1. Stand next to the chair, legs in staggered stance
2. Hip/thigh against back of chair
3. Shift weight forward towards front leg, moving chair away from table

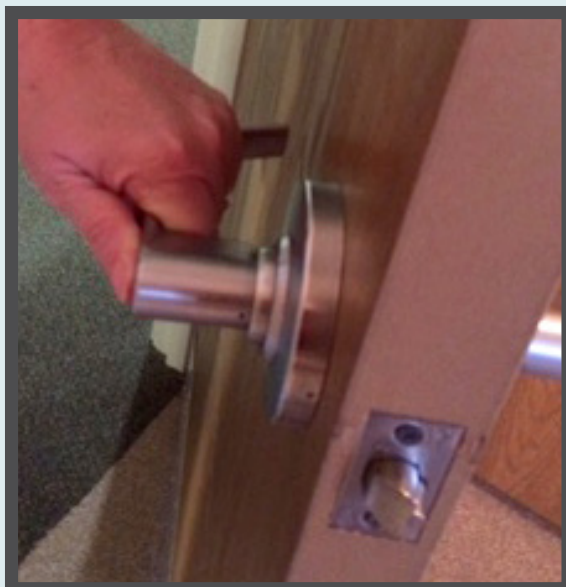
AR-0105



# Don't make it throb!



## Use the knob!

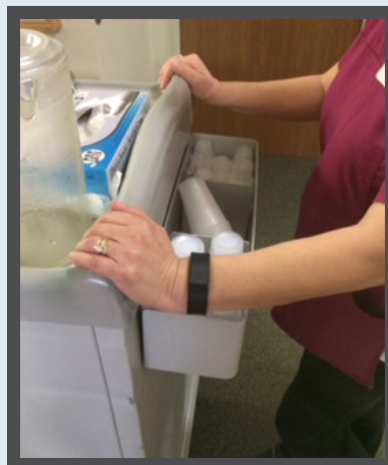
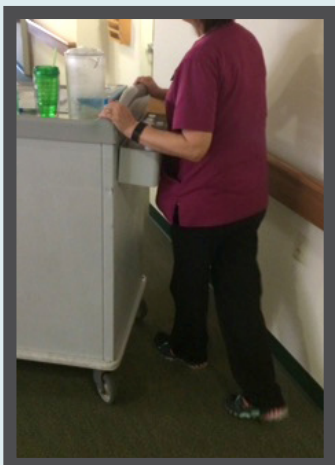




# If you twist, you'll shout!



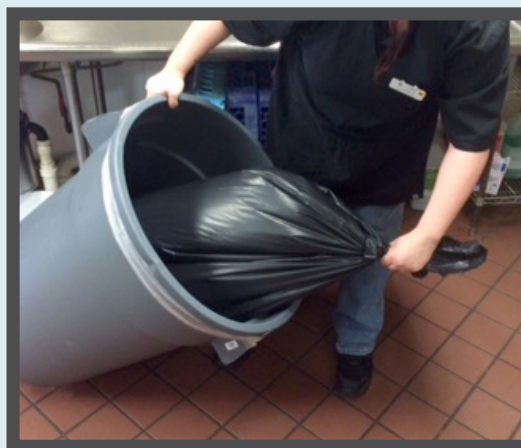
- Stay close to your cart.
- Use proper hand position.
- Don't twist, bend, or reach!



# Don't trash your body.



## Be safe.



AR-0113

# Respect your shoulder.



## Roll it like a boulder.



AR-0114

**If you're injured on the job.**

**If you're injured on the job,  
immediately notify your  
store manager.**

**Non-emergency injuries should be seen by an  
approved clinic.**

**Examples of non-emergency injuries:**

- Strains
- Bruises
- Minor cuts
- Sore muscles

**The clinic closest to this store is:** \_\_\_\_\_

\_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Hours of operation:** \_\_\_\_\_

**Emergencies should be taken to the closest  
hospital emergency room.**

**Emergencies include:**

- Broken bones
- Foreign object in the eye
- Large cuts

**The hospital closest to this store is:** \_\_\_\_\_

\_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

# KEEP YOUR HANDS FREE



## to avoid falling to your knees.

Poster provided courtesy of



AR-0118 (10-21)

AR-0118



AR-0119



**DON'T LET SAFETY  
SLIP YOUR MIND**

# TREATING A BURN



- 1** Wear personal protective equipment, such as latex gloves, if available.
- 2** Cool the burned area with cool running water for several minutes.
- 3** If wet clothing is covering the burn, and it is not charred to the skin, remove it slowly. This will allow the skin to cool more efficiently.
- 4** Immediately call 911 if:
  - The damaged area is larger than a hockey puck;
  - The burn has occurred on the face, hands, feet, or genitalia;
  - There is blistering, which indicates the top layer of skin has been completely damaged; or
  - There is charring, which indicates even deeper damage to all three layers of skin.
- 5** Mild burns with reddened skin and no blisters can be treated with a topical burn ointment to reduce pain.
  - DO NOT APPLY BUTTER, OIL, OR ICE TO ANY BURN!
  - Only cover the burn with sterile dressings. If the burn is severe and multiple layers of flesh have been removed, do not apply dressings; they may get stuck to the skin which will cause pain when treated later by a doctor.
- 6** If appropriate, provide a pain reliever like ibuprofen. If stronger relief is needed, contact a physician.
- 7** Preserve all evidence.
  - Do not discard any item or device that may have contributed to the burn!
  - Save all packaging and directions that came with the device.
  - Immediately take photos of the scene and the victim's injuries.

Contact your West Bend agent to learn more about job safety or for more information, visit [thesilverlining.com](https://thesilverlining.com).



# Safety when handling adverse behaviors

**Prepare by knowing your resident.**



**CHECK THE CARE PLAN.**

**Know their triggers.**

**Know the best method to redirect.**

# Safety when handling adverse behaviors

**Assess the resident's current mood  
or behavior before transfers.**



**Are they agitated or calm?  
Is this a good time of day?  
Is there a trigger to behavior  
that can be removed?**

# Safety when handling adverse behaviors

**Vary your approach based on the resident's  
current mood or state of mind.**



**Remain calm.**

**Do not rush.**

**Use a different caregiver.**

**You may need to try later.**



# Safety when handling adverse behaviors



**Maintain eye contact and a calm voice.**

**Use gentle touch to calm.**

**Use non-threatening body posture.**

**Only one caregiver speaks.**

**Ask easy questions to distract.**

NM0201

# LIFEGUARD TRAINING.

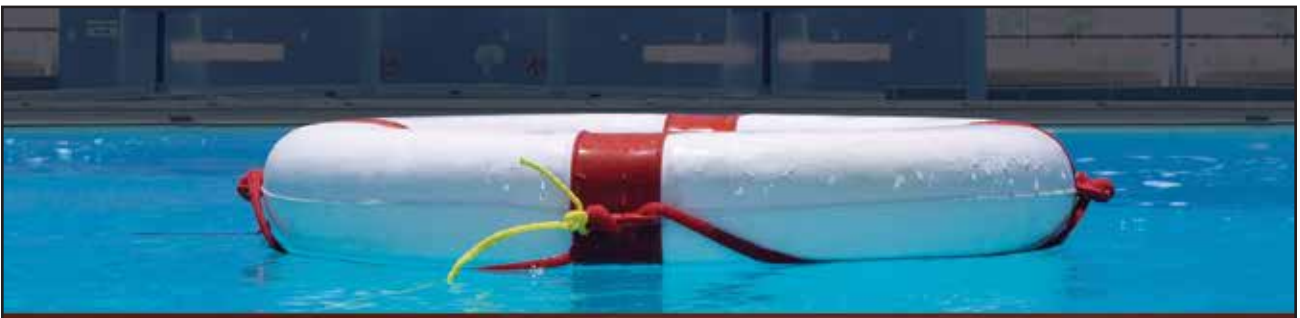
ALL IN FAVOR OF TAKING IT SERIOUSLY,

# RAISE YOUR HAND



FIND LIFE-SAVING TIPS AT [THESILVERLINING.COM](http://thesilverlining.com)





# THE 10 COMMANDMENTS OF EFFECTIVE LIFEGUARDING

- L**EAVE CELL PHONES, MAGAZINES AND ALL OTHER DISTRACTIONS AT HOME.
- I**NFORM OTHER LIFEGUARDS OF WEAK OR PROBLEMATIC SWIMMERS.
- F**INE-TUNE SKILLS REGULARLY; TAKE IN-SERVICE TRAINING SERIOUSLY.
- E**DUCATE SWIMMERS OF THE DANGERS OF BREATH-HOLDING.
- G**UARD WHILE ON DUTY; SECONDARY RESPONSIBILITIES ARE FOR LATER.
- U**PHOLD POOL RULES CONSISTENTLY AND FAIRLY.
- A**LWAYS BE RESCUE READY; HAVE PROPER ATTIRE AND RESCUE EQUIPMENT.
- R**ECOGNIZE, RESPOND TO AND RESCUE A SWIMMER IN LESS THAN 20 SECONDS.
- D**RINK PLENTY OF FLUIDS, EAT RIGHT & GET PLENTY OF SLEEP BEFORE A SHIFT.
- S**CAN AREA OF RESPONSIBILITY FROM BOTTOM TO TOP EVERY 10 SECONDS.

FIND LIFE-SAVING TIPS AT [THESILVERLINING.COM](http://thesilverlining.com)





**No cell phone use**  
**No camera use**  
**No electronics**

**If you see someone using these  
devices, please let us know.**





Poster provided courtesy of  
**WEST BEND®**

**BULLYING**  
doesn't make you cool.

*It only makes you mean.*



**! DANGER**



**NO PROLONGED  
UNDERWATER SWIMMING  
OR BREATH HOLDING  
COMPETITIVE AND  
REPETITIVE BREATH  
HOLDING CAN BE DEADLY**

**JUST DON'T DO IT!**

FIND LIFE-SAVING TIPS AT [THESILVERLINING.COM](http://THESILVERLINING.COM)



NM0375 (11-21)

NM0375

**CAUTION**

**CONFINED SPACE**

**ENTER BY  
PERMIT ONLY**



**CAUTION**

**DO NOT OPERATE  
THIS MACHINE  
WITHOUT GUARDS  
IN PLACE**



**HEARING  
PROTECTION  
REQUIRED  
BEYOND THIS POINT**

**WHEN OPERATING  
PNEUMATIC TOOLS.**



**CAUTION**

**WEAR YOUR  
HARD HAT  
AT ALL TIMES**



WB-414 (8-21)

**WB-414**



WB-540

# DANGER

# HARD HAT AREA



WB-540 (8-21)

WB-671

# INSURANCE REGULATIONS PROHIBIT CUSTOMERS IN SHOP AREA



WB-671 (8-21)

# CAUTION

**EAR PROTECTION  
REQUIRED BEYOND  
THIS POINT**



WB-976

# NOTICE

**ONLY AUTHORIZED  
EMPLOYEES  
PERMITTED TO  
OPERATE POWER  
EQUIPMENT**



**WB-1080**

# FIRST



# AID





**NOTICE**  
**KEEP AISLES**  
**CLEAR AT ALL**  
**TIMES**



# CAUTION

**EYE PROTECTION  
REQUIRED BEYOND  
THIS POINT**



# EMERGENCY PHONE NUMBERS

PHYSICIAN \_\_\_\_\_ or \_\_\_\_\_

HOSPITAL \_\_\_\_\_ or \_\_\_\_\_

AMBULANCE **911** or (    ) \_\_\_\_\_

FIRE DEPT. **911** or (    ) \_\_\_\_\_

POLICE **911** or (    ) \_\_\_\_\_

Post in a conspicuous location.



**DANGER**

**KEEP OUT**



WB-2918 (8-21)

**WB-2918**

# LIFEGUARD PROMISE:

I will remain rescue ready  
at all times while on duty.

## REMAIN VIGILANT

Proactively scan your zone  
at all times while on duty

## STAY FOCUSED

Perform no duties other than  
scanning and managing  
behavior while on duty

## NO ELECTRONICS

Never carry or use a non-  
job-related electronic device  
while on duty

## BE READY

No sitting while on duty  
unless positioned in an  
elevated guard stand

## NO DISTRACTIONS

Never be distracted from  
scanning even when talking  
to other staff or patrons

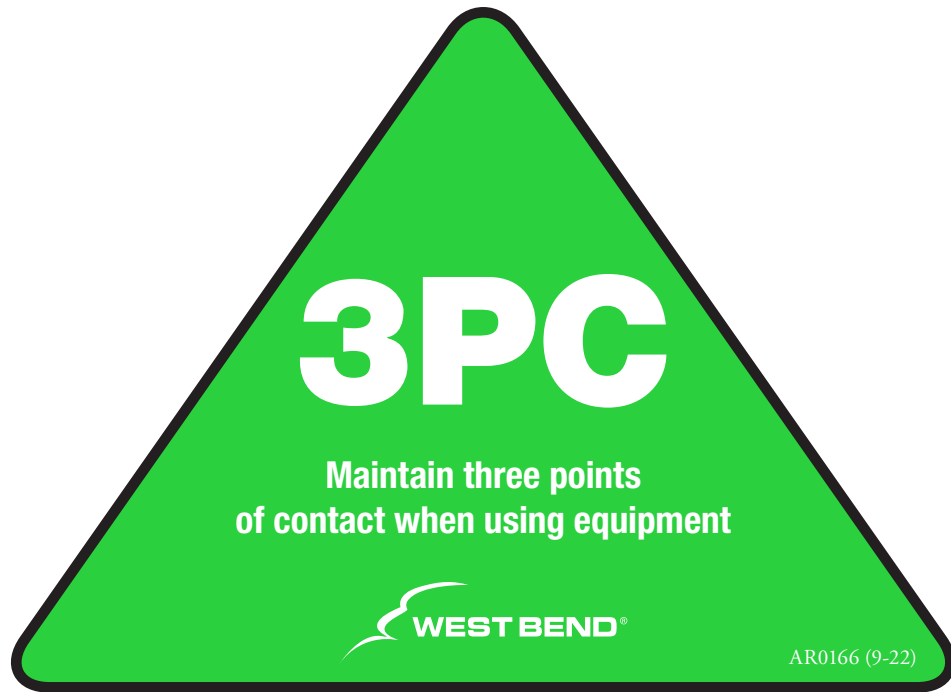
## FACE THE WATER

Position yourself at the pool's  
edge and always face the water



I will ensure all policies and rules are consistently enforced while on duty.





AR-0162



**PROTECT YOUR REAR –  
USE PROPER ICE GEAR**

AR-0163



**CLEARING YOUR  
WAY SAFELY HOME**



**SHAKE ICE MELT  
TO PREVENT A WELT**