

Personal Safety and Health

Safety first. Promotes and creates a safe, secure, and healthy work environment.

Seek opportunities where you can...

- 1 Take ownership for the safety of your immediate environment.
- 2 Take responsibility for the safety of others.
- 3 Practice consistent observation and reporting (See something, say something)
- 4 Demonstrate awareness and action.
- 5 Assess the safety measures applied in a situation based on set parameters and recommend remedies.
- 6 Assess your mental well-being prior to attempting a dangerous task.

Topics for Class Discussion

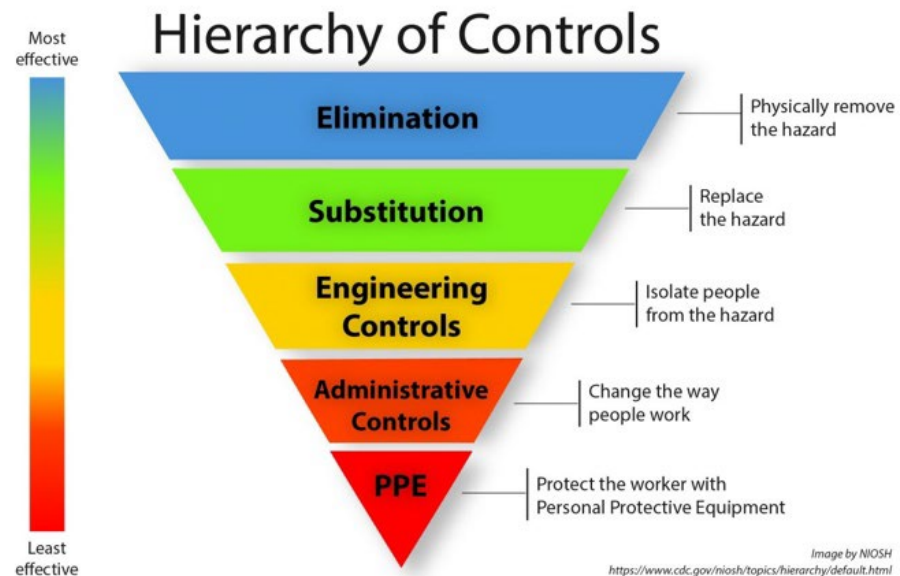
- ⊙ What is a hazard?
- ⊙ What resources can help you identify hazards and prevention methods? (OSHA, NIOSH, CDC)
- ⊙ Job safety cards
- ⊙ Safety observations outside the classroom/practicing a safety mindset
- ⊙ Near miss/hit (creating a culture of safety)
- ⊙ How risk taking can adversely affect the health and wellbeing of yourself and others.
- ⊙ Extension options for safety resources/support

PPE: Your #1 Action to Prevent Accidents

- Safety Glasses
- Steel Toes and Metatarsal Work Boots
- Ear Plugs

Practice Makes Perfect

- Fire Drills
- Tornado Drills
- Active Shooter Drills



[National Safety Council: Cost of Accidents by Cause](#)

[OSHA Safety & Health Topics](#)

[OSHA Fatality and Catastrophe Investigative Summaries](#)