






SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Meeting Topics: 1. PPE 2. Ergonomics	2 Labor Day Holiday	3 <u>Remember to lift with your legs and keep your back straight.</u>	4 Reduce tripping - Make sure carpet or mat edges are lying flat.	5 <u>Be careful when re-inflating tires and don't overinflate past tire specifications.</u>	6 Don't drink and drive or ride with drivers who are drinking.	7 
8 Accidents hurt - Safety doesn't.	9 	10 	11 When driving, pay attention at all times!	12 Make sure flammable liquid containers are sealed when not in use.	13 <u>Do some stretching exercise before you start a lot of lifting.</u>	14 How are you contributing to the safety culture at your store?
15 Chance takers are accident makers	16 Get help when lifting heavy or awkward loads.	17 <u>Wear proper eye gear for the task.</u>	18 Check your first aid kits to make sure they will be ready when needed.	19 	20 Use job rotation to reduce repetition type injuries.	21 Exercise to feel stronger and live longer!
22 How is your safety attitude?	23 	24 Respect power tools' safety guards. They are there for a purpose.	25 Record retention: Safety Meetings= 1 yr. OSHA300= 5 yrs. SDS=30 yrs.	26 Hear today - gone tomorrow.	27 <u>8 feet can be fatal - Be safe with ladders</u>	28 Motivate yourself and it will motivate your well-being.
29 What is the difference between Flammable and Combustible?	30 Wear proper hand protection for the job that you are doing.	Eliminate the slip or trip and you will eliminate the fall!	Rushing causes accidents! Give yourself enough time to be safe	<u>Ergonomics - working with your body in the most natural position possible.</u>	SDS - Explosive 