

*How to start every task...*

**S**

*Stop*

Observe what is moving. Guard against planned movement, machines, forklift traffic. Anticipate accidental movement.

**A**

*Air*

What's moving through it? Fumes, particles, sparks, noise. Use the proper protective equipment.

**F**

*Fall*

What can I trip, slip, or fall on or from? Hoses, pallets. Elevated tasks— Ladders & lifts. What can fall on me? Stock on shelves, tools from work above.

**E**

*Energy*

What can suddenly release? Air pressure, Electrical, Hydraulic. Stored energy can exist even when the machine is off.

**L**

*Lifting*

Assess the transfer of weight, up, down, lateral. Lift lighter and smaller objects first, use proper lifting techniques. Utilize equipment or coworker help.

**Y**

*You*

What movements are you making, from the moment you arrive at work, that may result in injury to you or to others?