1) **Safety Lines**
   - Safety lines must be worn when there is a hazard from falling
   - Safety lines must be attended by a second person whenever work is being performed in a confined space and the danger exists of someone being engulfed by loose material
   - Inspect safety lines for defects before each use and replace when necessary. Keep lines clean

2) **Get Help**
   - Know what jobs you can safely perform alone
   - Get additional help when attempting a heavy lift
   - Do not let a co-worker perform a job unsafely if you know the correct safety procedure

3) **Back Support Belt**
   - Adjust belt, by using the side cinch, before attempting lift
   - Use proper lifting techniques, back straight and using legs
   - Wear your belt loosely, unless lifting

Attendees:
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Employees Comments: