1. **Guards**
   - Lockout/Tagout the equipment when repairing guards.
   - After repair or maintenance, replace guards before restarting machinery or equipment.
   - Report broken or inadequate guards.

2. **Lifting**
   - Get help when lifting or moving heavy objects
   - Wear and properly cinch your back support belt when lifting
   - When lifting spread your feet, use your legs, keep back straight and bring object close to your body.

3. **Report Injuries**
   - All injuries, regardless of how minor, should be reported to your supervisor.
   - We want to provide immediate medical attention for you.
   - Remember some accidents and injuries are reportable to MSHA and Workers Compensation.

Attendees:

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Employee Comment