



My safety is my future **Am I Safe?**

	Yes	No
Dangerous Machines		
I never clean or check a machine unless it is locked.	<input type="checkbox"/>	<input type="checkbox"/>
If I see a missing guard on a machine, I always report it immediately.	<input type="checkbox"/>	<input type="checkbox"/>
I avoid/am aware that loose hair and clothing could pull me into a machine.	<input type="checkbox"/>	<input type="checkbox"/>
Chemicals		
I never mix ammonia and bleach.	<input type="checkbox"/>	<input type="checkbox"/>
I never use chemicals without training.	<input type="checkbox"/>	<input type="checkbox"/>
I never use chemicals without a label.	<input type="checkbox"/>	<input type="checkbox"/>
I know I could die from fumes in a confined space, so I never enter until I have received confined space entry training and have checked that my coworker is outside.	<input type="checkbox"/>	<input type="checkbox"/>
Slippery Floors, Trips, and Falls		
My employer keeps floors clean.	<input type="checkbox"/>	<input type="checkbox"/>
If I see any slippery liquid or material on the floor, I report it to my supervisor.	<input type="checkbox"/>	<input type="checkbox"/>
If I see a grate that is missing or out-of-place, I report it to my supervisor.	<input type="checkbox"/>	<input type="checkbox"/>
Insoles		
To protect my back, I wear insoles when standing for long periods.	<input type="checkbox"/>	<input type="checkbox"/>
Preventing Permanent & Crippling Injuries to My Hands, Shoulders, and Back		
I know the risk factors for crippling repetitive motion injuries:	<input type="checkbox"/>	<input type="checkbox"/>
• force, repetition, cold, vibration, awkward posture.		
I do not ignore my body's warning signs:	<input type="checkbox"/>	<input type="checkbox"/>
• pain, tingling, numbness, trouble sleeping, swelling, inflammation.		
Before and after work, I make sure to do stretching exercises.	<input type="checkbox"/>	<input type="checkbox"/>
If my knife is not kept sharp, I talk to my supervisor.	<input type="checkbox"/>	<input type="checkbox"/>
I am aware that working in close quarters increases the risk that I'll be cut by my neighbor, and that I have the right to report safety concerns to my supervisor and OSHA.	<input type="checkbox"/>	<input type="checkbox"/>

Am I Safe?

Yes No

Fixing safety problems, keeping my body and coworkers safe

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|---|--------------------------|--------------------------|
| I report my concerns to my supervisor in writing and keep a copy. | <input type="checkbox"/> | <input type="checkbox"/> |
| I keep a diary of my concerns, my actions, and my employer's response. | <input type="checkbox"/> | <input type="checkbox"/> |
| If my safety concerns aren't fixed, I report the problem to OSHA. | <input type="checkbox"/> | <input type="checkbox"/> |
| If I am punished in any way for being injured or reporting a safety concern, I tell OSHA right away (within 30 days). | <input type="checkbox"/> | <input type="checkbox"/> |
| If there is an amputation, hospitalization, or loss of an eye at work, my employer must report report it to OSHA immediately. If not, I can also report it to OSHA. | <input type="checkbox"/> | <input type="checkbox"/> |

Under Nebraska law, I have the right to see my own doctor if...

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|--|--------------------------|--------------------------|
| ...I have had a check-up with a family doctor to establish my own doctor before I am injured. | <input type="checkbox"/> | <input type="checkbox"/> |
| ...and if I choose that doctor in the moment of injury. | <input type="checkbox"/> | <input type="checkbox"/> |
| Also, I know if I am injured at work, it should be covered by workers comp, not my own health insurance. | <input type="checkbox"/> | <input type="checkbox"/> |



This material was produced under grant number SH-26281-SH4 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.