PROGRAMMED

REWIND AND REMIND

Switch onto safety in 2024



REWIND and re-familiarise yourself with your workplace, tools and tasks

Pretend that it is your first day all over again

Take the time to re-acquaint yourself with your worksite or office. Check to see if there have been any changes while you were away.

Take that first time approach to completing your daily tasks

Carefully evaluate all the steps you would typically take to complete each task. Think about any potential hazards that could cause an injury or incident, and think about how you can avoid them.

The right tools for the right job

Do a thorough check of all tools and equipment that you will be using to make sure that everything is in working order. Brush up on your knowledge of these tools/equipment by reviewing any training materials you have on hand or do a quick online search for any manufacturer's manuals.

Focus, focus, focus

Rather than work on auto-pilot, pay attention to each movement you make, where you are placing your body parts during the movement and take care.

REMIND yourself about the importance of staying safe at work

Taking a short cut is the quickest way to danger

Processes, procedures, tools and equipment exist because they have been identified as the best and safest way to perform a task. If you have an improvement suggestion, discuss this with your Supervisor.

Warm up before work

Spend time doing some simple slow stretches before starting work, holding each stretch for a minimum of ten seconds. Also recognise that you may have lost some match fitness over the break.

Always be vigilant and watch out for danger

All of our employees have our support to STOP and REPORT any activity that presents an immediate risk to themselves or others.

Shout out if you need an extra hand

Speak up if you need help with any work tasks or are struggling with life's challenges. If you don't feel comfortable speaking up to your colleagues, contact our Employee Assistance Program (EAP) on
1300 687 327 (Australia)
0800 666 367 (New Zealand)

What is your reason for staying safe?

Is it your family, friends, pet or even just being in good nick for your hobbies or sports activities? Then think about what you can do every day to make sure that you and your workmates stay safe at work.

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