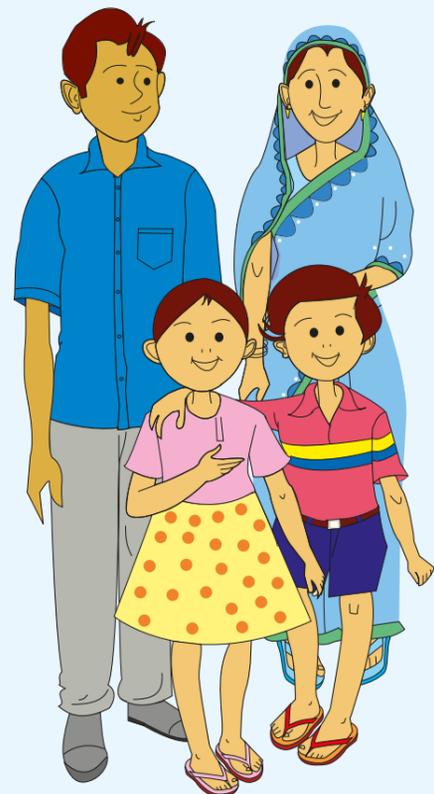




10 SAFETY TIPS

EVERY WORKER SHOULD KNOW

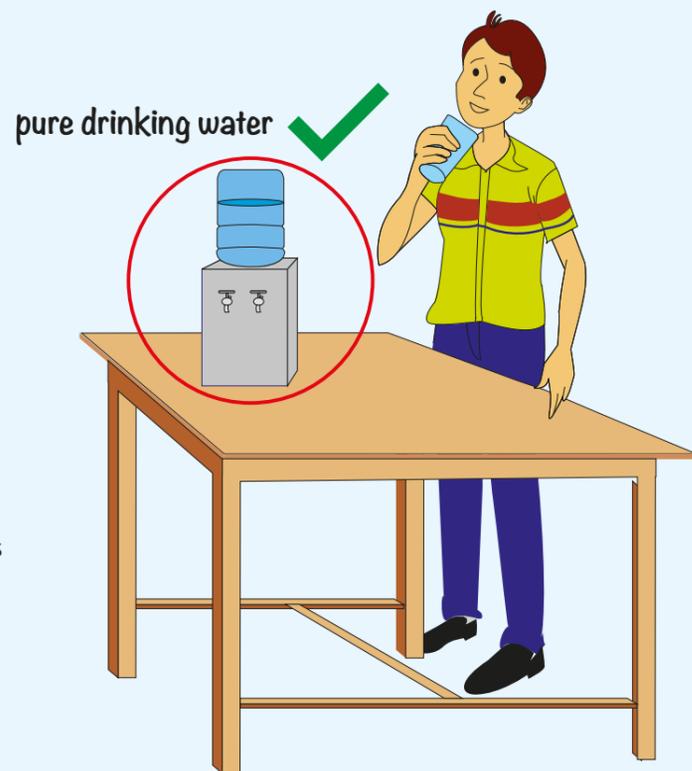


Stay healthy for you and your family

It is important for you and your family to stay healthy. If you are injured or sick it will put your family in a difficult financial situation.

1 Only drink pure drinking water provided by the factory

Do not drink from unknown water bottles as they may have chemicals in them. You may be poisoned and could die.



8 Wear Personal Protective Equipment (PPE) and use machine guards

Use protective equipment supplied by the employers. Never remove machine guards.

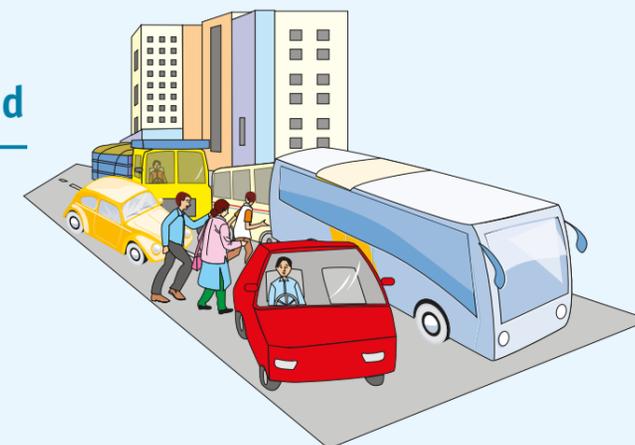


9 Take care when you are pregnant

Inform your employer at least 10 weeks before the baby is due. You must not perform heavy lifting, be exposed to chemicals or stand for a long time as it may affect your health.

10 Be careful on the road

Traffic can kill! Take care crossing roads or on buses and travel to and from work safely.



This publication was produced with the support of the ILO's Improving Working Conditions in the RMG sector programme funded by Canada, the Kingdom of the Netherlands and the United Kingdom



Kingdom of the Netherlands



UKaid from the British people



International Labour Organization

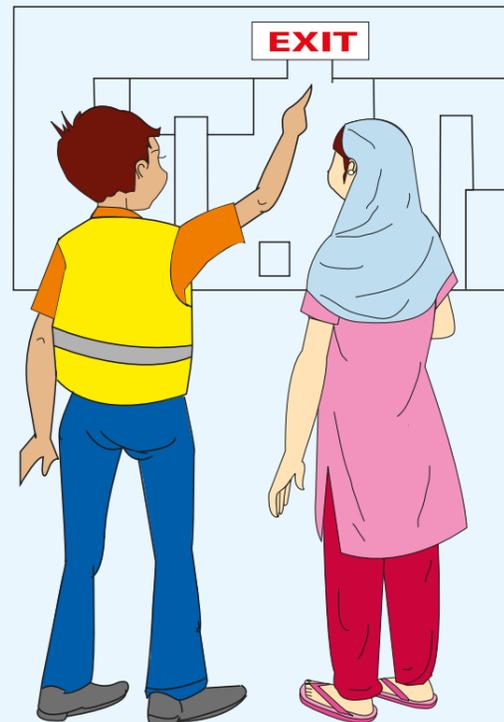
2 Ensure sufficient ventilation and use PPE when working with chemicals

Air extraction will prevent the concentration of chemicals in the room, which could be harmful to your lungs. You should also use appropriate Personal Protective Equipment (PPE).



3 Know the dangers of chemicals

Chemicals can be dangerous. Information about them is on the Material Safety Data Sheet (incl. protective equipment needed and first aid measures.) Follow the instructions when using chemicals.



4 Know where emergency exits are

Know what to do in an emergency and where exits are. As a preventive measure conduct regular training for workers.

5 Keep emergency exits and firefighting equipment clear

Walkways and exits should be free from any obstacles. Do not store anything in front of them.



6 Be careful when lifting or carrying

Heavy lifting can cause health injuries. Ask for help from other workers or use the proper equipment.

7 Inform your supervisor if you identify a hazard

Inform your supervisor or safety committee members whenever you identify a hazard (e.g. emergency exit locked, missing machine guard, exposed wires).

