

Safety-Gram

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ARM Yourself with Safety
Analyze, **R**ecognize, **M**anage

Ear Protection: Use in noisy areas to avoid hearing loss.

Safety Glasses: Use to protect your eyes from flying particles.

Safety Shoes: Use to protect your feet from falling or rolling objects.

Respiratory Equipment: Use to protect from inhaling dust and other contaminants.

Safety Helmet: Use to protect your head from falling objects.

Safety Gloves: Use to protect your hands from injury.

Reflective Clothing: Use to make sure you are highly visible to other personnel.

You Only Have One Body, Protect It!