

KEEPING OUR WORKPLACE SAFE: SAFE LIFTING & LADDER SAFETY

At MSI, the safety of our employees is a top priority. This period, we are focusing on two key areas: Safe Lifting Techniques and Ladder Safety. By following these best practices, we can reduce workplace injuries and maintain a safe working environment for everyone.

SAFE LIFTING TECHNIQUES

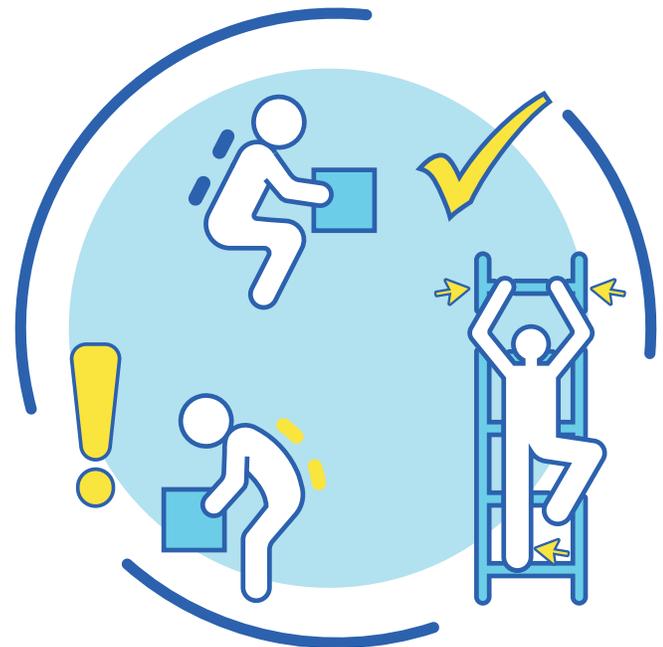
Lifting heavy items improperly can lead to serious injuries. Follow these tips to keep yourself and your teammates safe:

- **Assess the Load** – Before lifting, check if the item is too heavy or awkward to carry alone. Ask for help if needed.
- **Use Proper Posture** – Keep your back straight, bend at your knees, and use your legs (not your back) to lift.
- **Hold Items Close to Your Body** – Carry loads close to your waist to maintain better balance and reduce strain.
- **Avoid Twisting** – Move your feet instead of twisting your torso to prevent back injuries.

LADDER SAFETY

Whether reaching for supplies or cleaning hard-to-reach areas, ladder safety is essential in preventing falls. Keep these best practices in mind:

- **Inspect the Ladder** – Before use, ensure the ladder is in good condition with no loose or damaged parts.
- **Place on a Stable Surface** – Always set up ladders on even ground and away from slippery areas.
- **Maintain Three Points of Contact** – Always have two hands and one foot or two feet and one hand on the ladder.
- **Do Not Overreach** – Keep your belt buckle within the ladder's side rails to maintain balance.
- **Use the Right Ladder for the Job** – Step stools for lower heights, step ladders for medium heights, and extension ladders when needed.
- **Store Ladders Properly** – Keep ladders in a designated area to prevent tripping hazards and damage.



By implementing these safety measures, we can create a safer workplace for everyone. If you have any questions or safety concerns, please speak with a manager. Thank you for prioritizing safety! Let's work together to make Period 3 accident-free.