

DO YOU HAVE A HOLIDAY JOB IN LOGISTICS?

How can you stay safe?

1 Safety first!

- ✓ Do not use **equipment** or vehicles (such as a forklift) if you have not been trained.
- ✓ Read and understand the **internal traffic regulations**.
- ✓ Always wear the proper **work clothes**, fluorescent vest and **safety shoes**.

2 Don't hurt yourself when using a knife

- ✓ Always use a **sharp Stanley knife**.
- ✓ Cut **away from you** and away from the hand holding the object.
- ✓ When cutting a **metal or plastic band**, keep your hand on it to prevent it from springing into your face.
- ✓ Slide the knife blade back in the housing before putting the **knife back in your pocket**.

3 Ergonomisch duurt het langst

- ✓ **Heavy job?** Split the load: use **tools** (such as a hand truck) or ask for **help**.
- ✓ Do not stack **heavy packaging** over your head.
- ✓ Change your **working posture** regularly to relax your muscles.

4 Look after your health above all else

- ✓ **What do you do in the event of an accident?** Have **somebody** to **look at it**, and inform your **supervisor**.
- ✓ If you witness a work accident, bring it to the attention of your supervisor immediately.
- ✓ Use **hearing protection** if you have to work in a **loud environment**.

5 Don't play with fire

- ✓ Do not overload the **electric circuit**. Never open a fuse box.
- ✓ Check the cable of an **electrical appliance** before you plug it into a wall socket.
- ✓ Make sure you know where the **fire extinguishers** are located.
- ✓ Inform yourself about the **evacuation route** and **assembly point** in the event of a fire.

6 A healthy mind leads to a healthy body

- ✓ Tell your **supervisor** at work in good time if you are feeling **stressed**.
- ✓ Is something bothering you? Talk to your supervisor or the **confidential counsellor**.



Do you have any questions?
Ask your supervisor.