

Our new range of posters inform employees of correct safety procedures and accident prevention. Place them around your work place to remind employees of their responsibilities to prevent or guide them in emergencies. Posters are supplied laminated in A3 size (420x297mm)

POSTERS

REFER TO RED CODE: (ie MPL) NEAR IMAGE IN OUR PRICE LIST FOR COMPLETE PRODUCT DESCRIPTION

FIRE SAFETY

IN CASE OF FIRE

If a fire starts in your work area, you should follow the following steps:

1. Stop work immediately.
2. If possible, remove the fire from the area.
3. If you cannot remove the fire, call the fire service.
4. Evacuate the area.
5. Do not return to the area until you are told to do so.

IF YOU ARE ON FIRE

STOP where you are

DROP to the floor or ground

ROLL your body to smother the fire

AFTER EVACUATION

Do not re-enter the building until you are told to do so.

Report any damage to your supervisor.

FIRE PREVENTION

- Do not smoke
- Keep pathways clear of obstruction
- Store flammable materials in an approved area

CLASS	WATER	FOAM	CO ₂	DRY POWDER	WETTING AGENT
CLASS 1	YES	YES	NO	YES	YES
CLASS 2	NO	YES	NO	YES	NO
CLASS 3	NO	NO	NO	YES	NO
CLASS 4	NO	NO	NO	NO	NO

CODE: MPL01

BITES & STINGS

<p>ANT 1 1 1 1</p> <p>BEE 1 1 1 1</p> <p>CENTIPEDE 1 1</p> <p>EUROPEAN WASP 1 1 1 1</p> <p>FUNNEL WEB SPIDER 1 1 1 1</p> <p>LEECH 1 1</p> <p>JELLYFISH 1 1 1 1 1 1</p> <p>RED BACK SPIDER 1 1 1 1</p> <p>SCORPION 1 1</p> <p>SNAKE 1 1 1 1</p> <p>TICK 1 1</p>	<p>Allergic Reaction</p> <p>DRABC</p> <p>Ice Compress</p> <p>Identify Bite/ Sting</p> <p>Pressure Immobilization</p> <p>Remove the Animal/ Sting</p> <p>Rest, Reassure the Victim and Observe</p> <p>Seek Medical Aid</p> <p>Seek Medical Aid Urgently. Ask for Ambulance</p> <p>Dress with Vinegar</p>
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CODE: MPL05

FIRST AID GUIDE

<p>BLEEDING</p> <p>1. Apply direct pressure to the wound with a clean cloth or bandage.</p> <p>2. If the bleeding does not stop, apply pressure to the artery.</p> <p>3. If the bleeding still does not stop, apply a tourniquet.</p>	<p>BURNS</p> <p>1. Remove the person from the source of the burn.</p> <p>2. Cool the burn with cool (not cold) water for at least 10 minutes.</p> <p>3. Do not use ice, butter, oil, or ointments.</p>	<p>CHOKING</p> <p>1. Encourage the person to cough.</p> <p>2. If the person cannot cough, speak or breathe, perform the Heimlich manoeuvre.</p>	<p>FRACTURES</p> <p>1. Do not move the person unless necessary.</p> <p>2. Immobilize the limb with a splint.</p> <p>3. Cover the wound with a sterile dressing.</p>
<p>POISONING</p> <p>1. Do not induce vomiting unless instructed by a medical professional.</p> <p>2. Call the Poisons Information Centre (PIC) on 0800 011 011.</p>	<p>SPRAINS & STRAINS</p> <p>1. Rest the injured area.</p> <p>2. Apply ice to the area.</p> <p>3. Elevate the limb.</p>	<p>SHOCK</p> <p>1. Lay the person flat on their back.</p> <p>2. Cover them with a blanket.</p> <p>3. Do not give them anything to eat or drink.</p>	<p>SKIN INJURIES</p> <p>1. Wash the wound with clean water.</p> <p>2. Apply an antiseptic.</p> <p>3. Cover the wound with a sterile dressing.</p>

CODE: MPL10

FORKLIFT SAFETY PRINCIPLES

PRESTART PROCEDURE

1. The start check must be carried out once per day prior to use.
2. Seatbelt must be worn if fitted.
3. Pre-operational check, hydraulics must work properly.
4. Check workplace prior to operating forklift.
5. Forks must be raised level. Drive to the conditions.
6. Avoid lifting any load until you can see the top of the load.
7. Only proceed if work surface is clear of potholes and obstacles.

OPERATING BUILDINGS OR BARRIERS

1. Slow down.
2. Check the pedestrian.
3. Sound the horn if necessary.
4. Proceed with caution.

FORKLIFT DRIVING RULES

DO

- Operate forklift with seat belt.
- Follow manufacturer's instructions.
- Do not drink alcohol.
- Do not use mobile phone while operating.

DO NOT

- Operate forklift if you are tired or unwell.
- Operate forklift if you are under the influence of alcohol or drugs.
- Operate forklift if you are taking medication that affects your ability to drive.

CODE: MPL02

Workplace "STRETCHING" EXERCISES

Stretching GUIDELINES

- Pre-warm & post-warm
- Move slowly & smoothly
- Hold for 15-30 seconds
- Breathe both sides
- Don't bounce
- I shouldn't hurt

neck

shoulders

arms

chest

back

legs

eye

hand

Stretching BENEFITS

- Lubricates joints
- Increases range of motion
- Increases flexibility
- Increases blood flow
- Reduces muscle stress
- Reduces risk of injury

CODE: MPL06

EMERGENCY Resuscitation Guide

- 1. AIRWAY**
- 2. BREATHING**
- 3. CIRCULATION**
- 4. DEFIBILLATION**
- 5. REPERFUSION**
- 6. RECOVERY**

CODE: MPL11

Slips, TRIPS & Falls

Avoid Slips, Trips & Falls

- Sweep the floor regularly
- Clear of spills immediately
- Ensure there are no power cords left hanging suspended
- Keep the walkways and floor clear of rubbish, boxes, tools, equipment, steel and materials
- Take extra care when lighting is poor

Ladder Safety

- Ensure the ladder has no loose, damaged or missing parts
- Ensure the ladder is properly erected and secure
- Ensure the ladder projects at least 1 metre above the landing place
- Ensure the ladder is set at the correct angle of 75 degrees and is on firm ground
- One ladder, one person
- Step 2 limbs on the ladder at all times, 1 feet and 1 hand or 2 hands and 1 foot
- Always carry tools in toolbox, hooper or pouch and not in hands

CODE: MPL03

Thirsty? you're already Dehydrated.

Dehydration can lead to headaches, fatigue, dry skin, problems concentrating, cancer, constipation, kidney stones and even death!

A healthy adult needs 8-10 glasses of water a day!

Just a glass of water every half an hour could be a life saver.

CODE: MPL07

THE 5 STEPS TO Hearing Safety

- Step 1** Always wear hearing protection.
- Step 2** If hearing protection is worn or damaged, replace it.
- Step 3** Use the appropriate hearing protection for the job.
- Step 4** Avoid being exposed to excessive noise conditions for prolonged periods.
- Step 5** Have your hearing tested regularly.

CODE: MPL13

MY BACK SAFETY PRINCIPLES

Use these principles to avoid a lifetime of Back Pain!

Make sure you plan the lift. Clear the path. Assess if the load is too heavy. If the load is too heavy, seek assistance.

Your feet should be shoulder width apart. Get a firm footing close to the load.

Be sure to lift smoothly using a suitable lifting technique. Avoid jerking or twisting.

A suitable firm grip should be maintained throughout the lift.

Carry the load close to your body, always move your feet when turning.

Kep your spine aligned with natural curves. Maintain the 'S' shaped curve in your back.

CODE: MPL04

FIRST AID GUIDE

<p>HEART ATTACK</p> <p>1. Call the ambulance immediately.</p> <p>2. Rest the person in a comfortable position.</p> <p>3. Do not give anything to eat or drink.</p>	<p>STROKE</p> <p>1. If the person is unconscious, turn them on their side.</p> <p>2. Do not give anything to eat or drink.</p>
<p>HEAD INJURY</p> <p>1. Do not move the person unless necessary.</p> <p>2. Check for breathing and pulse.</p>	<p>DIABETES</p> <p>1. Check for signs of hypoglycaemia.</p> <p>2. Give the person a sugary drink or food.</p>
<p>HEAT STROKE</p> <p>1. Move the person to a cool area.</p> <p>2. Remove any extra clothing.</p> <p>3. Apply cool water to the person's skin.</p>	<p>EPILEPTIC SEIZURES</p> <p>1. Do not restrain the person.</p> <p>2. Turn the person on their side.</p>
<p>ELECTRIC SHOCK</p> <p>1. Do not touch the person until they are safe.</p> <p>2. Call the ambulance.</p>	<p>ASTHMA ATTACK</p> <p>1. Help the person use their inhaler.</p> <p>2. Call the ambulance if the attack does not improve.</p>

CODE: MPL09

THE 5 STEPS TO Eye Safety

- Step 1** Ensure your eye protection fits well.
- Step 2** Use appropriate guards, screens and other safety devices.
- Step 3** Choose the proper eye protection for the job.
- Step 4** Replace worn or damaged equipment.
- Step 5** Avoid prolonged periods of looking at computer or other screens.

CODE: MPL14

