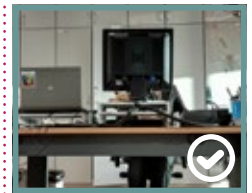
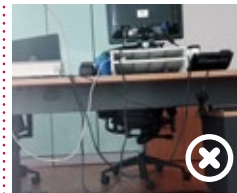


Work safe, live safe

Improving health and safety conditions in the workplace is a goal that concerns us all, and for which everyone's contribution is vital when it comes to preventing risks. This is why it is always good to keep a few basic "tips" on safety and health in mind as you go about your daily life.

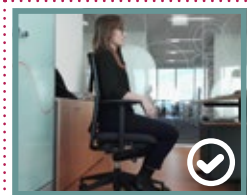
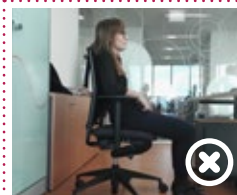
WORK STATION

Keep your work station tidy and organised. Make sure that wires, cables and electrical extensions are kept untangled and are not liable to cause anyone to trip and fall.



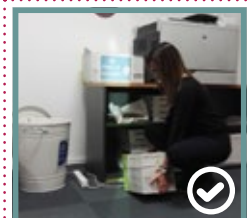
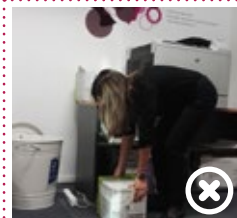
POSTURE

If you work at a desk, keep your back straight while seated, so that the back of your chair supports your spine. With this in mind, avoid chairs with low backs.



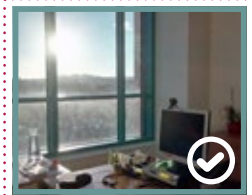
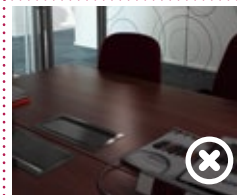
HEAVY OBJECTS

If you need to lift something off the floor or a shelf below waist-level, bend your knees and squat down. Lean slightly forward and, keeping your back straight, hold the object close to your body as you straighten your legs to lift it.



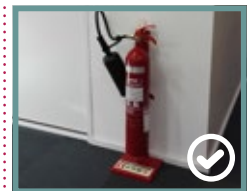
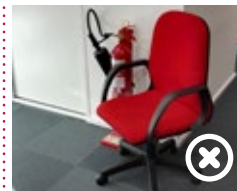
LIGHTING

Whenever possible, use natural daylight to light your workplace. If you have to use artificial lighting, quality is better than quantity.



SAFETY EQUIPMENT

Make sure that accesses to safety equipment such as fire extinguishers are always unobstructed and clearly identified.



EMERGENCY EXITS

Never place any object or piece of furniture in front of an emergency exit. Try to always memorise the evacuation procedures and the location of the emergency exits.

