

WORK SAFE. HOME SAFE.



Your Safety Matters - Especially in Your First Year!

Did you know the first year on the job is the riskiest? New hires on the job for a year or less account for one third of all workplace accidents. And that affects everyone.

The good news is that there's a lot we all can do to keep ourselves and our co-workers safe. Whether it's your first year or your 21st, check out these strategies for preventing injuries.

1. **Attend Training:**

Participate in health and safety training so you know how to make and keep your workplace safer.

2. **Be a Mentor or Request One:**

Help guide new hires through their first year and offer insights on best practices. Ask for a mentor to help navigate workplace challenges together and reinforce the importance of safety.

3. **Check In with Your Colleagues**

Make sure everyone, whether new or experienced, understands safety procedures and how to follow them.

4. **Encourage a Safety-First Culture:**

Support fellow employees to follow safety procedures and speak up about potential hazards, ensuring new hires never feel pressured to cut corners.

5. **Use Safety Gear:**

Wear all necessary personal protective equipment (PPE) whether it's hard hats, safety glasses, protective footwear, or others.

6. **Watch Yourself:**

Use tools and equipment properly. Take breaks and practice good posture. Keep your area clear and be aware of your surroundings, looking out for hazards.

Foster a workplace culture where safety is a core value by using these and other strategies to keep safety top of mind always.

Check out the [attached flyer](#) to gain more insights into playing it safe at work... so you can play outside of work.

Access Additional Resources and Information

- Visit [GetHomeSafeND.com](https://www.gethomesafend.com) for videos of companies embracing the safety movement and posters with safety tips and reminders.
- Follow Get Home Safe North Dakota on [LinkedIn](#) and [Facebook](#) for more tips and resources.

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