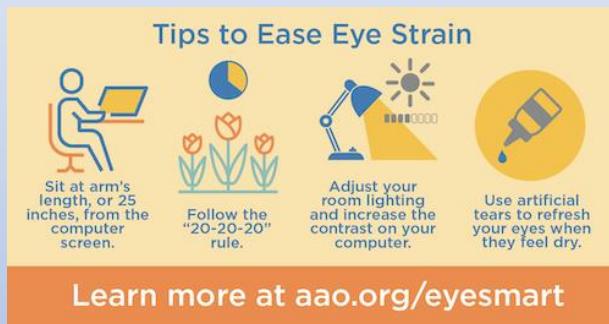


Did you know

March is Workplace Eye Wellness Awareness Month

To help reduce the effects of digital eye strain Prevent Blindness recommends that workers take frequent breaks by using the “20-20-20” rule. Every 20 minutes look away from your screen and look at an object 20 feet away for at least 20 seconds. This gives your eyes a chance to reset and replenish themselves. Use your safety eyewear wherever applicable. Keep safety eyewear in good condition and replace it as required.



Personal pledge checklist

- ✓ I will use the correct equipment for job at hand
- ✓ I will identify, evaluate, control, and report hazards
- ✓ I will participate in HSE compliance and communication
- ✓ I will be committed to safety of myself and others
- ✓ I will comply with clients' safety procedures
- ✓ I will use appropriate PPE for job at hand



**NEXT SAFETY MEETING
IS LAST THURSDAY OF
THIS MONTH**