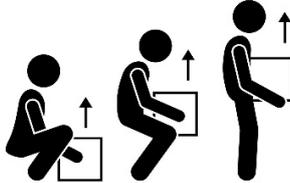


Working instructions for safety

Item	visualisation	notes
Preparation		Plan your working day carefully. Inform yourself about dangers in advance. Familiarise yourself with first aid measures. Get instructions in advance on all machines and equipment.
Workday planning		Your working day should not exceed the working hours. Be sure that you do not work alone and that help is available. Plan enough breaks and refreshments.
hand washing and sanitation		Use disinfection regularly, especially before breaks or leaving the lab or sorting station.
Occupational safety and health		Follow your personal health and safety procedures. Your neighbour's health and safety is also your responsibility, also pay attention here to the compliance.
Overlook your working environment		Be mindful of your environment and look out for self-protection. In bad weather or busy streets, additional marking may be possible. Secure your workplace from heavy equipment or through traffic.
Healthy working		Take care of your health and the health of others. Do not lift or carry heavy loads, make sure you work at an upright height. Do not work on the floor or in a bent-over position.
Emergency numbers and first aid		Find out in advance about the emergency numbers and your nearby first aid options. Always keep your mobile phone with you so that you can make an emergency call if necessary.
Stay hydrated		Drink enough water to prevent dehydration which can cause headache, dizziness and other problems. Make sure everyone else is drinking enough water.