

Safety & Health KOPY KIT®

Zenith's site license allows only a single copy of any document to be printed at a time. If multiple copies are needed, please contact Zenith's S&H department at safety@thezenith.com. All electronic transmission is prohibited.

Attitude & Awareness

[Attitude Is Everything](#)

[Accidents Cost Everyone](#)

[Safety Means No Fooling Around](#)

[Focus on Leadership Skills](#)

[Communication Tips for a Diverse Workforce](#)

[What's Your Safety Score? \(quiz\)](#)

[Assess Your Stress](#)

[Managing Work Stress](#)

Confined Spaces

[What Is a Confined Space?](#)

[The Confined Space Entry Permit](#)

[Confined Space Hazards: Oxygen Deficiency or Enrichment](#)

[Confined Space Hazards: Explosive or Combustible Atmosphere](#)

[Confined Space Hazards: Toxic Contaminants](#)

[Confined Space Hazards: Engulfment](#)

[Confined Space Hazards: Physical Conditions](#)

[Testing & Monitoring the Atmosphere of a Confined Space](#)

Confined Space Personnel Roles & Responsibilities:

[Entrant](#)

[Attendant](#)

[Supervisor](#)

[Rescue Team](#)

[Confined Space Atmospheric Controls](#)

Fire Safety & Emergency Response

[A Guide to Worksite Fire Safety](#)

[The Fire Triangle](#)

[Fire Danger of Flammable & Combustible Liquids](#)

[Fire Extinguishers: Choosing the Right One](#)

[Worksite Fire Emergencies](#)

[Recognizing Medical Conditions](#)

[First Aid for a Choking Adult](#)

[First Aid for Adults Who Stop Breathing](#)

[First Aid for Eye Injuries](#)

[First Aid for Heart Attack](#)

[First Aid for Heatstroke](#)

[First Aid for Minor Burns](#)

[First Aid for Minor Wounds](#)

[First Aid for Punctures](#)

[First Aid for Shock](#)

[First Aid for Strains & Sprains](#)

[Bloodborne Pathogens: HIV and Hepatitis B](#)

[Bloodborne Pathogens: Universal Precautions](#)

HazCom

[Reading Material Safety Data Sheets](#)

[Protecting Against Chemical Hazards: Your Checklist for Safe Use of Chemicals](#)

[Manufacturer's Warning Labels](#)

[Hazardous Material Identification System Labels](#)

[NFPA Diamond](#)

[DOT Labels and Placards](#)

Hazardous Chemical Categories:

[Explosives & Blasting Agents](#)

[Compressed Gases](#)

[Flammable Liquids](#)

[Flammable Solids](#)

[Oxidizers](#)

[Poisonous Materials](#)

[Radioactive Materials](#)

[Corrosive Materials](#)

[Miscellaneous Hazardous Materials](#)

[Properties of Hazardous Materials \[1\]](#)

[Properties of Hazardous Materials \[2\]](#)

[Reactivity of Hazardous Materials](#)

[Storing Hazardous Chemicals](#)

[Watch Out for Incompatible Chemicals](#)

[Preventing Explosions: Tips for Worksite Safety](#)

[Lead Hazards](#)

[Responding to a Chemical Spill](#)

[Emergencies Involving Solvents](#)

[Emergencies Involving Flammables](#)

[Emergencies Involving Corrosives](#)

[Emergencies Involving Reactives](#)

Lifting & Moving Material

[Lifting Basics](#)

[The Mechanics of Lifting: How Your Back Works](#)

[Lifting Awkward Loads](#)

[Back Exercises: Making Your Back Work for You](#)

[Material Handling: Dollies and Hand Trucks](#)

[Material Handling: Powered Hand Trucks](#)

[Basic Rules for Forklift Operation](#)

[Working Safely Around Forklifts](#)

[Working Safely on Loading Docks](#)

Other Hazards

[Working Safely With Electricity](#)

[The Hazards of Electrical Shock](#)

[Responding to an Electrical Emergency](#)

[Working Near Overhead Power Lines](#)

[Lockout/Tagout: De-Energize for Safety](#)

[Eight Steps to Lock Out Hazardous Energy](#)

[Slips, Trips and Falls](#)

[How Noise Affects Hearing](#)

[Working Safely With Ladders](#)

[Watch Your Step on Scaffolds](#)

[Guard Against Machine Injuries](#)

[Working Safely With Grinders](#)

[Watch Out for Pinch Points](#)

[Welding Hazards](#)

[Basic Rules for Hand Tools](#)

[Basic Rules for Portable Power Tools](#)

[The Hazards of Cold](#)

[The Hazards of Heat](#)

[The Hazards of Fatigue](#)

[Preventing Musculoskeletal Disorders](#)

[Alcohol & Other Drugs Affect Safety](#)

[Signs of Alcohol or Drug Abuse](#)

[Blood Alcohol Concentration and You](#)

[Protect Yourself Against Violence in the Workplace](#)

[The Golden Rule of Safe Driving](#)

[Characteristics of a Defensive Driver](#)

[Driving in Bad Weather](#)

[Safety Belts Can Save Your Life](#)

Personal Protection

[Respiratory Hazards](#)

[Choosing and Using Respiratory Protection](#)

[Hearing Hazards](#)

[Choosing and Using Hearing Protection](#)

[Eye Hazards](#)

[Choosing and Using Eye Protection](#)

[Hand Hazards](#)

[Skin Hazards](#)

[Choosing and Using Work Gloves](#)

[Choosing and Using Work Shoes](#)

[Choosing and Using Protective Headwear](#)

Safety Posters

[Safety is everyone's job.](#)

[On or off the job, keep safety in mind](#)

[Expect the unexpected](#)

[Accidents don't just "happen."](#)

[...but they were just horsing around](#)

[101 Stress Relievers](#)

[Confined space entries are never routine](#)

[Do you know where the fire extinguisher is?](#)

[Bad wires can cause fires](#)

[Call for help before you try to put it out.](#)

[Pay attention to chemical warning labels.](#)

[Material Safety Data Sheets](#)

[Prevent chemical spills and leaks: Inspect containers regularly](#)

[Store flammables properly.](#)

[Prevent chemical burns.](#)

[Lift with your legs, not your back](#)

[Do push it. Don't pull it.](#)

[Get help with heavy loads.](#)

[Watch out around corners.](#)

[Respect electricity.](#)

[Before you work on it, lock it out!](#)

[Clean up before you slip up](#)

[Do your part to prevent slips and falls.](#)

[Falls hurt. Watch where you're walking](#)

[Basic rule of thumb: Leave guards in place.](#)

[Use the right tool for the job](#)

[Ouch! Watch out for pinch points.](#)

[You can't follow safety rules in your sleep.](#)

[Safety & alcohol don't mix.](#)

[Keep your distance.](#)

[Safety belts keep the family together](#)

[Use respiratory protection.](#)

[Use eye protection.](#)

[Use proper work gloves.](#)

[Use proper safety shoes.](#)

[Use proper head protection.](#)