



1. Adherence to Safety Protocols

- Have I reviewed and understood the company's safety policies and procedures?
- Do I consistently follow safety procedures when performing tasks, including proper use of personal protective equipment (PPE)?
- Have I reported any unsafe conditions or practices to my supervisor?

2. Risk Awareness & Hazard Identification

- Do I actively identify potential hazards in the workplace?
- Have I taken appropriate actions to mitigate or report any identified hazards?
- Do I conduct regular safety checks in my area of responsibility?

3. Emergency Preparedness

- Am I familiar with the emergency evacuation plans and emergency procedures specific to my area?
- Have I participated in safety drills or emergency response training?
- Do I know where safety equipment (e.g., first aid kits, fire extinguishers) is located?

4. Equipment Safety

- Am I properly trained in the safe use of equipment and machinery I operate?
- Do I conduct regular checks on the equipment I use to ensure it is in safe working condition?
- Have I reported any equipment malfunctions or safety issues immediately?

5. Safe Work Practices

- Do I use safe lifting techniques and follow ergonomic practices to avoid injury?
- Have I followed proper lockout/tagout procedures when working with hazardous equipment or machinery?
- Am I aware of and following all specific safety protocols related to my tasks?

6. Reporting & Documenting Incidents

- Have I reported all incidents, near misses, or unsafe behaviour to the appropriate authorities or supervisors?
- Have I completed any necessary incident documentation accurately and promptly?
- Do I participate in investigations or safety meetings to learn from incidents?

7. Training & Development

- Have I completed all required safety training for my role?
- Do I regularly participate in refresher courses or workshops on safety practices?
- Am I staying informed about any updates or changes to safety protocols?

8. Mental & Physical Health Safety

- Am I mindful of my mental and physical well-being while at work?
- Do I take appropriate breaks and manage stress to maintain focus on safety?
- Have I reported any health-related concerns that may impact my safety or performance?

9. Supporting a Safety Culture

- Do I encourage and support my colleagues in following safety protocols?
- Have I participated in safety meetings, discussions, or initiatives?
- Do I recognize and reinforce positive safety behaviours among my team?

10. Continuous Improvement

- Do I suggest improvements or changes to safety practices when I identify areas for enhancement?
- Have I contributed to safety audits or evaluations in my area of work?
- Do I seek feedback on my own safety practices and continuously strive for improvement?

