

## The Deadly Dozen

We have often heard of the “Daily Dozen” with regard to proper exercise and maintaining good health. The “Daily Dozen” has a counterpart known as the “Deadly Dozen”, which is applicable to safety on the job, and which also has an important bearing on health and welfare.

These causes of accidents are classified in two categories of 12 each; “Unsafe Actions” and “Unsafe Conditions”. If we acquaint ourselves with these enemies, a majority of accidents can be eliminated.

### UNSAFE ACTIONS:

1. Unauthorized use or operation of equipment.
2. Failure to secure or tie down against unexpected movement.
3. Operating or working at an unsafe speed.
4. Failure to warn or signal as required.
5. Removing or making safety devices inoperative.
6. Using defective tools or equipment.
7. Using tools or equipment unsafely.
8. Standing in an unsafe place or taking an unsafe posture.
9. Servicing moving or working equipment.
10. Horseplay, distracting, startling, and kidding.
11. Failure to wear personal protective equipment.

### UNSAFE CONDITIONS:

1. Lack of adequate guards or safety devices.
2. Lack of adequate warning systems.
3. Fire and explosion hazards.
4. Unexpected movement hazards.
5. Poor housekeeping.
6. Protruding object hazards.
7. Close clearance and congestion hazards.
8. Hazardous atmospheric conditions.
9. Hazardous arrangement, placement, storage.
10. Hazardous defects of tools, equipment, etc.
11. Inadequate illumination, intense noise.
12. Hazardous personal attire.