



**TO TRULY  
PROTECT EVERYONE**  
OCCUPATIONAL HEALTH AND SAFETY



**from head**

### **SAFETY HELMETS**

Even the most hard-headed worker needs a hard hat. Personal protective equipment can save your life in the event of an accident. Employers must provide it and workers must be trained to use it.

### **ERGONOMICS**

Uncomfortable positions should be avoided on the job. There are ergonomic solutions to prevent work from wearing down your bodies. Instead of adapting your bodies to difficult work, the work should be adapted for the health of your bodies.

**to toe**

Production: CSN, 2024  
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