

BEFORE STARTING ANY ACTIVITY



I observe, assess the situation, and ask myself whether:

I am trained and authorized to perform the task I am about to undertake.	Y	N
I am in good physical and mental condition .	Y	N
I know and have at my disposal operating instructions and conditions of use.	Y	N
I am aware of the risks associated with this task (work instruction machine, risk assessment, etc.).	Y	N
I ensure the tools at my disposal are in good condition and meet operating instructions (LOTO, periodic inspections).	Y	N
I have the necessary means of protection , know how to use it, and ensure it is well-maintained.	Y	N
I ensure a safe and clutter-free working environment and that any risks of coactivity in the work area are considered.	Y	N

If I answered **NO**, I don't know or I'm not sure, I'm observing something that doesn't seem right:



I **stop immediately** and **secure my workstation**.



I go and see my supervisor and **assess the risks** with him/her to **define the means** to be put in place.



I go back to this document to check that the necessary measures have been taken. **If this is the case, I resume my intervention.**



I **share my experience** with the people in my team by helping each other out at a future meeting.