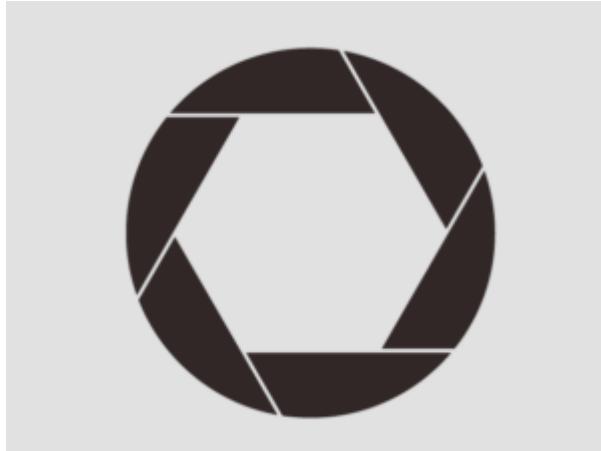


Take 4 Seconds for Safety Picture This



REMEMBER



Take your time
Do not rush



Think about the work and tasks
Do you have the correct training?
Do you have the correct equipment?
Do you need a permit?



Follow work procedures correctly
Do it safely or not at all
Ask for help if you need it