



WORKPLACE SAFETY: PROTECT YOURSELF WHILE YOU WORK

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Why is Workplace Safety Important?

Every worker deserves to go home safe and healthy after a hard day's work. Accidents can happen anytime — especially in factories, construction sites, warehouses, and even office settings.

Being alert and following safety rules can prevent injuries (sugat), sickness, or even death.

“Kaligtasan sa trabaho ay kaligtasan ng pamilya.”

Common Workplace Hazards

1. Slippery floors (madulas na sahig)
2. Falling objects (malalaglag na gamit)
3. Electrical issues (problema sa kuryente)
4. Sharp tools or machines (matutulis kagamitan)
5. Overfatigue or heat stress (sobrang pagod)

Simple Safety Tips for Workers

Always Wear PPE (Personal Protective Equipment)

- Hard hats (*helmet*), gloves (*guwantes*), masks, and safety shoes can save your life.
- Don't remove PPE while working, even if it feels uncomfortable.

Keep Your Work Area Clean

- Clear spills right away to avoid slips.
- Organize tools properly to prevent accidents.

Report Unsafe Conditions

- If you see broken equipment, exposed wires, or blocked exits — tell your supervisor immediately.

Follow Company Safety Rules

- Attend toolbox meetings and safety drills.
- Don't take shortcuts that could put you or others at risk.

Take Care of Your Body

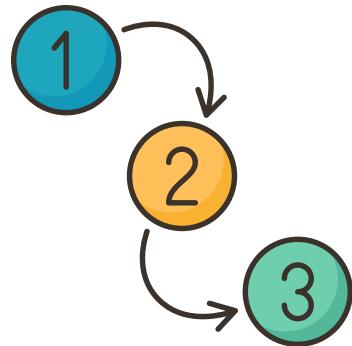
- Rest when needed.
- Drink water regularly to avoid heat stroke (especially in outdoor jobs).
- Eat nutritious meals to stay strong.



Wear PPEs



Attend safety drills and meetings



Dont take shortcuts. Follow procedures.

What to Do in Case of an Accident?

- Stay calm (*Manatiling kalmado*)
- Inform your supervisor right away
- Get first aid or go to the clinic
- Don't delay medical attention even for small injuries

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**

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Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.