



- Remove all jewelry (including wedding rings).
- Do not wear loose clothing.
- Securely button long sleeves or wear short sleeves.
- Pull back long hair.
- Wear your safety glasses.
- Wear safety shoes (steel-toed shoes recommended).
- Insert earplugs to protect your hearing.
- Wear gloves when handling blanks or parts with sharp edges.

OSHA is dedicated to promoting the safety and health of America's workers by setting and enforcing standards, providing training, conducting outreach and building partnerships. OSHA and the Precision Metalforming Association have created an alliance to help promote safety in the metalforming industry. For more information, talk to your employer, or visit [www.osha.gov](http://www.osha.gov) or [www.pma.org](http://www.pma.org).

Through the OSHA and Precision Metalforming Association (PMA) Alliance, PMA developed this poster for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. March 2008

