



# *Protect* Yourself from Injuries

**Metalforming involves high-powered machines. Machine guards are in place to protect you from hazards on the job.**

- **Never remove, disable or try to bypass a machine guard.**
- **Never use a machine with a guard that is not working properly.**
- **Always follow appropriate safety procedures when operating presses and other machines.**
- **Always report unsafe conditions to your supervisor.**
- **Don't go where you don't belong!**

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

