

MINER KNEE SAFETY

AN OUNCE OF PREVENT IS WORTH OF POUND OF CURE.
TAKE CARE OF YOUR KNEES.

- **Thoroughly wash and clean knees after each shift.**
- **Wash and maintain knee pads and other knee protection equipment on a routine basis.**
- **Take time during the shift to relieve pressure on knee areas.**
- **Select and use knee protection equipment that fits you properly and is comfortable to wear.**
- **Disinfect cuts/lacerations to knee and leg areas and apply antibiotic to the injured areas.**



IT'S A LIFE TIME COMMITMEN



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