

One of the basic obligations imposed on the employee is compliance with health and safety rules and regulations.

The employee is obliged in particular to:

- be familiar with the rules and principles of health and safety at work, take part in training and instruction in this field and undergo the required examinations.
- perform work in a manner consistent with health and safety regulations and principles, and follow superiors' instructions and instructions issued in this respect;
- take care of the proper condition of machines, devices, tools and equipment as well as order in the workplace;
- use collective protection measures, as well as use assigned personal protective equipment as work clothing and footwear as intended;
- undergo initial, periodic and follow-up examinations as well as other prescribed medical examinations and follow medical indications;
- immediately notify the supervisor of an accident at the workplace or the threat to human life or health, and warn co-workers, as well as other people in the danger area, of the imminent danger;
- cooperate with the employer and supervisors in fulfilling their obligations regarding occupational health and safety.

Source: http://www.prawawpracy.pl/pdf/prawa_prac_bhp.pdf