



WHY DO ACCIDENTS HAPPEN?

Complacency:

No matter how many times you've done your job, if you take safety for granted, you could get hurt.

Inadequate Information:

If you don't know what to do or how to do it, there's a good chance you'll do it wrong.

Poorly Maintained

Tools or Equipment:

Don't use unsafe tools or equipment. Inspect all equipment. Report them and get them replaced.

Not Taking Hazards

Seriously:

All work hazards can hurt you in some way. Be careful and pay attention.

Fooling Around:

Protecting your safety is serious. There is no place for horseplay.

Carelessness:

Always avoid distractions and focus on job at hand

Fatigue:

Do not go to work tired. Get enough sleep before workday.

TIP OF THE QUARTER SUMMER

-Wear sunscreen

-Wear UV protective sunglasses

-Drink plenty of water

-Take frequent breaks

-Wear light reflective clothing

-If signs of heat exhaustion occur, place person in shady area, raise feet, place cool compresses on face, arm pits and neck. Get person to a medical facility quickly.

POINTS OF INTEREST

Each day inspect work area and equipment for safety.

Repair and update unsafe working conditions or tools.

Conduct safety meeting to discuss job dangers, requirements and dialogue w/ workers.

Wear all PPE and keep in good repair.

Safety meetings have proven effective in alerting employees to workplace hazards and preventing accidents.

Managing Workplace Stress

◆ Plan and prioritize— Set realistic goals and deadlines.

◆ Focus on what you can control—Create a “to do “ list and a plan for your work.

◆ Slow down— Think things through before you act and begin with an end result in mind.

◆ Think outside of the Box— Search for ways to save you time and money.

◆ Take a break— Make time to take a short rest from work.

PLAN EACH LIFT: SAVE YOUR BACK.

- Size up your load before you lift. If load is too heavy assistance is required.
- Plan ahead— make sure you have a clear path to carry load and a place to set load down.
- Place feet close to object and center yourself in front of load.
- Bend your knees to let stronger leg muscles lift the load.
- Get a good grip on object.
- Lift straight up, keeping load close to your body.
- Do not twist or turn your body once you have made the lift. Set down load by bending your knees, lower load into place.

BE PROACTIVE

Younger Workers.
Summer months mean we will have some young adults entering the workforce. Provide mentoring for these workers and a safe environmental working place will help to prevent injuries and accidents.