



Safety Tidbits

6-16-

Search others for their virtues, thyself for thy vices. -Benjamin Franklin

Can you see what I see?

Never compromise your eyesight. More than 2,000 work-related eye injuries occur every day in the U.S. And, 10-20% of the injuries result in temporary or permanent blindness.

The main reasons: People not wearing PPE, wearing the wrong PPE, or not using their PPE properly. The cost to U.S. companies is over \$350 million; but the cost to the injured could be a Lifetime of DARKNESS!

Source: Prevent Blindness America

Protect Eyes from the Sun!

Sunglasses are another important eye saver. There is increasing evidence that ultraviolet rays in sunlight can significantly increase your risk of developing cataracts & macular degeneration. Many eye specialists recommend wearing sunglasses on sunny days year-round. Plus, you'll experience better night vision when you wear sunglasses on sunny days. There are a few key things to look for when picking the right pair of shades. Make sure they carry a consumer-protection label stating they're 99-100% UV-absorbent, or provide UV absorption up to 400 nanometers (nm). Find a tint that works for you & remember – bigger is better when it comes to sunglasses.

Why couldn't the two elephants go swimming together?

Between them, they only had one pair of trunks!

A few Tips to Avoid Injuries on and off the job!

-Get a good night's sleep & go to work each morning prepared to do the job. **Show up ready to work with the proper tools and PPE!**

-Develop a game plan, **Communicate** the plan to all affected person and make sure all understand the it. **Then, follow the plan.**

-Communicate new risks when they are encountered. **Never assume others are aware of a risk/hazard!**

-Conduct a Job Safety Analysis. It's true, **the risk increases when performing non-routine tasks**, But, complacency can lead to injury when we get too comfortable doing our routine tasks - **So follow sound safety practices always and Avoid cutting corners!**

-Check yourself and each other (you & your co-workers should function as a team).

Have each other's back!

-Focus on the task you are doing while you are doing it - **Be in the game, Mentally!** This goes for driving, too. Focus on driving when you are on the road - **When you drive - Just Drive! If you have to take the call - PULL OVER!**

-Be aware of body positioning. It is important to lift and bend properly to avoid injury, but don't stop there. **Be aware of your surroundings** and **Stay out of the Line of Fire!** Every year, people suffer serious injury or death because they got caught between, crushed by, or pulled into some machine or equipment.

Accidents don't have to happen – Nobody has to get hurt!

Get Some Exercise today!

Exercise for your health – it'll improve your quality of life. Enjoy the weather – play tennis, or other sport; go for a walk or a bike ride; or hit the gym for a swim; racket ball or a group workout). Obesity is a leading cause of preventable death and ~75% of the adults in the US are overweight (or obese). This is a serious health crisis – one that can be remedied with routine exercise and a proper diet. If you're not already physically active, today is a great time to start. But remember, start slow & consult your physician before getting too aggressive.

Respect Electricity both on and off the job!

You know Electricity is Dangerous! Did you know that every day in the US there are: **~8,000 Electrical Injuries** (as many as half of these are permanently disabling)

~11 deaths (in many cases these are qualified/authorized personnel)

Arc Flash is only part of the problem - In general, arc flash incidents are highly unlikely on systems operating at less than 240 volts phase to phase.

Other hazards include: no training - lack of awareness; lack of the proper tools and/or PPE or misuse of same; complacency - cutting corners based on past experience; rushing to complete the task and/or simple errors made while working on energized lines.

-Be careful with electrical appliances (curling irons, heaters) in the bathroom and always use a GFCI around water sources.

-Always follow established LOTO procedures and use the task-specific PPE, properly!

-Always verify the system you'll be working on is de-energized & stored energy has been released.

-Never perform a task you have not been trained on how to complete, safely.

Today's Safety Goal for each of us: **'No one gets hurt, on my watch!'**