

John Meola's  
**Safety First!**  
Safety Meeting Topics  
for WSA Members

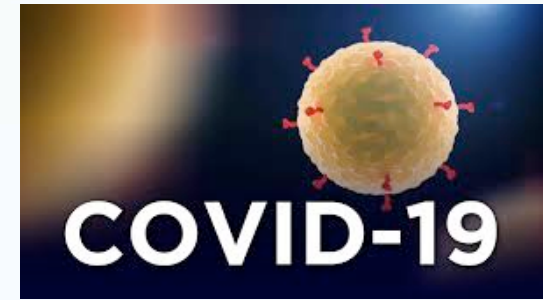


# April Safety Info

- COVID-19: The 800 Lb. Gorilla in the Room and what we can do about it
- April & Spring Fever – Seasonal Issues
- Defensive Driving — Parking — Backing
- Hand — Finger — Foot — Ankle Injury Prevention

# CV Defense:

## Sanitize – Distance – Cover – Wash



- We are following advisory guidance from CDC, Commonwealth and other health authorities on CV protection.
- We are considered an essential service provider.
- Practice frequent hand & face washing with SOAP; avoid touching face or eyes; wear basic eye protection a lot.
- Minimize personal contacts – observe safe separation distance around others when possible. Be mindful of shared surface contact. Use an impermeable interface to avoid direct skin contact.
- Use glove, hem of garment, tissue, plastic bag, etc. i.e. grocery cart handles, self-service kiosks, etc. protect bare skin contact.
- Cover the nose/mouth if sneeze or cough. Use a tissue or paper towel.
- Shared contact examples: pens, door handles, ATM screens and key pads, gas pump handles; sanitize your phone, other electronics, vehicle interiors
- Footwear – watch where you step and walk. Wash or sanitize all that ground contact stuff. Avoid bird droppings; people tend to spit in parking lots. Just sayin'.....
- Use mosquito /tick repellant; mild winter = big infestation season
- The use of mask or other breathing zone protection is a possible defense when in proximity to other persons. Use judgment.
- Maintain proper distance. Cover nose/mouth or head turn away.
- Stay home if you become ill. Most persons recover from CV and the seasonal flu.
- Maintain good hydration & diet for best health defense.
- The next few weeks will be a challenge; stay upbeat and focused.

# General Advisory & Practice – CV Implications

- Stress levels are highly individual. Persons are affected differently.
- Daily news headlines can create anxiety among impressionable groups. Be understanding of family, friends, co-workers reactions to stress factors.
- Offer assistance when possible; show concern and empathy; ask how others are coping with this CV situation.
- If reduced traffic volumes is an indicator, CV seems to make drivers more courteous. Apparently 'Making Nice' is a stress relief agent.
- We will persevere thru this and emerge stronger as a Company and society.

## DID YOU KNOW? AN ACT OF KINDNESS CAN:

- ✓ **DECREASE STRESS**
- ✓ **BOOST HAPPINESS**
- ✓ **LOWER BLOOD PRESSURE**
- ✓ **RELEASE FEEL-GOOD  
CHEMICALS** (serotonin & oxytocin)
- ✓ **INSPIRE MORE  
KINDNESS!**

[randomactsofkindness.org](http://randomactsofkindness.org)



# Spring Seasonal Issues

Longer daylight hours – outdoor workers, i.e. landscapers, framing and building, etc. will use the extra daylight to work overtime, despite the Stay at Home order.

Critters, ticks, insects, reptiles- associated hazard awareness. Watch where you put your hands.

A tree covered in ivy and vines may be distressed. Look for dead wood hanging up in branches. Wear hard hat in questionable areas.

Apply insect repellent to clothing. Repeat application as needed. We do not know if a mosquito can transmit CV between persons. Minimize this risk with protection.

Glare blindness – stay in protected positions around vehicles. Other drivers may not see you, even with your vest on. Use Daytime Running Lights on all vehicles.

# Defensive Driving



Transportation is a leading occupational hazard. It is very insidious because we all drive and individual behaviors vary widely.



**Following Distance** is at the head of the food chain for Defensive Driving.



**4 Second following distance** is the theoretical recommended safe interval.



**Rear-end crash is the Number 1 category of preventable collision.**



The Number 2 category is **BACKING!**  
Virginia safety authorities have a safe backing rule applicable to our fleet. Drivers need to get out & LOOK before backing OR have a Spotter in high viz. vest guide them.



Reliance on a rear camera is questionable. Lighting can make camera less than unreliable.



**A safe DRIVER usually translates into a safe WORKER.**  
The defensive attitude stays with you on the job. Practice it!

# Slip Trip & Fall Prevention



Snag hazard, jagged protruding objects, tangled vines and vegetation, uneven surfaces, loose footings, barbed wire, posts, mud, rocks, other foot and ankle hazards.



**LOOK where you are walking.** Pick the safest route to navigate.



Use extra caution on irregular terrain. Balance may be affected when carrying objects.



Check your footwear. Worn soles & heels do not offer as much grip. Use walking stick or tool on uneven terrain.



Wear GLOVES. When you fall, the glove will help protect your hand /wrist and dissipate force of fall.