

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



August Safety Info

It's HOT, HOT, HOT! (How to Beat the Heat, sort of...)

Traffic & Pedestrian Safety

Hand & Power Tool Safety

Ergonomic Issues for Field Work

“Everything Else” Safety

How to Beat The Heat, Sort of....



- Mostly just try to endure it. Temps usually break in Mid-August
- High humidity raises the Heat Index, often to over 100* 'feels like'
- Decrease or reconfigure strenuous activity – early AM usually cooler
- Avoid direct sun exposure when possible: clothing, shade, head covering, umbrella, shelters, canopy, etc. Use fans when available for air movement.
- Wear long sleeve, open front shirt- blocks sun, allows ventilation of torso.
- Yes, the safety vest is made of polyester; it does not 'breathe' as well. But it is a critical element of PPE.
- Heat induces fatigue and impairs decision making. Meds can cause complications.
- Watch your diet in high heat. Eat less generally, avoid junk food.
- Hydrate with water, electrolyte beverage. Skip the soda-pop, Red Bull

Wild Kingdom, continued....



- Pedestrian, motorcycle, bicycle, HIGHWAY WORKERS = endangered species
- Stay in protected area when possible.
- When on foot or bike, avoid encroaching vehicle travel paths. Wear high viz garment.
- “A paved surface is a driveable surface.” Avoid stopping vehicle on pavement for any reason. Find a safe place to get off the asphalt. No distractions!
- Wear your high viz apparel at all times outside the vehicle.
- Do not walk behind or near backing vehicles. Work vehicles require Spotter when backing. Or a camera, which is less reliable.
- Smart outcome: take what you learn here BACK HOME WITH YOU. Protect your family as well as your co-workers!

Hand & Power Tool Safety



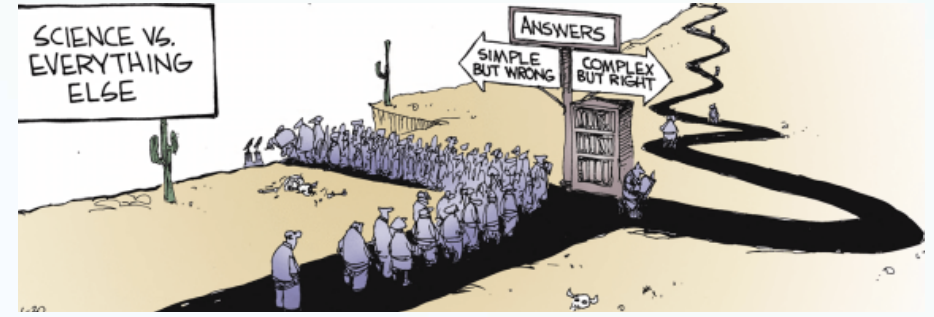
- Common injury – blades, pinch points, impalement, skinned knuckles, lacerations, puncture, crush, dislocated shoulder, knuckle, strain, wrist, hand, finger, etc.
- Antidote: PPE; posture; grip configuration; proper tooling;
- Using a 4 lb. sledge to drive a nail into wood is an example of improper tooling.
- Battery power tools preferred vs. corded. Electric tools and cords create additional headaches.
- Liquid fuel tools: follow Mfgs. Instructions. Flammable liquids- handling, storage, dispensing, transport, fire, SDS, etc. ALL containers must be labelled.
- A LADDER is classified as an ‘appliance’ used to access a higher level. It is not a work surface. ALWAYS secure ladder before climbing.

Ergonomics for Field Crews



- Do some **pre-work stretching**. 2 minutes can help avoid a pesky strain
- **Check your POSTURE** – walk, stand, bend, lift, twist, climb. SITTING is one of the most stressful postures. Sit/Stand, move around, avoid prolonged static posture
- **Caution: swinging tools** – machete, brush hook, etc. Shoulder injury is common. Rotator cuff repair is questionable. You might not be able to lift your kids for a hug. Think. Is it worth the risk? Use high leverage pruner or other means.
- **Avoid slouch**. Wear good shoes with arch support. Use high grip glove to decrease hand fatigue. Eye & face protection. Hard hat with wide sun brim.
- **Avoid over-use of tinted lenses**. The eye needs LIGHT to see. Carry tinted & clear and switch out for conditions.
- **NEVER jump** from any elevation. Lower body in controlled manner. Watch where you step. Avoid obstructions.

“Everything Else” Safety



- **Defensive Driving**: Keep 4-second following distance; use signals; wear high viz outside the vehicle; park defensively; protect your rear; use a Spotter when backing.
- **Safety**: Recreational, athletic, water, ocean, lakes, rivers, pools, watercraft, electrical, leisure, yard-work, walking/hiking, bicycle, night-driving (avoid when possible), mowers, tractors, tree work, power tools, chain saw, work on roof or elevated surfaces.
- **Covid precautions**: Wear face covering; social distance; avoid crowds; wash hands frequently; sanitize; stay home if you become ill or are otherwise exposed; get tested; do not come to work. Call your supervisor for instructions. Quarantine.