

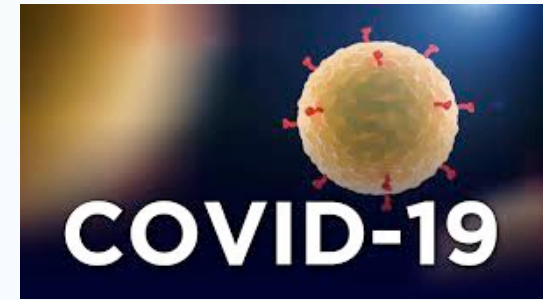
John Meola's
Safety First!
Safety Meeting Topics
for WSA Members



June Safety Info

- Corona Avoidance: Back To Office Precautions and Accepted Practices
- Summer Driving & Defensive Driving
- Storm Season Starts Now
- Sun Exposure & High Temps

Personal Hygiene & Social Distancing



20 years ago, Norovirus caused widespread illness on cruise ships. Authorities coined the mantra '*Less Hand shaking, more hand washing*'. Lo & Behold, fast forward to 2020...

- **Industrial Hygiene 101:** The 3 primary routes of exposure for contaminants to enter the body are:
 - 1) Inhalation; 2) Ingestion; 3) Skin absorption
- **Awareness of surroundings, defensive practices include:**
 - Proximity to people, esp. unknowns - (sneeze, cough, exhale, etc.) Social Distance = 6 ft. is only a 'guide'
 - Indoor air quality (nose & mouth covering; hygienic 'etiquette')
 - Hand and skin hygiene (wash hands & FACE) Sanitizer is ok, but can be questionable. WASH- soap & water.
 - Avoid touching face, eyes (transfer of icky stuff)
 - Wear some form of EYE PROTECTION. This is a generally advised Best Practice for Field Work. This can also be a general health protective measure. AIRBORN DROPLETS can attach to the mucous surface of the EYE.
 - General reminders: avoid crowds in any setting; do not linger in questionable locations; change the AC filters on your home system; check the cabin air filter on your vehicle. Summer humidity can create mold.

Summer Driving & Defensive Practices

- This season is shaping up to be an unusual mix of travel & driving.
- Memorial Day weekend had a handful FEWER fatal accidents than last year but surprisingly still more than reduced traffic volume would have predicted.
- Focus Elements: Motorcycles; bicyclists, pedestrians, cell phones & distractions; visibility factors; speeding; slow pokes; failure to signal; improper lane change; intersections; impaired drivers; overloaded vehicles; etc.
- Avoid large trucks in all driving situations including parking lots.
- At highway speed in mid-summer, large trucks have blown tire hazard. Do not 'swerve' or make sudden lane change to avoid object in road.
- Caution when BACKING. Check your surroundings before backing. Park defensively to avoid need to reverse.
- Maintain 4-Second Social DISTANCE between vehicle ahead. Rear end crash is the #1 category of motor vehicle accidents. FOCUS on safe defensive driving.

Storm Season – June 1st and Counting...

Predictions are for an unusually active storm season.

- Statistics: More injuries and fatalities occur **AFTER** the storm.
- **Safety Focus Elements:** Chainsaw work; falls; electrocution; high water & flooding; tree-related injuries (often fatal); power loss; sanitation & hygiene; stress & fatigue; weak structures collapse; displaced or aggressive wildlife; food spoilage, etc.
- **Hard to prepare for:**
 - High destructive wind speed and duration; extreme rainfall overwhelms drainage systems; trees become stressed and damage may show up much later.
 - Coastal regions: Make sure you have an EMERGENCY PLAN to shelter in a relatively safe place for the duration. Remember: Perishable food supplies may be interrupted.
 - Prepare, supply, *but do not hoard*.

High Temps & Nuclear Summer



“Proper Hydration” is a relative oversimplification. This summer will likely replicate the setting for London Broil.

Prolonged high heat (90 +) can cause a range of health issues. Heat stress is insidious.

Safety Focus Elements:

- Short tempers & aggressive behavior;
- fatigue;
- poor sleep cycles;
- dietary stress.

Remember:

- The hotter it is, the less bulk food we should eat.
- Avoid grease, sugar & fat; fruit & vegetable recommended. Hydration = water; skip the carbonated sweet stuff, i.e., Red Bull.
- Elderly folks are more susceptible to heat stress. Know your tolerance. General health factors are magnified. Risk Factors include smoking, weight, age, heart health, diabetes, etc.
- Acclimate. Don't push it. Take more frequent rest breaks. Wear sun protection- shade hat; long sleeves; nape protector; sun-brella; portable shelter; light weight, breathable, open front garments.
- Yes, correct, the high viz vest is pure plastic and **HOT**. Do not sacrifice one risk for another. Your high viz vest is a critical safety factor.

Avoid Sun & UV Exposure on Skin

- Long sleeve, light weight, light color, open front garments are preferred.
- If you have to be in the sun for long periods use a sun shade attachment to your hard hat and a nape protector is also recommended
- Sun protection – umbrella, tarp, shelter, tent, canopy, windshield covering; other means to avoid direct sun
- Use a neck cooling bandana: If needed, use an ice pack or some other means of cooling blood flow through your major arteries
- Other protection - SPF lotion; barrier creme; zinc oxide for extreme exposure
- Personal tolerance varies. Best Practices include COVER UP!
- If possible wear an engineered fabric like what light-weight hiking pants are made from.