

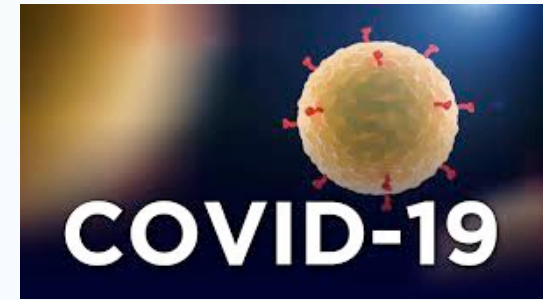
John Meola's
Safety First!
Safety Meeting Topics
for WSA Members



May Safety Info

- Covid-19 Precautions & Reminders
- Truck and Trailer Safety Reminders
- Hydration Basics Going Into Summer
- Hand & Finger Injury Avoidance

COVID Industrial Hygiene



- Depending on your location, protect hands, eyes, skin, face, breathing zone, clothing, footwear, head coverings, etc. This applies on the job and in daily living activity.
- Some type of face covering is recommended when in proximity to others- mask, bandana, other filtering media. Eye protection is probably a good idea as well.
- The science is unclear for how long the virus can survive outside the body. Hours or days depending on the surface. Treat all unknown surfaces as suspect, questionable.
- UV light (sunlight) is thought to help degrade and passivate the virus.
- Try to maintain 6 ft. separation distance around other persons.
- Be aware of contact surfaces; use a liquid impermeable 'interface' when available to avoid direct skin contact. This could be a simple 'film' such as a glove or plastic bag.
- A tissue doused in sanitizer becomes a 'wipe.' Ethanol and alcohol are the most common agents.
- Soap & water washing & rinse is the preferred hygiene regimen
- Regularly sanitize your phone, keys, belt buckle, interior surfaces of vehicle, etc.

Covid Daily Living Protection

- Wear a face covering and gloves when in grocery store, 7-11, other high-traffic locations. Stay at least 6 ft. apart from other persons.
- If the place is crowded, i.e. a line waiting outside, consider an alternate location or a different time.
- Plan ahead. For example, Home Depot is limiting in-store capacity resulting in a line out front.
- The Lowes around the corner has the same inventory but much less people.
- Combine trips when possible to reduce exposure into populated venues.
- Be aware of wind direction. Stay upwind of others when possible.
- Be aware of ventilation air currents when indoors; we really don't know when or if the building AC or furnace filters were cleaned or replaced

Truck & Trailer Safety Reminders

- **NEVER** attempt to reposition a trailer hitch by 'lifting and shifting'.
- Use the dolly wheel or reposition the truck. Trailer tongues are notoriously awkward to lift, even when trailer is empty.
- Trailer hitches take a lot of abuse. Inspect the hitch and locking mechanism; be sure it is locking properly around hitch ball. Do not hammer on the hitch to free it up or lock it.
- Attach safety chains in a 'X' pattern to limit sway if uncoupled. Use a positive locking fitting on the chain to prevent disengagement. An simple 'S' hook is a poor attachment. Chain should be proper length not to drag on pavement.
- **Roof mounted cargo & racks**. Inspect roof rack **mounting fasteners** periodically. All the weight up top, plus wind resistance force, will be concentrated on a few sheet-metal screws. Check that they are secure.
- Use proper attachments and fittings, straps or tie downs. Rubber bungee cords are not designed for load securement.
- Trailers and rear-facing surfaces should have DOT red & white Conspicuity Tape liberally applied.
- Includes trailer gates, ramps, bumpers, doors, etc. Use high-viz marking paint on protruding objects for conspicuity, such as on truck hitch assembly. Apply high-viz tape to side of trailers for added conspicuity.

Be Part of the 'Hydration Nation'

- **Water.** No taste, but better than carbonated corn syrup fructose.
- Try mixing in Gatorade or Squincher or lemonade to flavor the water.
- Perspiration rate varies by personal health factors. Avoid high salt content foods, such as most fast food. Eat light at mid-day in high temps.
- Air temp and humidity will push sweat rate north. Be aware of your tolerance.
- Take more frequent breaks in high heat. Drink water regularly throughout the day vs. chugging a bottle. Cool water is preferred to ice cold.
- Basic electrolyte replacement occurs from a normal (healthy) diet.
- Avoid Red Bull and similar engineered concoctions.
- Be alert to heat stress indicators – cramps, disorientation, headache, exhaustion, etc. Lie down in shade, elevate feet, remove boots, sip cool water.

Hand & Finger Injury Avoidance

- Use hand protection for manual handling tasks. This means having a selection of GLOVES or other form of protection available
- Gloves come in a wide range of materials, including nitrile, high grip, leather, composite, etc.
- High-end specialty gloves will be ANSI-rated for cut or impact resistance.
- Hand hazards include: cut, puncture, crush, abrasion, pinch, mangle, etc.
- Identify pinch points in advance. Decals on machinery are examples.
- Edged tools- machetes: **2 different hazards**: 1 – ugly laceration; 2- Arm or shoulder strain from swinging
- Use correct posture when swinging tool; watch for ‘bounce-back’ or snag
- Check your first aid kit. Apply pressure to laceration to control bleeding