

John Meola's Safety First!

Safety Meeting Topics
for WSA Members



October Safety Info

- Driving reminders for upcoming deer season
- Right-of-way in crosswalks + parking safety reminders
- Avoiding distractions while driving
- Prepare for and dress for seasonal cold weather beginning
- Defensive driving tips in cold weather
- Your PPE: Check and maintain it!

DEER SEASON OPENS SOON



- Especially dangerous for parking area sweeping with early AM commute in known animal habitats.
- Deer Whistles are recommended— ‘poor mans’ insurance policy – passive or electronic
- Moderate your vehicle speed; dew point; rain; other compromising conditions
- Posted speeds include multiple risk factors: do not routinely ‘push it’.
- Braking; pavement design, roadway geometry; your tires, lines of sight, etc.
- If encounter deer: immediate HARD BRAKE; anti-locks will kick in.
- **Extreme caution on two-lane, undivided roads.** Avoid a sudden ‘swerve’. This can lead to loss of control; lane departure; roadway departure; bad outcome.
- Most deer hits are not fatal. Average animal weight: 300-400+ lbs. Your truck: 6000+ lbs.
- We have insurance. We have air-bags. We have EMS.
- Truck has frame-bonded triple laminate safety glass windshield.
- In other words, do not make sudden ‘swerve’ to try and miss the deer.

CROSSWALKS & PARKING REMINDERS



- In many states drivers must make complete **stop** for pedestrians and bikes who are **anywhere** in a crosswalk. They — not you — have the ‘Right of Way.’
- Often applies on any road with speed limit less than 35 mph.
- **LOOK well ahead at intersections**. Check clearance on sides and rear of your vehicle. Avoid sudden lane changes.
- **Extra Caution – School Zones**, bus stops, other marked or unmarked transit points, i.e. commercial & retail areas.
- **Parking lots**- extreme caution: slow speed, stay well away from other parked vehicles. Big Box stores usually have ample free space **AWAY** from entrances.
- **Avoid ‘front of store’ area**. Park defensively in a clear area. Use ‘drive-thru’ parking spaces to avoid backing.
- Bonus points: place a traffic cone in front of your vehicle when parked. This indicates a ‘work vehicle’; most other drivers will avoid crowding you.

AVOID DISTRACTIONS WHEN DRIVING



- Avoid DISTRACTIONS of all types. In the vehicle & surroundings.
- Driver: FOCUS on safe driving: NO 'infotainment' – NO Texting.
- Wingman: If you have them let them do the navigation & gabbing.
- **Complex visual background factors:** electronic signage & advertising gimmickry; mendicants in median; street furniture; graffiti; lighting; debris, foliage; line of sight impairments, shadows, your tinted lenses; dirty glass or mirrors, GLARE; signalized intersections, etc.
- NEVER try to 'beat the light.' Highly perilous.
- It doesn't take much to create a distraction. In the cab or external.
- **FOCUS on safe driving in all environments**, particularly in congested areas.
- If you need to take a call, pull over to a safe area or send to v-mail.
- *Do not risk creating a distraction for any reason.*

ANNUAL SEASONAL COLD WEATHER METABOLIC CHANGE- STARTS NOW

- The body will begin a period of adjusting to colder temps. This takes place over several weeks.
- Help this process by maintaining proper hydration; quit or cut down smoking; avoid junk food; maintain proper rest cycle; take the thermals out of storage.
- Highly recommended: pre-work stretching exercises
- Dress in several light layers. As the day warms, adjust for comfort.
- Safety Tip: Your OUTER garment should ALWAYS be High Viz
- Certain geographical areas are more subject to frost, rime, black ice, etc.
- Weather patterns have become increasingly bizarre and unpredictable
- Coveralls offer best general comfort & heat retention.

DEFENSIVE DRIVING IN COLD WEATHER



- **NO HOODIES** while driving!
- **Check vehicle tire pressures** at least a couple times during fall season. Dashboard TP indicators are generally reliable. Adjust pressures as needed.
- TP affects handling, braking, steering, footprint in rain, sleet, etc. An under-inflated tire can LOSE up to 25% contact surface. Why take this risk?
- Check pressures on ALL VEHICLES in your household.
- Keep glass & mirrors clean — interior & exterior.
- Clean the back-up camera lens. Install deer whistles.
- **Early AM driving**- check your local air temp. Bridges and other infrastructure may ice up with no warning. VDOT is relatively prompt on pre-treating pavement but they are not omniscient.

CHECK YOUR PPE – ‘INSPECT’ & MAINTAIN

- All forms of PPE must be ‘ANSI’ approved.
- Most PPE articles will be marked with an ANSI number.
- Primary eye protection is included. Check your ‘Ray-Ban’s.
- Gloves & hand protection and other PPE may be Project or Client specific.
- Foot protection: ANSI rated footwear is generally the standard.
- Muck boots should have protective toes.
- **Keep your safety vest clean** – launder as needed. Replace before the color fades. Sunlight exposure will gradually degrade reflectivity.
- If you hike, jog, walk your dog, take kids in stroller, etc. WEAR HIGH VISIBILITY GARMENT. It’s not just for ‘work’; stay visible to drivers in all environments.
- **Use a tool holder when heavy hammering**; keeps hands and fingers away from strike zone. A 4 lb. sledge can rearrange a lot of soft tissue.

