



# April Safety Info

**“Spring Fever” Issues**

**Don't ‘Slip, Trip, or Fall’**

**Defensive Driving Reminders**

# **“SPRING FEVER”**



- Annual uptick in outdoor activity – driving, recreational, road work, DIY, etc.
- Covid precautions remain in effect. Variants are unknown. Wear face covering; distance, etc.
- Risk factors include: distraction, inattention, fatigue, Road Rage, etc.
- Pedestrian fatalities are high & climb this time of year. **Wear high visibility garment** around vehicles in any configuration, day and night.
- This advice applies to family, children, recreational, leisure, walking the dog, jog, bike, etc. Keep in mind the #1 accident investigation statement = “I never saw them.”
- Hydration: early Spring can have warming temps. When hot weather comes = modify diet.
- Ticks, mosquitos, etc. Apply repellant as directed. Check your body for ticks after exposure such as walking in high grass, vegetation, etc.
- Wear light colored clothing. Tuck in cuffs. Cover exposed skin when possible. Ticks attract to CO2 and sweat

# SLIP-TRIP- FALL AVOIDANCE

- **Footwear** – wear shoes that are suited to job, site & walking conditions; ANSI rated footwear (Redwing)
- **Terrain & Surfaces** – slope, granular, vegetative, straw, water, mud, obstructions; ditch lines; trip hazards; etc.
- **Balance** – carrying a large or heavy object while walking will affect weight transfer & equilibrium. Wind displacement factor;
- **Distractions** – focus on safe navigation; avoid cell phone use when walking, carrying.
- Avoid carrying awkward objects or heavy loads. Break down large or heavy loads when possible for safer handling; get assistance if needed.
- LOOK where you are walking! Adjust gait, balance & stance as needed.

# DEFENSIVE DRIVING REMINDERS

- Intersections of all types = high crash frequency.
- Stay well back from vehicle ahead. Stay in your lane. Use signals; **NO distractions**.
- Study the characteristics of frequently used intersections & roads. I.e.,: Skid marks, damaged guard rail or street furniture, broken glass, plastic shards in the gutter is a MESSAGE that a location has problems. Extra caution is advised.
- Avoid 'crowding' an intersection. Stay back from 'Stop' line. Do NOT jump off the line when light turns green. Drivers will commonly try to beat 'stale yellow' lights. WAIT until crossing is clear.
- If your vision is BLOCKED for any reason, i.e., a large vehicle next to you, WAIT! Don't commit to 'blind' situation.
- "A paved surface is a driveable surface"; motorists will commonly drift over the edge line; rumble strips do not count as protection; walk/stand in protected areas when possible.