

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



January Safety Info

- Covid Reminders — CDC Advisory Info
- Nuclear Winter — Again
- Defensive Driving Reminders
- PPE on Jobsites/Stake Pounding BMPs
- Safety 'Deliverables'



COVID PRECAUTIONS VOSH ETS / CDC ADVISORY



Physical Distancing – Face Covering – Hand Washing – Indoor Air Quality
Awareness for 'indoor air current entrainment'. Wear your mask if sitting under any air

and congregating indoors & out. Covid exposure is primarily a respiratory
transmission. Protect your breathing zone. Droplets travel. 6 ft.+ distance
isolation – important year 'round. Mucous membranes = 1st line of defense

Self-quarantine after a questionable exposure.

Get tested if you start having symptoms of illness or there is a confirmed case among
your recent contacts.

Indicators include: Fever – Cough – Muscle ache – Diarrhea - Nausea

NUCLEAR WINTER AGAIN...

**Farmers *Almanac* predicts “a light winter for most of the US.
Warmer-than-normal temperatures forecast for large part of the country.”**



is usually results in highly variable temperatures freeze overnight, mid 40's+ daytime.

can create dangerous early AM road & bridge icing. Use extreme caution on commute.

ice/snow precipitation: will thaw during day. Standing water = hydroplane hazard, plus ice
can form if wind-chill reaches freeze point.

Dress in light layers to adjust for swing in temps. Outer garment should be high-viz.

Extreme cold — consider coveralls or bibs, boot, helmet & glove liner

Wear face covering/ gaiter to minimize breathing cold (dry) air, which can be irritating. Stay
hydrated. Wear eye/face protection.

Recently a client advised **NO HOODIES** under a hard hat. Interferes with correct fit and
suspension. This makes sense. Use a proper helmet liner instead.

DEFENSIVE DRIVING REMINDERS

DISTRACTIONS. FOCUS on the road. Hands-free phone. Limit calls.

Modulate your speed. Posted limit = 4 wheeler passenger vehicle, daytime, dry road. All other conditions = **JUST SPEED FOR CONDITIONS**

Most common accident: **following too close.** Allow 4-second interval.

Intersections of all types = high crash frequency. Scan well ahead and all around your vehicle. **STOP** before entering intersection.

Do not 'crowd' the stop line. **WAIT** when signal turns green. Running a red light is common failure. Allow 4-second interval for safe transit.

Time Running Lights = 'hi-viz vest' on your vehicle. **'Make Sure They SEE YOU'** is one of the 10 Keys of Defensive Driving.

Weather; Glare; road icing; poor drainage; standing water; Road Rage (Holiday & Covid stress); Poorly maintained equipment; bad brakes/tires; long list of 'fails' contribute to crash hazard.

Protect yourself at all times; in and out of the vehicle.

PE ON JOBSITES AND WHEN POUNDING STAKES



ty glasses may fog up depending on temps. Use anti-fog spray; carry spare pair of glasses
n tissue to wipe.

types of a hard hat have a tight fitting, built-in face shield. No need for safety glasses with
in place. Careful: Fogging may also be an issue in cold.

d protection – ANSI Level 8 is becoming new normal; with cut and impact protection

suggestion: pre-drill a stake pilot hole in difficult surface conditions. This lessens the impa
e required from a hammer.

WAYS use a tool holder: keep **hands free from strike zone**. Use a 'stake holder' tool, Vis
needle nose plier, etc.

d awkward posture – such as bending to ground level. This creates 'mis-strike' hazard.

e pads: permit improved postural alignment & balance; less chance of mis-strike

n from Best Practices; adopt these defensive measures as a best practice.

“SAFETY DELIVERABLES”



- Prospective clients sometimes ask about our ‘SAFETY RECORD’.
- We are proud of our historically good safety performance and achievement.
- However, it does not take much to push our statistics to a ‘questionable’ level.
- Most all incidents are **PREVENTABLE...** and letting us know about close calls is a way to help teach everyone else the possible pitfalls we have on our jobsites.
- We are essentially ‘self-directed’ on a client site. YOU are OUR representative in safety & technical ability. In that order.
- We are highly qualified in power sweeping. We also need to be equally proficient in all-things SAFETY. If you have questions or need assistance, **SPEAK UP.**