



June Safety Info

Hydration – Nuclear Summer

Walk – Stand – Climb – Slip & Fall Prevention

Ergonomics- Positioning – Weight Balance

Hand & Finger Safety

Eye – Face – Head Protection

Defensive Driving – Summer Temps FLARE

HYDRATION NATION



- **Water – Rest Break – Shade** = Outdoor worker mantra from OSHA & CDC
- June temps will likely be on ‘London Broil’ setting
- **Stay well Hydrated** – this means more than chugging a couple bottles of water
- **Don’t Push It!** If you are being hammered in the sun, get into shade & ease up.
- **Rest breaks** = more frequent in high heat
- **Shade** in some form- umbrella – vehicle- sun brim hat- shelter - canopy, etc.
- Drinking water must always be readily available
- Diet – carb loading in high heat should be managed. Lunch should be minimal during high heat. Avoid grease, fast food, etc.

WALK –STAND- CLIMB – SLIP & FALL AVOIDANCE



- Watch where you are walking! Tripping over 'own 2 feet' is common hazard
- Footwear selection should match the terrain. High tops are recommended
- **Those little eyelet cleats** on work boots are basically snag hazards
- Laces, cuffs, hem lines, etc. can snag on these eyelets. And they don't 'give'.
- Step over or around stuff on the ground. This is how ankle strain occurs.
- Use a walking stick when appropriate. This provides improved upper body stability. 60% body weight is above the waist, so we are basically top heavy. Uneven ground adds to **disequilibrium** – loss of balance.

ERGONOMICS FOR 'FIELD OPS'



- Walk-stand-climb dynamic is basic physics to 'get you there & back.'
- Prolonged **bending crouching kneeling** can cause muscle 'stasis,' meaning you cannot move so easily to 'get up' from a cramped position.
- This can cause sudden high force load on a soft tissue mass that has been deprived of circulatory capacity from the crouch. When you're 'stiff' do 'Stretch n' Flex.'
- **GET UP SLOWLY.** Transfer body weight proportionally to avoid strain on a body part.
- Use a 'crutch' to assist getting up — this could be anything to help stabilize and shift your weight. I.e., tool, tripod, stake, co-worker, etc.
- It doesn't take much to ease the strain when re-positioning. Your ankle, foot, leg and back muscles will appreciate the assist.

HAND, ARM & FINGER INJURY AVOIDANCE



- Includes wrist, elbow, shoulder – upper extremity function. This involves a leverage equation and mechanical risk evaluation.
- **LOOK before sticking your hand** into a: toolbox, compartment, culvert, pinch point, hinge, etc. Think: What can crush, impact, stab, bite your finger?
- I.e., opening a manhole lid, reaching for a tool or handful of rods, using high hand or finger force, hammering, pulling on a jagged object, MACHETE USE, clearing brush, digging, etc.
- Use proper PPE/gloves for the work. Use correct hand ‘posture’ – pinch grip, hook grip, power grip for the task.
- Avoid placing all of body weight onto single point, i.e., elbow or knee, on hard surfaces.
- Caution: anytime the arm is raised above the shoulder, there is a high force exerted on the rotator cuff. This is a relatively fragile part when out of position. A torn cuff is painful, does not heal easily, surgery is not 100% fix. You won’t be picking up your kids for a long time.
- Pay a lot of attention to 1) AVOID this position when possible (i.e., MACHETE USE) and 2) use proper body posture to avoid strain on the ‘open’ shoulder. This is a common injury among landscapers. We should learn a lesson from them.

EYE INJURY PREVENTION REMINDERS

- If you are not carrying at least **TWO types** of eye protection, this is a Safety FAIL: Clear & tinted wraparounds should be bedrock requirements.
- Practically **all field ops exposure** should have some form of eye protection.
- If you need to use a tool, such as a hammer, specify the type of PPE. Most at risk: male, age 18-45. Think.
- Do not look for excuses why not to wear eye protection. Mother Nature is increasingly unpredictable. You will never out-guess Her. More so considering where we work.
- The human eye is a relatively fragile structure, designed for vision. Not for impact, abrasion, puncture, contamination (i.e., poison ivy) chemical burn, etc.
- The eye has a couple of minimal natural defense mechanisms, but seriously, do you want to risk a 'sharp stick in the eye' for a lame excuse trade off?
- ANSI rated wrap-arounds are about \$4 a pair. They are highly protective. Oakleys, Ray Ban, etc., a bit more expensive. But remember, this is not a beauty contest.
- **Good Practice: Wear EYE PROTECTION anytime you are outside the a truck or sweeper!**

DEFENSIVE DRIVING & LIFE SURVIVAL TIPS



Properly explained, this section is a semester long course. Here it is in @10 lines:

- **Visibility = survivability.** Daytime Running Lights on the vehicle; High Viz Vest on YOU when outside the vehicle. In all traffic environments, including parking lots. The statistics pretty much prove this.
- **Distance = collision avoidance.** The 4 second rule applies. That's a 'long way,' until you're in a situation.' Practice keeping your distance in ALL environments.
- **Improper lane change** — the leading cause of road-rage & fender benders
- **Failure to check rear before backing.** Camera can help but in many cases, co-worker or driver, get out & LOOK. Use defensive parking when possible.
- **NO DISTRACTIONS.** Daydreaming included. **FOCUS** on safe driving.
- **Speeding on 2 lane, undivided roads.** GPS Tracking, remember?
- Defensive driving is deliberate & conscientious. Summer raises the bar on incident avoidance. Avoid complacency. Most accidents occur @ 25 miles near home.