



May Safety Info

Spring Fever – Part B

Covid – Get Your Shot – Wear a Mask

Hand Washing Tutorial

Defensive Driving Reminders – GPS Units At Work

Safety in the Field

SPRING FEVER *LASTS UNTIL @ JULY*



- Annual uptick in incidents of all types
- Correlate with outdoor activity, rod trips, heat, stress, longer daylight hours, construction activity, etc.
- Exercise heightened awareness & caution on all assignments, even the seemingly most innocuous.
- Identify the obvious, potential or hidden risk factors.
- Plan to eliminate or control them.
- Otherwise, one of them will somehow bite you.
- Practically ALL incidents are preventable.



GET YOUR SHOT – SOON AS AVAILABLE

- Avoid close quarter situations: sneeze, cough, loud laugh, shout, etc. – higher risk of spew. Mask up!
- Mask also helps with pollen, dust, silica, smog, etc.
- It is essentially a filter mechanism. Many state Health Departments require indoor use of face covering.
- CDC: All that disinfecting & sanitizing, not such a big deal after all.
- The Covid virus is spread via airborne droplets.
- We now know: Hand hygiene is important but random contact surfaces are unlikely to cause virus transmission.

HAND WASHING TUTORIAL

KEEPING HANDS CLEAN IS PART CHEMISTRY, PART PHYSICS

- Alcohol sanitizer alone does not typically remove much dirt from skin. But it will kill the icky stuff, and remove oil. Repeated use can 'de-fat' the skin, leading to other problems. Use hand cream to restore & protect skin.
- Most detergent hand soap has a fractional % of sodium hydroxide (lye). This is a powerful disinfectant.
- Lava, Dove, Ivory, etc. contain enough lye to scrub whatever germs are hanging on you. 20 second wash with 'skin against skin' is usually sufficient for lightly soiled hands.
- Heavier dirt may need soft brush or cloth to set up abrasion. Soap lather lifts residue free. Rinse thoroughly.
- **Carbon Footprint** reduction: skip the paper towel, air dry is usually sufficient. Totally avoid the blow dryer
- Really dirty hands = repeat the wash process. Less soap is needed since there will always be a residue from the first wash.
- Old mechanics trick: soap up the hands with bar or liquid soap and dab in a pinch of fine sand. The light abrasive will help emulsify and clean. This is basically how Lava soap works.
- Foam soap disperses easier. Liquid soap will work but needs dispersal and a lot usually spills off.
- For some reason, Dawn liquid soap is highly effective in a wide range of cleaning. A few drops and a water bottle = improvised cleaning station
- **Best Practice**: Avoid direct skin contact when possible; wear proper gloves; use a tool for 'no-touch'.

DEFENSIVE DRIVING POST COVID BREAK OUT

- Road Rage incidents are increasing – correlate with rising air temperature. Neutralize attitude.
- More traffic & debris on road – i.e., tire carcasses from overloaded TT's, dorm room cleanout, etc.
- 4-Second following distance is recommended in all driving environments
- Pedestrian, cyclist fatalities are increasing; give ample clearance
- Intersections of all types are higher crash frequency locations. Use caution in & around intersections
- Remember: GPS will report excessive speed and other anomalies
- Chronic lead-foot disease may earn a driving safety course on your dime, a letter in HR file, performance review blemish, suspension of driving privilege, etc.
- Posted speed limits are for passenger cars, daylight, dry road. All others, adjust for the circumstance.
- Hands-free cellular; NEVER attempt to text or fiddle around with electronics while driving. Let passenger do the communications.
- Leading cause of road rage = poor lane discipline; failure to signal; improper lane change
- Backing safety = use a Spotter whenever possible; camera may not reveal all hazards.
- Drive & park defensively; long, hot summer looms. Don't take chances.

FIELD OPS SAFETY ADVISORY



- **Insects**- explosive population growth from mild winter. Mosquito & tick - apply repellant spray to exterior garments. Check for ticks after field work.
- **Poison plant** – identify presence; avoid contact or cross-contamination; use barrier crème, disposable gloves.
- **Slip-trip & fall:** LOOK where your walk, step, climb. Adjust body posture for safe weight transfer on uneven surface.
- Use proper PPE routinely – eye, face, hand, foot, head, High Viz, etc.
- **Practically all field work should have eye, hand and foot protection.**
- **Crew Chiefs: lead by example**
- Traffic exposures require higher level of defense: high viz apparel, defensive parking & positioning, line of sight, work zone signage, Spotter, etc.
- **Take no chances!** Your brother-in-law may not take such good care of your stuff in your absence.