



# April Safety Info

- COVID 19 making a comeback
- Spring Fever – another 60+ days
- Defensive driving – The gift that keeps on giving
- Ergonomics & back injury prevention
- Seasonal safety

# COVID 19 MAKING A COMEBACK

*Yeah, we're all tired of the pandemic, but...*

Every household in the U.S. can get two sets of 4 FREE Covid test kits at:

<https://www.covid.gov/tests>

- **Minimize personal contacts – observe safe separation distance around others when possible. Be mindful of shared surface contact. Use an impermeable interface to avoid direct skin contact.**
- **Cover the nose/mouth if sneezing or coughing. Use a tissue or paper towel. 6-foot rule.**
- **The use of mask or other breathing zone protection is a possible defense when in proximity to other persons. Use judgment.**
- **Practice frequent hand & face washing with SOAP; avoid touching face or eyes; wear basic eye protection a lot.**
- **Stay home if you become ill. Get tested even if you think it's just a cold.**

# SPRING FEVER – MARCH MADNESS CONTINUES INTO APRIL AND MAY!

- Be ever watchful... “They come from out of nowhere”
- Motivations of ‘crazy people’ are of an infinite variety, inexplicable
- ‘Defensive positioning’ – social, business, work, recreational, Covid, etc.
- Daylight hours lengthening; post-Covid euphoria; easy credit terms for getting
- Focus, observe, concentrate, analyze, choose conservative path of action
- It only takes ONE moron to spoil more than just your day
- There will ALWAYS be a MORON.....
- The ‘Moron Season’ will last until mid-June. Then the heat crushes most of their urges....

# DEFENSIVE DRIVING

## *“THE GIFT THAT KEEPS ON GIVING”*

- 5 Keys – aim high – get the big picture – makes sure they see you – keep your eyes moving
- **ALWAYS leave yourself an out!**
- Situational dynamic – 5 elements are continually adjusted for where, when, how, etc.
- Intersections – lane change – directional change- visual factors – night driving – vehicle positioning –
- General recommendations: courtesy, attitude, yield ROW, lights, clearances
- 4-second rule applies – all speeds, all roads, parking lots, etc.
- There is no ‘one’ reason why accidents occur...

# ERGONOMICS AND PPE

- Correct size – materials – comfort – adjustment – headgear – glove design & materials – grip surface
- Avoid the cheap stuff...it's ok for one time or limited use, but all day every day, buy upgrade
- Long distance driving or sitting – beaded seat cushion; tilt chair; reduce weight on low back
- Avoid use of 'back belt.' Suspenders – bibs, good support
- Feet up, above the heart – quick refresh of blood to the brain
- Work boots are heavy – consider composite toe caps; climbing a ladder or over guard rail; ditch lines
- Breathable rain gear; muck boots; change out footwear; dry feet properly

# OUTDOORS IS GETTING 'LIVELY'

- Use skin & barrier creams – Disposable gloves
- Hydration – year 'round keep track of your body's needs.
- Still the Season for cold & flu + Covid; monitor yourself and take appropriate measures
- Feeling fatigued? Get more sleep; modify your diet; take supplements
- Poison ivy season – is now; other 'stuff' out there waiting to 'attack'
- Birds – reptile – critters – insects: Outside you're in 'their territory'
- If in doubt, wear a mask – socially distance from unknown elements – avoid inhaling with questionable odors/situations – sanitize wherever that makes sense