

# John Meola's Safety First!

Safety Meeting Topics  
for WSA Members



## October Safety Info

- Changes for the Fall Season
- Close Calls: Be sure to report them!
- Don't become a statistic
- ALL your driving *must be* defensive
- Drivers act differently post-Covid
- Ergonomics and body mechanics entering cold weather

# FALL SEASON

- Finally.... Relief from the heat!
- Circadian Rhythms – hydration – diet – annual metabolic re-set
- Night work – REM & sleep / wake cycle -
- Glare blindness & High Viz
- Deer & hunting season; insect population is active
- If the sun is at your back, oncoming motorists may not see you, even with the high viz. Defensive positioning!

# CLOSE CALLS

It is vitally important that you report any close calls so we can alert everyone else on the team about them!

If you have any kind of information you can provide about near-miss situations then we can use that to help all of us operate more safely.

- Ability to anticipate & avoid – look for PRE-near miss situations
- Awareness for situations where a close call may develop
- Defensive Driving Key # 5 = Always leave yourself an OUT
- Check your air horn and /or whistle if you have them

# BORING STATISTICS...

*UNLESS OF COURSE, IT'S YOU!*

- Latest available statistics report that around 15 workers in the U.S. die on the job every day.
- Control what you can of the many factors in play: Time of day, day of week, roadway & transit factors, controls, enforcement measures; vehicle safety features, driver alertness & skill; unknowns; uncontrollable, etc.
- Violence in the workplace – road rage – opioids – suicides – all held large % of fatalities.
- Think about how you can control any and all factors that can increase your on-the-job safety!

# ALL DRIVING MUST BE DEFENSIVE

- YouTube videos galore illustrate the worst outcomes
- Distractions & loss of focus; use of electronics in-cab
- Anticipate & avoid high risk situations – congestion – intersections – alternate routes
- 5 Keys & associated defense practices
- Stopping on an interstate – early brake lights on interstate – lane discipline – lights & signals

# POST COVID DEMOGRAPHIC

- Affective Behavior & social media & influencer
- Distracted & impaired driver
- Aggressive, violent, impulsive, suicidal = more commonly encountered.
- This group is not thinking about defensive driving.
- Protect yourself in all situations.
- Defensive positioning inside & outside your vehicle.
- Wear your seatbelt at all times in the vehicle.

# ERGONOMICS & BODY MECHANICS

- As we enter colder weather – limber up before exertion. Stretch & Flex.
- Clothing & gloves; layers allow adjustment – this is shoulder season
- Footwear – good condition work boots/tread pattern; muck boots; in not too much longer we may be walking on ice
- Slip & fall prevention – most slip occur during upper body weight transfer or imbalance. When possible, use a stabilizer – handrail – door brace – other support.
- Be aware of footing, surface, placement, obstructions, etc.