

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



# August Safety Info

Nuclear Summer in Final Gasp — typically the heat breaks in mid-August; will it?!

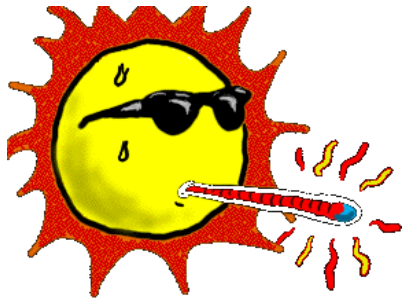
Heat Stress: Day & Night

Update Safety Kits and Mark Your Vehicles

Some Keys for Defensive Driving

Keep Footwear Updated





# HOTTEST SUMMER ON RECORD: SAME WAS THE CASE IN 2016!

- Longest string of July days with triple digit temps in U.S., high humidity
- The only thing that didn't slow down in the heat was the traffic on the interstates.
- Multiple fatal crashes reported - inattention, falling asleep at wheel, DUI's, no seat belt, trucks, cars, vans, SUV's; take your pick, it crashed.
- More random/mass shootings this year; by July there had been more than 400 of them. Can this be a result of the extended heat wave? In any interaction that involves anger for the other person, be sure to tread very lightly.



# HEAT STRESS OCCURS DAY & NIGHT



- Hydration most important. This is more complex than simply drinking a bottle of water.
- Diet is a big contributor. Eat light in hot weather. Watermelon is example of a natural hydration food.
- TinyURL to top 30 hydrating foods: <http://tinyurl.com/ljb4mde>
- Cover up exposed skin from direct sun
- AC environments are equally dehydrating, including long vehicle rides
- Get proper rest periods - especially for night work. Body takes up to a week to adjust to sleep deprivation & restore its circadian rhythms



# SAFETY: ARE YOU PREPARED?



- Check your First Aid Kits
  - Restock as needed
  - Keep a bottle of 90% alcohol handy - use for cleaning, general purpose
  - Keep a 4 oz. bottle of saline eye rinse, just in case
  - Large size band aids - supplement your kit.
- Chevrons on backs of trucks
  - Leading cause of crash is rear end collisions
  - Are headlights properly aimed and the lenses clear and not 'foggy'?
  - All rear facing surfaces - ideally affix red & white DOT tape



# PRACTICE THE '5 KEYS OF DEFENSIVE DRIVING'

- 1) Aim High in Steering - look ahead 15 seconds
  - 2) Get the Big Picture - what is happening ALL AROUND YOU
  - 3) Keep your Eyes MOVING
  - 4) Make sure THEY SEE YOU - Daytime Running Lights; High Viz Apparel
  - 5) ALWAYS leave yourself an OUT!
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- Sounds simple enough, right: Put these truths into practice!
  - Leave 4 seconds following distance
  - Extra caution around INTERSECTIONS
  - Park well away from other vehicles
  - Check rear before backing - use a Spotter!
  - NO DISTRACTIONS! We have enough headaches already!!





# WEAR CORRECT FOOTWEAR!

- Watch the soles heel and edge wear of your shoes. Similar to tires they lose grip at the edges first.
- Laces and eyelets can create a snag hazard.
- As the season changes, so you may need to change footwear to guard against foot fatigue, foot health
- On irregular surfaces watch where you're walking and wear gloves!
- Most falls occur by people tripping over their own feet on level ground, in doorways, corners and while carrying objects.

