

# John Meola's Safety First!

Safety Meeting Topics  
for WSA Members



*Happy Holidays*



## December Safety Info

- Be Seen — Be Safe!
- Weather — Another Nuclear Winter
- Hand & Finger Injury Prevention
- Defensive Driving
- Holiday Safety

safe·ty

/ˈsāftē/ 

noun

1. the condition of being protected from or unlikely to cause danger, risk, or injury.

# BE SEEN — BE SAFE!



Remember: the leading category of vehicle accident is ‘Struck From Behind’.

Vehicle conspicuity & Defensive Positioning are a key concepts in accident avoidance.

**ALWAYS** maintain a proper following distance — train drivers to follow the ‘4 Second Rule!’

# SEASONAL CHANGE: WE'RE ALREADY HAVING ANOTHER NUCLEAR WINTER

- Deer Hazard — Watch out for deer & vehicle collisions. Harder to stop in icy conditions. Remember: Don't swerve when that might create danger!
- Colder temps — Plan for it - check your vehicle coolant, tire tread, air pressures
- Dress in LAYERS of loose clothing for comfort; avoid wearing bulky outer garments when driving
- Snow & Ice — driving hazard; plan for safe travel, carry extra WEIGHT on truck

# HAND & FINGER INJURY PREVENTION



- Recommended Practice: select the proper GLOVE for your task; usually you will want at least a couple of different types.
- GRIP-enhancing gloves are preferred. Many different types. Check Home Depot
- General advice: don't pick up ANYTHING without your gloves on. We are seeing blanket requirements from GC's for 100% glove use on the site.
- They do this for many reasons. Lessons Learned, for example.
- Dexterity, grip, protection. Wear GLOVES, avoid the 'pinch'!

# DEFENSIVE DRIVING REMINDERS



- #1 = Keep a Safe Following Distance at all times, all roads.
- 4 Second Rule - this is a GUIDE to stay well back
- LOOK 15 seconds ahead of you; adjust for possible incursions to your path
- CAUTION at all kinds of INTERSECTIONS - this is where other drivers must make DECISIONS. Allow extra space for their poor choices.
- Hazards: failure to signal; sudden stops; obscure line of sight; glare; wide turns, TAILGATING

# HOLIDAY SAFETY REMINDERS



- Hanging decorations can cause falls - use proper climbing hardware.
- Electrical fires are common - be sure cords and circuits are not overloaded.
- Check your home heating appliances, inspect/clean fireplace & wood stove.
- Check smoke and CO detectors; confirm exit plans from upper floors.
- Hot ash disposal - use proper safety when handling, storing, disposal.
- Holiday parties- plan for Designated Driver

# SUMMARY



- It's up to each of us to LEAD our Projects in Safety
- We are who set the standard of safety performance
- Set the right example in all situations
- Remember: Holidays can cause stress for many; understand and empathize
- Protect yourself at all times on the job; especially while driving
- Protect your family & loved ones with the same stringency

**Happy Holidays & pray for a mild winter!**