

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



October Safety Info

- Deer Season Reminders
- Glare Hazard Tips
- Trick-or-Treat; Be Alert!
- Cooling Temps = Body Changes
- Defensive Positioning
- Ergonomics

DEER SEASON – MODERATE YOUR SPEED



- Early morning - Late afternoon - All night
- Be especially careful in known population areas
- Keep a safe protective distance all around you – avoid swerving into other lane
- Two lane road – extreme caution; Interstate – stay away from other vehicles
- **Electronic deer whistles** are supposedly more effective than passive traditional whistle
- Pick them up at NAPA and put them on your family car and company truck.

GLARE ADVISORY



- Low angle sun makes it hard to see the deer – or anything else!!
- Such as kids crossing the street on way to school or other vehicles
- Pedestrians – minimize your exposure. Cross at crosswalks only. Stay in protected areas
- Drivers - Glare can be blinding. Use good quality sunglasses. Use visors.
- Be aware that oncoming drivers may not see you because of glare, even with high viz garments
- When outside your vehicle, stay in a protected area; stay well away from moving vehicles or equipment

TRICK OR TREAT – SAFELY!



- Try to stay out of traffic lanes; use lighted crosswalks; Take the kids to a Halloween party and skip all the running around.
- When going house-to-house ringing doorbells – use appropriate caution in residential areas; accept only wrapped sealed candy.
- Traffic safety for pedestrians – carry a flashlight; use high visibility or reflective markings; use lighted walkways when available
- Costumes with loose garments can get caught on stuff; masks can obscure vision; use appropriate caution; supervise the exercise!

COOLER TEMPS — PHYSIOLOGICAL CHANGE STARTS NOW



- Stay hydrated- cooler temps will start a month-long process of our blood thickening as a mechanism to help keep us warm.
- Watch your diet — year 'round, avoid junk food and sugary beverages.
- Smoke less or quit; get adequate rest; daylight savings time will end soon; adjust sleep schedule.
- Halloween; then Thanksgiving; then Christmas
- Just like that, 2017 goes by like a rocket!

ERGONOMICS – ALL SEASON- ALL ACTIVITY

- Force — repetition — posture — Caution when reaching above the shoulder, below the knee
- This is 'out of position' lift – adjust your posture; or, get assistance in the form of a ladder or step.
- Raise the load mechanically – use leverage, hand truck, assistance, etc.
- Adjust your seat and controls for optimal reach and grasp.
- Tool use – every tool has safety instructions. Including how to hold and manipulate.
- Know and follow the best practices; avoid hand & finger injuries; use grip gloves.
- Never raise a chain saw or chop saw above chest height. That's like asking for a serious hurting. Check your stance when getting on or off truck or equipment; keep hands free to grab and climb.

