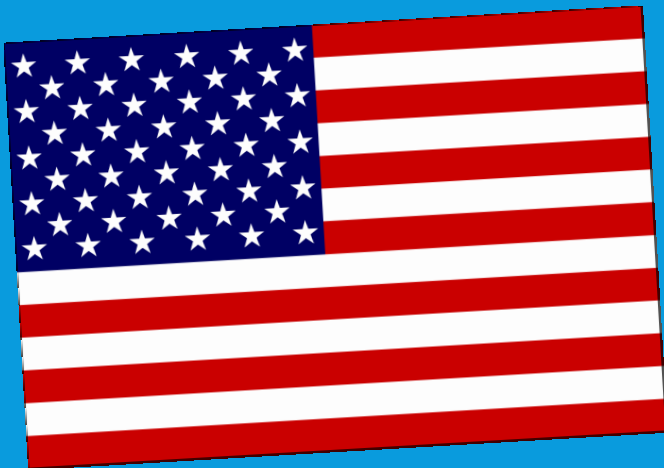


John Meola's Safety First!

Safety Meeting Topics
for WSA Members



July Safety Info



- Defensive Driving Reminders
- Hot, HOT, HOTTER and HOTTEST = HYDRATE!
- Cooling Towels and Other Tips for Hot Times Ahead
- PPE – Ticks – Plants – Insects - Critters

HEAT, HOT AND HOTTER – JULY & AUGUST



- Buy more watermelon, peaches, strawberries
- Drink more water, Gator-ade, squincher, lemonade, etc. Think electrolyte replacement!
- Eat Less heavy meals; more salad, less fat, skip the fries, have a tomato, fruit, corn, hydrating veggies
- Water cooler & ice bucket challenge – drinking liquid that is too cold is not good
- Cool to room temp is best for assimilation – otherwise our body has to work harder to absorb H₂O
- High heat can accelerate fatigue. Get adequate rest cycle; REM sleep

Defensive Driving Reminders: FIVE KEYS to Survival

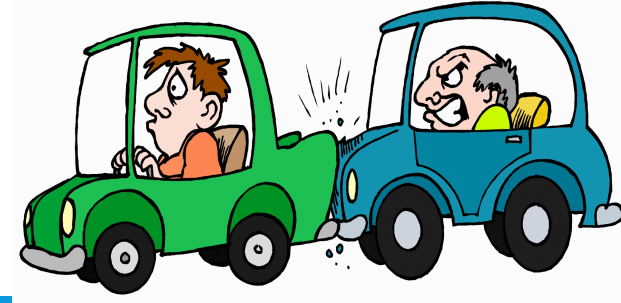
- 4 Second Following Distance - Number One defensive practice
- **Remember the 5 Keys** - Aim High, Get the Big Picture, Make Sure They SEE YOU, Keep Eyes Moving, Leave an OUT
- All speeds, all situations, day & night
- Intersections, parking lots, driveways, residential, interstate ramps
- Safe Backing - VOSH Reverse Signal - LOOK before backing, use a Spotter
- Remember: most drivers are not attending Defensive Driving class. YOU have the edge of knowledge and preparedness

PPE – POISON PLANT-TICK



- Cooling bandanas work great for those working in the sun
- Pre- and post-exposure poison ivy treatments — use fels naphthalene soap to remove oil
- Giant Hogweed — toxic and highly irritating — identify and avoid, report growth for removal
- Disposable gloves — high grip — evaluate for certain applications; carry a few pair for incidental use
- Sun shade for hard hat; use nape protectors to keep sun off

HOT WEATHER DEFENSIVE DRIVING



- High Heat is tough on vehicles. Tires, battery, electrical systems, hot steel and glass, etc.
- High temp on road surface - may affect tires. Check pressure and tread-wear pattern
- Avoid road rage situations; use defensive positioning – use the 5 keys of defensive driving
- **Make sure they see you! Wear your vest; stay visible ; stay in defensive, protected position**
- Semitrailers – if you hear a slapping noise from tires, back off. The tread is separating and indicates a failure is likely. Stay well away – the tire carcass can cause a wreck.