

John Meola's Safety First!

Safety Meeting Topics
for WSA Members



November Safety Info

- Thanksgiving Traffic Heaviest of the Year
- Defensive Driving Reminders
- Reminders About Cold Weather Preparation
- Cold Weather Safety Tips
- Overall Reminders to Increase Your Safety

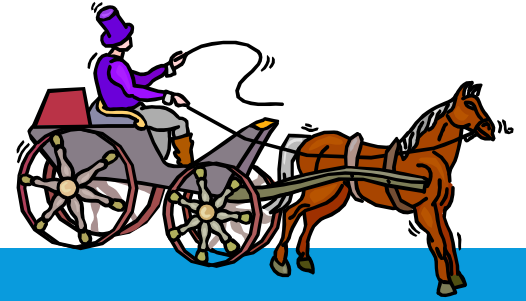


Thanksgiving Holiday Traffic

Heaviest of the Year

- Be Prepared: Thanksgiving is the heaviest volume of all transportation.
- We should be planning for the long holiday; extra traffic, debris on sites, panhandlers, etc.
- Among the challenges for all drivers: fatigue, distractions, long road trips, unfamiliar routes, substance abuse, speeding - trying to 'make time', darkness hours, overloaded vehicles, road conditions, work zones, etc.
- Recent end of queue crash in Tennessee - 6 killed, dozen injured, semi-trailer plowed into work zone back-up. Driver had multiple violations including drug use, hours of service.
- Not all drivers are 'responsible.' Pressures build that can overcome sense of proper driving habits. There is more alcohol/drug use during holidays, as well.
- Safety Factors include: Seat belts, day-time running lights, defensive positioning, time of day, roadway volume, etc.
- Remember: SATURDAY is statistically the worst day for crashes.
- NIGHT driving increases risks; impaired drivers more common at NIGHT.

DRIVE DEFENSIVELY!!!



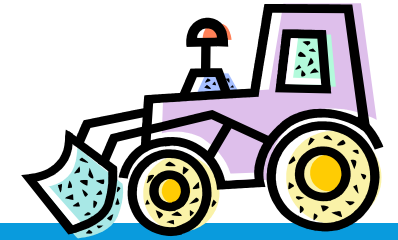
- » LEAVE enough space all around you. Remember the 4 Second Rule. This should be a habit forming characteristic.
- » When you do this often enough, you will actually be uncomfortable when you do forget and get too close!!
- » LOOK well ahead of you. Prepare to react to what's going on up ahead. If you see brake lights, immediately back off, check your rear and sides. Get the Big Picture.
- » Avoid sudden lane changes. Signal well in advance, check your mirrors and blind spots. LOOK over your shoulder before moving over.
- » Change lanes SLOWLY! This is to allow the guy you're cutting off some time to react.

Cold Weather Preparation



- » Winter's coming: No problem as long as you're PREPARED!
- » Dress in several light layers. Cotton & wool are preferred. Waffle pattern thermals are also effective.
- » Use 'long johns'- they're comfortable and make a big difference in heat retention
- » Warm air trapped between garment layers is what insulates best
- » The more severe the conditions, the more we need specialty gear – think: wind, rain, ice, snow, etc.
- » The longer the outdoor exposure, the more garment engineering we need for protection & comfort.

Cold Weather Tips



- Spray outdoor padlocks and hardware with WD 40. This lubricates; removes water that can freeze and break your key.
- Use fuel line deicer, especially for vehicles that stay outdoors.
- Buy a long reach ice scraper and broom.
- Ergonomic handle on a snow shovel can help minimize back pain. Pay the extra few bucks for a good tool.
- If you're not used to shoveling, start slow, take a break often.
- Handling tools outdoors in cold- use high grip gloves. You're aiming for grip vs. insulation. The work activity will ensure enough circulation to keep you warm.
- **Bonus safety tip:** Watch your fingers when opening/closing heavy gates, doors, drawers, tool box lids, etc. Especially outdoors, in WIND! Wear gloves, use a solid grip on handles, keep fingers clear. Then again, the cold will help numb the swelling.

ADDITIONAL OVERALL REMINDERS...

- Take your pick of the evils around us and prepare accordingly.
- On the job safety is largely a matter of AWARENESS.
- In our work environment, VISIBILITY is a major component – YOURS and other motorists and pedestrians.
- Be aware of what you look like (or do not look like) for oncoming motorists – especially in early Am and afternoon.
- “ I Never Saw Them” – remember this phrase?!