

John Meola's Safety First!

Safety Meeting Topics
for WSA Members



August Safety Info

- Watch Out For Labor Day Changes !
- The Heat Usually Breaks in Mid-August
- Remember to Report Near Misses
- Recognize: Better Health = More Safety
- Accident Records Show Most Were Preventable
- Intermediate Level Defensive Driving Reminders
- Zero Incident Philosophy



LABOR DAY WEEKEND — CELEBRATE, RECREATE, SAFELY

- School goes back in session late August, early September
- Watch for school bus routes, increased traffic, vans and trailers with dorm room furniture, mattresses on road, etc.
- Long car trips — get sufficient rest, avoid marathon drives.
- Check your vehicle, secure cargo as needed.
- Weight distribution in a fully loaded vehicle can make a difference in ride, handling, steering and braking
- Check your tires — high road surface temps can cause failures; watch for truck tire failures, stay well way from semi's — they create a lot of heat on retreads.

THE HEAT USUALLY BREAKS IN MID-AUGUST



- But don't hold your breath. Climate deniers, step up!
- “Hot Hazy Humid” is the forecast right thru *Columbus Day*.
Keep your sun screen handy.
- Hydrate, eat light in high heat, wear light clothing; we all have our own means of adjusting to high heat.
- Caution – going in & out of AC-cooled spaces can be counter productive
- The body needs to adjust up and down on the temp swing
- Remove soaked garments and towel off when going into AC spaces, cabs
- Poison Ivy – Ticks – Sun Exposure – take your pick, they're all issues

REMEMBER: REPORT NEAR MISSES!



- Close Calls & Near Miss – they happen and the information helps others
- LEARNING from near miss is important to the body of collective knowledge
- All employees are encouraged to report the occurrence.
- We need to know in order to prevent/avoid the next one
- Driving; home; athletic, recreational, leisure, shopping, relatives, friends, etc. All qualify!
- More information = better safety outcomes for all!

EMERGING RESEARCH: HEALTHY = SAFER



- Healthier lifestyle and daily living has been linked to SAFER behavior and outcomes on the job, in recreational and other personal pursuits
- And if an injury does occur, researchers have found the person is more likely to heal faster and return to work or rehab faster
- Most common risk factors include: obesity; smoking; hypertension; lousy diet; lack of exercise, etc. All the usual suspects...
- Recommendation: join a gym; work out; get up & walk; cut back on smoking and junk food; etc.
- The people who figured this out are the insurance claims people and some actual health researchers at NIOSH and CDC.

ACCIDENT RECORDS SHOW...

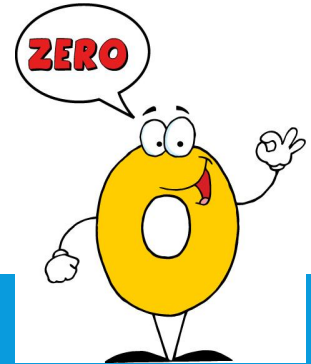
- Most all industrial accidents were preventable and occurred from recognized hazards.
- Accidents in highway work zones — supervise and speak up if safety issues aren't being addressed!
- Most of the time when accidents occur the safety rules were known but not being followed completely.
- Follow the rules and lead by example!

INTERMEDIATE LEVEL DEFENSIVE DRIVING REMINDERS

- Leading cause of ACCIDENTAL death at work – we are a highly mobile society
- Intersections; lane changes & lane discipline; attitude & attention, aggressiveness behind the wheel
- How to spot a poor driver? Brake dust on the front hubs.
- Following distance = 4 seconds recommended. Use good judgment.
- Make sure other drivers can SEE YOU – stay out of their blind spot; use lights and positioning
- Be alert for deer & animal hazards; road hazards; trucks making turns
- Two lane undivided roads are higher risk; use safer route when available
- FOCUS on safe driving; remove distractions from your attention span
- Use simple predictive analytics to make your trip SAFE — identify and avoid bad drivers



ZERO INCIDENT PHILOSOPHY



- The criticality of LOCATION in our daily work should inform our behavior on the job
- Working in close proximity to moving vehicles implies acceptance and management of the risk.
- $\text{Mass} \times \text{Velocity} = \text{Force}$. We do not need a degree in physics to figure out the potential energy and probability factors.
- We need to adopt Continuous Improvement measures in all we do, including safety.
- Zero Incident is much more than not having accidents.
 - It is looking over the horizon; using leading and lagging indicators, learning from mistakes and near misses, predictive analytics and risk management practices.
 - We need to do it, since our margin of error is microscopic in comparison with the average workplace.