

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



# February Safety Info

Nuclear WINTER continues

ICE & Cold – SLICK roads – Defensive Driving

Hydro-Plane Advisory

Ergonomics for cold – hand & finger, shoulder and arm strains common

Flu Season Advisory

# FREEZE /THAW & INFRASTRUCTURE= LIFETIME EMPLOYMENT

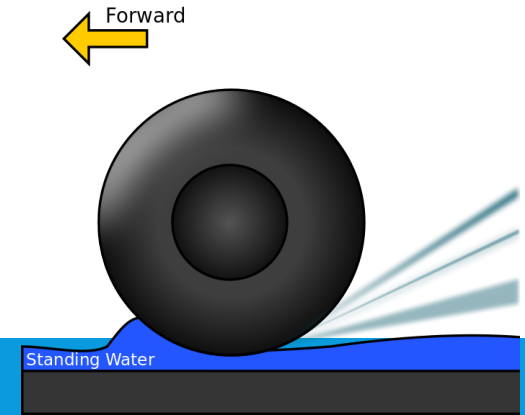
- We'd be better off without it, but this is another Nuclear Winter
- Black Ice; rime, frost, melting runoff accumulates on ramps as temps fall, etc.
- We need to be alert and aware for the condition – for example, watch out for ice on on/off ramps/bridges
- Carry extra weight on truck; moderate speed in advance of a turn
- LOOK for signs of icing: spin outs, wrecks and debris – all indicators of hazard
- Truck ice blow-off and icicles on eaves can be dangerous. Also remember that water in gas lines freezes
- When passing vehicles, especially semis, be cautious or spray will blind you. Pick a safe place to make the pass, try to find a straight dry stretch, NOT in a curve.
- Check your wiper blades. Carry refill washer fluid.
- Extra WEIGHT up against cab, 5 gallon cans of sand, etc.

# EXAMPLE OF WHERE NOT TO BE IN ICE STORM...

- For a variety of reasons, some locations will freeze faster than others
- We should learn where these 'cold spots' might exist and take measures to protect ourselves
- Low lying areas, bridge decks, canyons, gullies, steep terrain, drop offs, other unusual topography, piedmont regions, hilltops, near large bodies of water, etc.
- Freeze is predictable to some extent by calculating weather maps for surrounding areas, but in a Nuclear Winter, all bets are off. Use extreme caution.



# HYDRO = WATER & PLANE = FLYING



- Even 1/16 inch of water on road can cause loss of traction.
- Steering and braking efficiency can go right out the window
- SLOW DOWN; carry extra weight; check your tires – the wide grooves are meant to shed water at speed. All of these elements may be compromised to a degree.
- Water does not compress. Your tires will literally ride ON TOP OF the film of water. That's scary at any speed, much less above 60 mph.
- SNOW & ICE MELT on roadside and ramps can impair natural drainage patterns on the road. This melt water can freeze at dusk when temps drop.
- Older roads may have more rutting in wheel-paths creating depression. LOOK for surface water entrainment and avoid when possible
- NEWER roads or resurfaced may be less susceptible; use caution

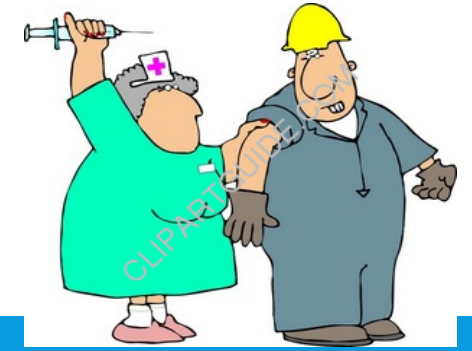
## ERGONOMICS IN COLD

### *DO SOME STRETCHES TO WARM UP MUSCLES*



- Warm up before climbing, hiking, lifting, and physical activity.
- Bulky garments can impair range of motion – limber up
- Muscle flex and upper body rotation will increase blood supply, make you more supple and less susceptible to strain or soft tissue distress
- Use layers of light clothing to insulate; outer layer wind and moisture resist.
- Use vents, zippers, buttons, etc. to permit air circulation, avoid build up of water vapor; stay well hydrated;
- Take frequent rest breaks during prolonged physical activity – avoid marathon shifts of duty
- Advanced fatigue will cause sleep micro-burst, there is no prevention.
- Plan for regular & restful REM sleep. Avoid using caffeine or Red Bull, etc.

# FLU SEASON IS NOW – AND IT IS BECOMING TROUBLESOME



- Bird Flu, Swine Flu, Hong Kong Flu, Asiatic Flu, take your pick, they will all make you SICK
- Best Defense: Hand Washing; avoid close contact with sick people. Get Your Flu Shot!
- Wear face and/or eye protection in crowded places. Fact: most cold & flu virus enters the body thru TEAR DUCTS.
- Antidote: don't rub your eye with your bare hand, use a tissue; you might even wear the otherwise absurdly impractical ski goggles
- Use hand sanitizer; wash hands frequently, watch what you come into contact with, etc.
- Avoid any contact with animal, bird, rodent, reptile, etc. lairs, nests, burrows, droppings, debris, etc. Removing a carcass from travel lane- use a tool, rake, hoe, pitchfork, shovel, gloves, -- never bare hands.
- Kids in school? Guess what. More hand washing, less hand shaking.
- Wear gloves when in contact with things like door handles, stair railings, common use items. **Cover your nose and mouth** when sneeze or cough
- Extreme case: Wear N95 paper respirator with exhalation valve when hanging around crowded places.
- Avoid crowds. Almost impossible to achieve, but at least you know what you're up against.
- Some persons systems more resistant than others. Drink OJ, stay hydrated; take Zicam or equivalent at onset of symptoms;



# WINTER SAFETY TIPS

## SOME GENERAL INFO

- Extreme Cold- check your heating system – it's working overtime
- Keep drinking water on hand – pipes freeze
- Critters will try to find warmth in your house – basement, crawl spaces, etc. Use screen mesh to block openings.
- If stuck in snow in vehicle – be cautious while engine is running for heat. Keep tailpipe clear to allow exhaust to disperse. As few a 4-5 inches can disrupt air flow under the vehicle
- Frozen ice ruts can cause undercarriage damage on low rider vehicles. Park in clear areas.
- Watch for black ice, glare ice, other slip and fall hazards; use extreme caution when walking on or near paved roads in icy conditions. Out of control vehicles can take you down.
- Walk in protected areas when possible
- WEAR HIGH VIS GARMENTS day & night near traffic
- Extreme caution – kids sledding in traffic areas; thin ice on ponds; supervise kids closely

