

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



# May Safety Info

## Safety Tips for the Start of the Summer Season

Memorial Day – Summer Kick Off = Start of Accident Season

Hot Nuclear Summer May be on the Way!

High Heat & Hydration Reminders

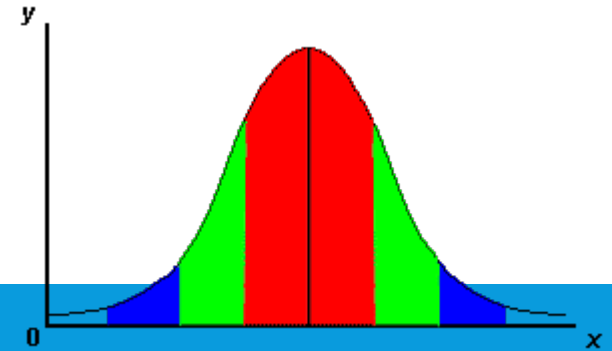
Work Zone Accident Prevention Tactics

Hurricane Season Starts June 1st; Be Ready

Seasonal Safety From Insect, Reptile, Avian, Critters, Poison Ivy

Slip-and-Fall Avoidance

# Memorial Day Weekend



- Official start to SUMMER – Bell curve of accidents is at high setting in summer months.
- THINK – ACT – PLAN – RETHINK – FOCUS – EXECUTE – REVIEW – IMPROVE
- This is the mantra of Continuous Improvement – we all need to take a lesson from it.
- Driving – Working – Recreational & Leisure – Trip to the Mall – Back yard chores, etc.
- Traffic Safety is high on the food chain, but most accidents occur someplace lower on the chart.
- Practice prevention through deliberate thought, planning and avoidance of distractions.

ENJOY THE SUMMER — Don't spend it recovering  
from an avoidable accident...

## *HOT = NUCLEAR SUMMER AFTER MILD WINTER – WE PAY NOW*



- Everyone tolerates HEAT differently
- Know your limits; don't push it; acclimate
- When possible, plan work to avoid HOT afternoon or direct sun
- Gear up with sun resistant, light weight, open front shirt for cooling
- Cotton or engineered fabrics and blends are preferred over polyester
- Protect HEAD & NECK from direct sun; use cooling bandana

# HIGH HEAT AND HYDRATION



- It takes more than a couple bottles of water to re-hydrate
- Diet should shift in summer – lighter; more fruits and veggies, less grease
- Melons, tomato, berries, etc. Salads vs. Happy Meal; “skip the fries”
- Less carbonated soda & sugary Red Bull; use water with GatorAde, etc.
- When possible, stay in shade; use sunscreen on exposed skin; cover up
- Wide brim hard hats are available; long sleeves recommended;
- Be alert for early onset effects of dehydration – cramps in legs; fatigue; headache
- First Aid = lie down in shade, raise feet above heart; remove boots; sip cool water; open shirt to allow cooling; AC or Fan to improve cooling effect; if alone, notify someone for backup and monitoring

# WORK ZONE PREVENTION TACTICS



Many accidents and close calls occur at night in work zones.

ALWAYS stay in a defensive position in a work zone.

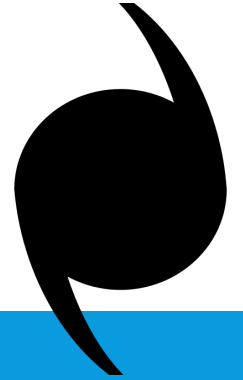
Anticipate that vehicles may ricochet in unpredictable directions.

Use DISTANCE and LOCATION to protect yourself.

Avoid staying in exposed areas any longer than minimum needed for task.

# HURRICANE SEASON

## JUNE 1 THRU NOVEMBER 30



- Storms becoming more severe; wind; rain; destructive power – flash floods in steep terrain
- OSHA requires businesses to have an Emergency Action Plan on the books
- Stay away from windows; building interior is usually more protected
- In a violent storm, a vehicle interior is actually pretty good ‘shelter in place’ option.
- Stay away from trees - areas with potential for flying debris - i.e., construction sites
- FEMA has raised their max. wind resistance ratings to over 250 mph if that’s an indicator
- Forecasting has improved - we will usually have advance notice on violent weather events

# SEASONAL SAFETY

- Insect, reptile, bird, critter, etc. – Avoid droppings, nests, lairs, burrows, etc.
- **Poison Plant** – learn how to identify – leaves of THREE
- Hand and skin protection – use barrier crème to protect
- TICKS are especially troublesome this time of year; carrying all kinds of weird illnesses
- **If they might be an issue,TAPE your cuffs**; apply repellant to shoes, lower legs trousers – this is where ticks attach and crawl up
- Tall grass, heavy vegetation - extra caution. CHECK your body – ticks find concealed areas to hide.

# SLIP & FALL AVOIDANCE



- Slip & fall incidents are the #1 category of ALL accident reports.
- 60% of our body weight above the waist – in other words we are naturally to- heavy.
- This creates a challenge when walking on uneven surfaces, which is where some are a lot.
  - Even a small change in the surface quality or height makes big difference.
  - Which is why **WORK BOOTS** are recommended; if it might be needed, **CARRY A LONG HANDLED TOOL OR WALKING STICK**
- Recommended practice is to **WEAR GLOVES** on work sites – this protects the **HAND AND WRIST** in a fall
- Be sure to LOOK where you are walking
- AVOID obstacles; step OVER obstacles or go around; LOOK all around you for any hazard- low branches; protrusions; irregular surfaces, etc.