

# April 2019

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**April 1, 2019**

**Field Daily Safety Message**

It's National Distracted Driver Awareness Month

Using cellphones while driving has proven to be deadly. Cellphone use during driving is very prevalent on our roads today. In fact, at any given time, approximately 660,000 drivers are attempting to use their phones while behind the wheel of a vehicle. Smartphones have made it easy for us to stay connected at all time but they pose serious safety risks when someone decides to check text messages, emails, social media, or phone calls while driving.

Remember under no circumstances should a driver place himself or others at risk to fulfill business needs by using a cellphone.

**April 2, 2019**

**Field Daily Safety Message**

Company approved stripping tools are the preferred method for skinning wire. When an approved stripping tool cannot be used, only company supplied skinning knives, in conjunction with cut resistant gloves, shall be used for stripping wire.

Do you have the proper tools for the job? Are you committed to using them today?

**April 3, 2019**

**Field Daily Safety Message**

How do we start each job?

Every job begins with a quality JHA (Job Hazard Analysis). This form is used to document hazards, barriers and the control plan for critical task associated with job assignments. If employees can recognize hazards they can act to protect themselves and others. Do not view the JHA as just another form, it is a form that can mean the difference between life and death.

No job is too big or too small to bypass the JHA.

**April 4, 2019**

**Field Daily Safety Message**

Examine all hand and power tools before using them and do not attempt makeshift repairs. If the tool is defective, discard it or tag it so you or another person will not be tempted to use it.

Here are some of the problems to look for:

- Flattened or chipped heads on striking tools.
- Loose or cracked handles.
- Broken wiring on power tools.
- Insulation that has been damaged.
- Missing guards.

Keep a strong Questioning Attitude when doing your inspection.

**April 5, 2019**

**Field Daily Safety Message**

Wearing rubber PPE is the last line of defense when performing work on energized lines. It is important to visually check rubber PPE and testing dates prior to each use. All rubber goods that are found to have defects should be taken off trucks and replaced.

Gear Up for Safety!

**April 6, 2019**

**Field Daily Safety Message**

Planning on working outdoors this weekend?

Here are a few safeguards:

- Use proper insect repellent to keep mosquitos away
- Wear long sleeves and pants to prevent easy access to skin
- Indoor locations with air conditioning, doors, and windows screens will have less mosquitos
- Remove standing water from around your home

Remember mosquitos carry numerous diseases such as malaria, West Nile Virus, and the Zika Virus.

Protect yourself and your family from mosquitos!

**April 7, 2019**

**Field Daily Safety Message**

Using a lawnmower is an activity most of us do at home quite often. Lawnmowers and other landscaping equipment are responsible for more than 60,000 injuries each year because of unsafe operation of lawnmowers and lawn equipment. Below are a few safety tips to practice prior to cranking up the lawnmower or lawn equipment:

- Read and understand the operation manual before using equipment
- Survey your yard or work area for obstructions and small objects that you may run over, remove the objects out of your work area
- Pay attention to where you are stepping to avoid slips, trips, and falls
- Clear people and vehicles out of your work area or line of fire from debris
- Perform regular recommended maintenance on your lawn equipment
- Always, always wear proper PPE such as safety glasses with side shields, long pants and sleeves, proper shoes, gloves, protective sunscreen, and bug spray.

Name other types of PPE that is recommended for this task.

**April 8, 2019**

**Field Daily Safety Message**

Have you ever noticed that when you are on the phone and watching TV, you simply cannot give both your full attention? It is proven that your brain cannot focus on more than one cognitively demanding task at a time, but rather “toggle tasks.”

Now imagine the danger this causes behind the wheel of a vehicle.

Driving is a **cognitively demanding** task!

**April 9, 2019**

**Field Daily Safety Message**

How does Flame Resistant (FR) Clothing work?

Flame resistant clothing stops burning once the source of ignition, either a flame or an electric arc, is removed. Essentially, the fabric self-extinguishes and the secondary source of potential injury – clothes burning against the skin – is removed. All FR clothing must pass the ASTM D6415 vertical flame test and meet the stringent requirements of ASTM F1506.

Electric arcs pose some of the most serious safety hazards in our work. Arc-related injuries can range from minor to severe burns, blindness, hearing, and memory loss from the pressure waves, broken bones, or death.

Are you taking proper care of your FR clothing?

Remember to always follow the manufacturer's guidelines.

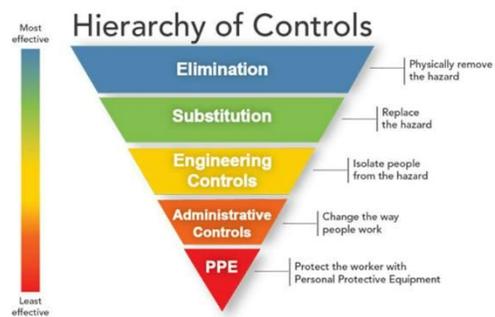
**April 10, 2019**

## **Field Daily Safety Message**

To eliminate or control all hazards associated with each job should be your first goal when preparing for a job task. A quality JHA can greatly assist you through this process.

During a JHA, you should identify which method will be used:

- Elimination
- Substitutions
- Engineering Controls
- Administrative Controls
- PPE



Remember, YOU own your Safety!

**April 11, 2019**

**Field Daily Safety Message**

Best Practices to Eliminate Hazards and Injuries Related to High Winds

When an aerial device is in use, work shall stop when or more of the following hazards are present:

- The wind could blow an employee from an elevated location
- The wind could cause an employee or equipment handling material to lose control of the material
- The wind would expose an employee to other hazards not controlled

Remember:

OSHA normally considers winds exceeding 40 mph, or 30 mph if the work involves material handling, as meeting the criteria, unless the employer takes precautions to protect employees from the hazardous effects of the wind or personnel **shall** follow manufacturer's recommendations.

Preplanning, prepping, and preparing to ensure a solid start to working Safety Strong.

**April 12, 2019**

**Field Daily Safety Message**

Loading a pole today?

A few things to remember:

- Always be aware of line of fire and pinch points in all tasks performed
- The balance point should be verified prior to lifting the pole
- Mark the pole at the balance point with flagging tape, marker, chalk, etc. before lifting and moving
- Have a designated observer assigned to monitor the balance point while the pole is being moved. If the pole becomes imbalanced, the STOP work process will be implemented
- REMINDER, do not place your hands on or near the pole choker when the choker is under tension.

**April 13, 2019**

**Field Daily Safety Message**

Taking Safety Home

We spend a lot of time talking about safety in the workplace. The safety information that you learn on the job should be taken home to your family. Take the time to share your safety knowledge with your family that may apply to your home.

Be Safety Strong at home by:

- Performing a proper Circle of Safety around the family vehicle
- Sharing why backing into a parking space is important
- Proper PPE around the house
- Information about distracted driving that you have learned through Daily Safety Messages

What other ways can you be Safety Strong at your home?

**April 14, 2019**

**Field Daily Safety Message**

Loose cargo within a vehicle or piece of equipment such as empty bottles, trash, tools, PPE, etc. are not only a distraction while driving or operating a vehicle, but they also turn into projectiles during a crash. At 55 miles per hour, a 20-pound object hits with 1000 pounds of force. It is just as important to mitigate the secondary hazards, such as loose cargo, as it is to do so for the more obvious primary hazard of the actual impact of the crash.

**Mitigation Actions:**

- Practice good housekeeping by removing trash and unnecessary items from your vehicle or cab of a piece of equipment
- Utilize the trunk area or cargo boxes before putting items in the cab area of the vehicle
- Tie down or secure any remaining items
- Perform your safety circle to ensure an inspection for any loose cargo

Is the cargo on your vehicle secured?

**April 15, 2019**

**Field Daily Safety Message**

Many of us are busier than our parents' or grandparents' generations have been. Between long hours at work, children, housework, school, and any other obligations we have, there is more fatigue and drowsiness in the general population than arguably ever before. Because of this fact of our fast-paced lives, drowsy driving is a major concern on our roadways.

Here are a few ways to avoid drowsy driving:

- Get plenty of sleep. Most experts recommend at least 7 hours
- Eat a good diet and drink plenty of water, take care of your body
- Consult your doctor for an unusual or excessive fatigue as it this could be a symptom of an underlying health issue
- Never drink and drive. Use caution when taking prescribed medication
- Pull over when drowsiness is setting in. A ten-minute nap can make a difference in if you make it to your destination

Don't be a drowsy driver!

**April 16, 2019**

**Field Daily Safety Message**

Line of Fire – Stay Clear

The line of fire is any path an object or force may travel. If you're in the path when something fails, or a process breaks down, you may face serious injury. Identifying and mitigating lines of fire is a critical component and discussion point for every tailboard or JHA plan including design and scouting processes. We must strive to separate ourselves from the potential release of all energy types, not just electrical. Stay out of the way of potentially falling objects, pinch points, etc.

Can you name other situations that we must be alert to the line of fire?

**April 17, 2019**

## **Field Daily Safety Message**

What are some of the “best practice” guidelines for selecting FR clothing?

- Protective clothing selection is based on the probable worst-case exposure for a task.
- Flame resistant clothing should provide a good functional fit for protection and comfort.
- Sleeve cuffs should be fully rolled down and secured.
- All garments, including outerwear, should be fully fastened.
- Clothing should be free of flammable contaminants such as oil or grease, which can ignite and increase burn injury.
- Appropriate protective neck, face, eye, head, hand, and foot coverings should be worn.
- Outerwear must also be flame resistant, since flammable outerwear can ignite and continue to burn, essentially eliminating the protection of flame resistant clothing worn underneath.
- Undergarments worn against the skin should be FR or 100% natural fiber (cotton, wool, silk).

**April 18, 2019**

**Field Daily Safety Message**

Happy Lineman Appreciation day!

National Lineman Appreciation Day is a time to express our utmost appreciation to the great men and woman that work so hard for us every day. It is our honor to celebrate the hard work, innovation, and dedication of Electrical Lineworkers.

Thank a Lineman today and every day!

**April 19, 2019**

**Field Daily Safety Message**

Use the right tool for the job!

When a hammer is needed, do not substitute with a different item. Tools are designed for a specific purpose and any deviation from the manufacturers designed usage could result in injury or death. Remember, it only takes a second to change your life forever.

Safety Strong!

**April 20, 2019**

**Field Daily Safety Message**

Eye Damage Due to Sunlight

The weekend is here and so is the sun (hopefully). While the sun is essential for all life on Earth, it also causes several hazards for us. The UV light the sun emits can cause sun burn, skin cancer, suppression of the immune system, and damage to the eyes.

Here are a few best practices to avoid sunlight damage to the eyes:

- Avoid being out in excessively sunny conditions when possible, especially unprotected
- Wear sunglasses that block 100% of UV rays. The bigger the sunglasses the better for protecting your eyes.
- Wear a hat that blocks the sunlight from your eyes and face
- Protect your eyes even on a cloudy day

Our eyes are our portal to the world, keep them protected!

**April 21, 2019**

## **Field Daily Safety Message**

### Gasoline Safety

Gasoline is common both on the job and at home for use in vehicles and equipment we use every day. It is important to practice safe handling and storage of gasoline to avoid spills and fires. Improper use and storage of gasoline leads to many injuries as well as property damage year after year.

Some gasoline safety tips:

- Use only as intended. Do not use gasoline as an accelerant, a solvent, a cleaner, weed killer, etc.
- Use approved containers for gasoline
- Do not use or store gasoline near ignition sources
- Use proper PPE when refueling equipment
- If a fire starts while handling a gas container, set the container down and get away from it
- Teach your children about gasoline safety and practice these tips at home to prevent injuries and fires

**April 22, 2019**

**Field Daily Safety Message**

Are you guilty of the following bad driving habits?

- Sudden stops
- Abrupt lane changes
- Late signaling

Do you know that these bad habits increase the possibility of being struck from behind?

Here are some tips to help you avoid being struck in the rear of vehicle:

- Look far ahead, brake earlier and gradually. By looking far ahead you can detect changing conditions earlier and adjust sooner.
- Keep vehicle rolling as much as possible.
- Leave a car length in front of you to allow for an out.
- Anticipate other driver's responses to traffic problems.
- Do not attempt to accelerate away from a tailgater. Changing lanes or letting the tailgater pass are the best options. If this isn't possible, increase your following distance between you and the vehicle in front of you.
- Check your rear-view mirror before you hit brakes.
- Maintain space around your vehicle to allow for an escape route.

**April 23, 2019**

**Field Daily Safety Message**

How do we start each job?

Every job begins with a quality JHA (Job Hazard Analysis). This form is used to document hazards, barriers, and the control plan for critical task associated with job assignments.

No job is too big or too small to bypass a JHA.

**April 24, 2019**

**Field Daily Safety Message**

Non-Verbal and Verbal Communication

Every single day when we are around other people, we are communicating something to them regardless if we speak. The way we look at people, our facial expressions, our body language, and our safety actions are all ways we communicate with others outside of spoken word. Think about your non-verbal and verbal communication.

Are we walking the safety walk and talking the safety talk through both our non-verbal and verbal communication?

Remember, we are SAFETY STRONG through all communication.

**April 25, 2019**

## **Field Daily Safety Message**

April showers bring lightning!

Lightning is a serious hazard both on and off the job. There is an average of 25 million lightning strikes that occur in the United States each year, killing about 80 people. We must identify and plan for the potential of lightning before beginning a work activity or any leisure activity during storm season.

Be aware of electrical storms moving in and out of work areas by watching for signs:

- Darkening skies
- Lightning flashes
- Increased winds

Seek shelter in an enclosed building or an enclosed vehicle cab. If you are caught out in the open, squat down to reduce the potential of being hit by a strike, minimize spacing of ground contact by keeping feet together (do not lay of ground or touch ground with hands). Remember to reduce the risk of step potential.

**April 26, 2019**

**Field Daily Safety Message**

Fatal Rule Reminder - Fall Protection

Fall protection devices must be worn in the manner for which they are intended (adjusted properly) and in situations where it is required (working from heights four feet or above).

100 percent fall protection shall be properly used when ascending, descending, and working wood, concrete, and steel poles or towers.

All equipment used for fall prevention shall be inspected before each use by the worker.

No job is so urgent that we cannot take time to do it Safely!

**April 27, 2019**

**Field Daily Safety Message**

Working around the yard or on call this weekend?

Watch out for Poison Ivy!

Poison ivy is extremely common in our areas. It is one of the most common triggers for rashes every year for people who spend time outdoors. For some people, the poison ivy does not affect them, for some it may cause a rash, but for some it may mean a trip to the hospital. It is very important to know what the plant looks like:

- It has three pointed leaves. Remember “leaves of three, let it be”!
- The leaves can be shiny.
- The leaves can change colors depending on the time of the year – reddish in the spring, green in the summer, and yellow or red in the fall
- It can grow as a vine or bush

How to avoid:

- Stay out of areas where you know it could be
- Wear long pants, long sleeve shirt, boots, and gloves. The less skin exposure, the better off you will be
- If exposed, wash the skin as soon as possible removing the oils from the plant
- Wash any items or tools that may have come in contact with the plant
- Never burn the plant, it can release oils that could result in a widespread rash for everyone
- Our company recommends the use of Zanfel, if contact is made

**April 28, 2019**

**Field Daily Safety Message**

Ladder Load Maximum

When choosing a ladder, one should always consider the maximum load rating. This information can be found on the product label or instructions. Remember not to exceed the maximum load rating. When calculating the supporting weight, it is important to include the weight of any tools and/or equipment (never carry objects in hands when climbing) along with the weight of the user.

Be Safety Strong in ladder use!

**April 29, 2019**

## **Field Daily Safety Message**

### Following Distance

Opinions vary, but most people base their judgment of proper following distance on a safe stopping distance. This alone is not enough because it provides little ability to see more than the vehicle immediately ahead. Smith System strongly suggests a minimum four-second (six-second for bucket trucks) following distance. As the vehicle in front of you passes a fixed reference point (a street sign, a shadow, a painted line, etc.), begin to count one-thousand-one, one-thousand-two, until you reach four or six. The front end of your vehicle shouldn't arrive at that reference point until you reach four or six in your count. By applying this technique, not only will you have plenty of stopping distance, but you will be able to spend much less time worrying about what the driver ahead is likely to do.

Remember, this rule is the recommended minimum. When weather, road or vehicle conditions dictate, increase your following distance to 6-7 or 8-9.

**April 30, 2019**

**Field Daily Safety Message**

Incident and injury prevention occur when everyone works together to become Safety Strong. Every person across the organization must believe in not only working safely but working together to go home healthy to our families. Working as a team means more than just a unified belief that work safety is important, it means to truly be your brother's keeper.

**I AM MY BROTHER'S KEEPER!**