

April 2020

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April 1, 2020

Field Daily Safety Message

COVID-19 is thought to spread mainly from person to person. This includes between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs. Spitting around others could spread the virus the same way as coughing or sneezing on or near someone, including spitting due to the use of tobacco products.

Remember, be mindful of those around you when spitting, coughing, or sneezing in order to stop the spread of COVID-19. We all need to be responsible and do our part!

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, 2020

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 3, 2020

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 4, 2020

Field Daily Safety Message

Planning on working outdoors this weekend?

Here are a few safeguards:

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

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

Protect yourself and your family from mosquitoes!

April 5, 2020

Field Daily Safety Message

Lawnmower Safety

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 6, 2020

Field Daily Safety Message

Toggle Tasks While Driving

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 7, 2020

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 8, 2020

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
- Last line of Defense - PPE



Remember, YOU own your Safety!

April 9, 2020

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 10, 2020

Field Daily Safety Message

Is there ever an excuse not to work safely?

In one sense or another we get confronted with this question every day. There are deadlines and people looking over our shoulders (sometimes literally), or the weather is nasty, and we want to take that little short cut to get the job done quicker.

All the pressures and temptations we face every day ask this same question: “Is there ever an excuse not to work safely?”

We sometimes want to say, “Maybe just this one time I will take a chance. I can get away with it once.” Unfortunately, that seems to be the time when we have our worst injuries.

“Our work is never so urgent or important that we cannot take time to do it safely.”

April 11, 2020

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 12, 2020

Field Daily Safety Message

Is the cargo on your vehicle secured?

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

April 13, 2020

Field Daily Safety Message

Drowsy Driving

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 14, 2020

Field Daily Safety Message

Energy drinks – How many are you drinking a day?

An energy drink is a type of drink containing sugar and stimulant compounds, usually caffeine, which is marketed to provide mental and physical stimulation (marketed as “energy”), but distinct from food energy.

While caffeine from energy drinks provide cognitive performance, such as increased attention and reaction speed, there are many adverse effects associated with caffeine consumption in amounts greater than 400 mg a day, such as:

- Nervousness
- Irritability
- Sleeplessness
- Increased urination
- Abnormal heart rhythms
- Indigestion

Excessive and repeated consumption of energy drinks can lead to cardiac problems. Caffeine content is not the only factor, other ingredients in energy drinks contribute to make them more dangerous than drinks whose only stimulant is caffeine.

April 15, 2020

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.
- Shirts should be tucked in.
- 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 16, 2020

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 17, 2020

Field Daily Safety Message

Using 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 18, 2020

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 women that work so hard for us every day. It is our honor to celebrate the hard work, innovation, and dedication of Electrical Line workers.

Thank a Lineman today and every day!

April 19, 2020

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 20, 2020

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 21, 2020

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 tasks associated with job assignments.

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

April 22, 2020

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 23, 2020

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 on the ground or touch the ground with hands).

Remember to reduce the risk of step potential.

April 24, 2020

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 25, 2020

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 26, 2020

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 27, 2020

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 28, 2020

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!

April 29, 2020

Field Daily Safety Message

Recognized Versus Unrecognized Hazards

It is necessary to be able to recognize the hazards of your work in order to act to protect yourself and your coworkers around you. It is also important to realize that being able to identify hazards does not mean you are now able to take shortcuts during your work.

Some experienced workers may feel that since they understand the hazards and have worked around it for a long time that they do not have to be as cautious or take all the necessary steps to work safely around particular hazards. Complacency towards recognized hazards can be as or more dangerous than the hazards you do not recognize.

A question to consider: Which are more dangerous- the hazards we recognize or the ones we do not?

April 30, 2020

Field Daily Safety Message

Safety Can Be Redundant

It is understood that safety can be redundant at times, but it needs to be understood by employees that we all need to be reminded to stay focused on working safely. The same old hazards are often the ones that get people injured. It is known that falls, electrocutions, struck-by, and caught in or between incidents are the main causes for many fatalities in the construction industry yet it reoccurs year after year.

Do not get complacent with the hazards of your work and **do not** view some redundancy in a safety program as a negative.