

## August 2020

						1 Hydration <b>HEAT</b>
2 Buzz Up vs Buzz Off	3 Ergonomic Lifting	4 Heat Illnesses <b>HEAT</b>	5 Place Keeping and Switching Orders	6 <b>DOG BITES</b>	7 Leaving Yourself an Out	8 Bees and Wasps <b>INSECTS</b>
9 Stay Sober	10 Poison Ivy <b>Poisonous Plants</b>	11 Pinch Points <b>LINE OF FIRE</b>	12 Safety Circle Walk	13 Falls from the Same Level <b>SLIP, TRIP, FALL</b>	14 Driving in Rainy Weather	15 Hand Tools <b>PROPER TOOL CUTS</b>
16 Three Points of Contact When Exiting a Vehicle	17 Dress for Safety	18 Heat – Taking the Right Steps <b>HEAT</b>	19 Symptoms and First Aid <b>Poisonous Plants</b>	20 <b>DOG BITES</b>	21 Recognizin g Vs. Taking Ownership	22 Flying Insects – What to do <b>INSECTS</b>
23 Weekend Safety	24 Poison Ivy, Oak & Sumac <b>Poisonous Plants</b>	25 Line of Fire – Someone Else <b>LINE OF FIRE</b>	26 Communicati on Issues	27 Physical Factors <b>SLIP, TRIP, FALL</b>	28 Focused on the Task at Hand	29 Hand Tool Safety <b>PROPER TOOL CUTS</b>
30 Hazard Vision	31 What is a hazard?					

**August 1, 2020**

**Field Daily Safety Message**

Hydration

We've all experienced fatigue at some point when working or playing hard. Your mouth feels dry, your legs are heavy, and you may even get a headache. These are common signs of dehydration. When you are working hard, body fluid is lost through sweat. If the fluid lost through sweat is not replaced, dehydration and early fatigue are unavoidable.

However, dehydration can easily be prevented:

- When to drink: Ensure you drink water before you start working. Trying to catch-up for lost fluids after a period of time is very difficult. Drink before you get thirsty! By the time you are thirsty, you are already dehydrated.
- What to drink: Water is truly one of the best things to drink. Research also shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink provides one of the best choices to help you stay properly hydrated.
- What not to drink: Avoid drinks with high sugar content such as soda, alcoholic beverages, energy drinks, and even fruit juices. These are slow to absorb into the body.

Remember these three simple words: Water, Rest, and Shade!

**August 2, 2020**

**Field Daily Safety Message**

Buzz Up vs Buzz Off

Mosquitoes and ticks are everywhere!

Do you have “Buzz Up” in your vehicle?

Remember this new product offers:

- 12-hour protection against mosquitoes and ticks, and up to 8 hours of protection against biting flies, stable flies, black flies, gnats, chiggers, sand flies, and Scottish biting midges
- For use on FR clothing
- Passes Electric ARC test
- Passes Vertical Flame test
- Passes Rubber Goods test
- EPA registered and certified
- Does not contain DEET

Order this product from your local storerooms!

**August 3, 2020**

## **Field Daily Safety Message**

### Ergonomic Lifting

Lifting is a task we do every day and is typically thought of as high frequency/low risk. It just takes that one instance where situations line up that can result in long term impacts to our body.

Remember these keys when lifting:

- Stop and Think before picking anything up - assess the object and its weight
- Use proper form when lifting and carrying – wide stance, bend at knees, tighten abs, head high, and chin up
- Lift with your legs and not your back
- Keep weight close to your body
- Pivot with your feet, don't twist your body

Another way to keep your body, Safety Strong.

**August 4, 2020**

**Field Daily Safety Message**

Heat Illnesses

We have very hot, humid and long summers in our service territory. Everyone is at risk of a heat related illness no matter what we feel our heat tolerance may be. Heat illnesses can range from a mild rash to life threatening heat stroke. How can I avoid heat illnesses?

- Educate yourself on the signs and symptoms of heat stress, heat exhaustion, heat cramps, heat rash and heat stroke
- Have a heat mitigation plan for daily work when temperatures rise above 90 degrees
- Drink plenty of fluids
- Take frequent breaks in a cool, shaded area
- Schedule strenuous task for earlier in the day
- Avoid beverages containing alcohol and caffeine
- Some medical conditions or medications can increase the risk of heat illnesses

Remember - WATER, REST, and SHADE!

**August 5, 2020**

## **Field Daily Safety Message**

### Place Keeping and Switching Orders

Place keeping is used to mark the steps in a procedure or work document that have been completed or that are not applicable, so that steps are not accidentally omitted or repeated.

How do you perform Place Keeping?

1. Circle the procedure step number or put a circle in the left margin of the procedure or work document step to be performed.
2. Read and understand the entire step.
3. Perform the step as written.
4. Slash the circle after step completion.

Remember all switching orders shall be written up and checked before the switching is performed. Each step of a multi-step switching order shall be documented as to the time each device was operated and reported back to the Operator at the end of the switching order sequence. Utilize Place Keeping (Circle/Slash method) to ensure the correct step is being performed.

**August 6, 2020**

## **Field Daily Safety Message**

### Dog Bites

For employees who work in the field, they understand that dealing with dogs is a common occurrence. We cannot assume all dogs are friendly since we do not understand the owner's intentions with the dog. By maintaining a questioning attitude, we can ensure that we stay focused around dogs and that will help eliminate the chance of experiencing a dog bite or attack by a dog.

Below are some tips to follow when you encounter dogs in the field:

- Never turn your back to a dog.
- Have PPE on hand ahead of time and assume you will encounter a dog. Types of PPE include spray and a Bulli Ray stick.
- Don't forget to check your PPE to ensure it is in working order.
- Be prepared when you are working in the field to encounter dogs.
- Always ensure you are wearing proper footwear and be aware of trip hazards.
- Ensure your first aid kit is stocked in case you need to administer first aid.
- Maintain a questioning attitude.

Note: Over 63 million households across the US own at least one dog according to a recent pet survey!

**August 7, 2020**

**Field Daily Safety Message**

What Does it Mean to Leave Yourself an Out?

Leaving yourself an out is defined as “the ability to escape danger if a negative situation occurs.” The term is most often used in defensive driving training but can also be used on a jobsite. You should always strive to never put yourself directly in the line of fire such as under a lifted load, standing directly in front of something, or behind a vehicle.

Expect the unexpected, always be prepared. Remain Safety Strong.

**August 8, 2020**

**Field Daily Safety Message**

Bees and Wasps

It is the perfect weather for bees and wasps to be out enjoying the summer heat!

Before performing work, it is important to do a site walk looking for any hazards which should include bees and wasps. Before putting your hands under the lip area of a box or into an area where you cannot see, think twice. Danger is near and it comes in the form of a nest, most of the time ... bees and wasps' nests!

Outside of being stung by one of these, there are other potential dangers these insects will cause:

- A bee enters an open window of a moving vehicle, the driver pays more attention to the removal of the bee than to the road.
- Someone working from a ladder and begins to hammer on the side of a structure, should have looked around for that wasps' nest first.

Be Safety Strong by remaining situationally aware of your surroundings.

**August 9, 2020**

**Field Daily Safety Message**

Stay Sober

Around three percent of workplace fatalities occur due to alcohol and drugs. When a worker's ability to exercise judgment, coordination, motor control, concentration or alertness is compromised, this leads to several risks for workplace injury and fatalities.

**August 10, 2020**

**Field Daily Safety Message**

Poison Ivy

If you are working in vegetation remember “Leaflets Three, Let it Be!”

- Avoid direct contact with any plants that look like poison ivy.
- Use barrier cream as a preventative measure if you have to work in a wooded area where poison ivy may be present.
- Wash all clothes that have come into contact with this plant because they can indirectly transfer the urushiol from the plant’s sap to your skin.

Remember, even if you were not allergic before, you may be allergic now.

Don’t take the chance! “Leaflets Three, Let it Be!”

**August 11, 2020**

## **Field Daily Safety Message**

### Pinch Points

A pinch point is defined as any point where it is possible for a body part to be caught between moving and stationary portions of equipment. Pinch points are found in many places throughout our workplace.

#### Safeguards to Avoid Pinch Points:

- Eliminate the hazard by ensuring proper guarding is in place
- Pay attention to where your hands are around any moving parts or any objects that have the potential to move
- Do not place your hands where you cannot see them
- Wear the proper gloves for whatever work task you are completing to reduce the amount of damage to your hands if they do end up in the line of fire
- When working on equipment or machinery ensure they are properly locked out and tagged out to prevent unexpected start up
- Properly block any equipment or parts where stored energy could be released
- When working with others make sure to communicate to let each other know if you are out of the line of fire before moving objects or starting up equipment

Safety Safeguards are our best tools to remaining Safety Strong.

**August 12, 2020**

**Field Daily Safety Message**

Circle of Safety Walk

The purpose of the Circle of Safety Walk is to reduce the frequency of preventable accidents by encouraging drivers to perform a walk around inspection of their vehicles before leaving the area.

During this safety procedure, employees are required to walk a complete circle around the vehicle to ensure all equipment and materials are in the proper place, and the areas beneath and surrounding the vehicle are clear.

Think smart before you start!

**August 13, 2020**

## **Field Daily Safety Message**

### Falls from the Same Level

Every year slip, trip, and fall injuries are some of the most common and costly injuries that occur in the workplace. Many people probably assume that falls from heights cost companies more every year than falls on the same level, but this is not the case.

Falls on the same level are defined as a slip, trip, or fall in which the worker either impact an object or the floor at the same level at which they are standing. The most common causes of this type of event are:

- Oily or wet walking surfaces
- Ice/snow in colder climates
- Uneven terrain
- Cracks or chips in a walking surface
- Changes in elevation
- Objects on the floor
- Cords or rugs
- Improper or damaged footwear

Practice good housekeeping and organization of work areas. Many of the above hazards can be eliminated solely through keeping a tidy work area.

Do not be distracted when walking. Looking at your phone or something else can cause you to miss hazards that may lead to a slip or trip.

**August 14, 2020**

**Field Daily Safety Message**

During rainy conditions it is more difficult to see other vehicles, road signs, and the road itself. It is critical to make sure you can see and be seen.

- Slow down! It takes longer to stop or adjust in wet weather.
- Stay toward the middle lanes – water tends to pool in the outside lanes.
- Maintain proper following distance (at least 5 seconds, but more in inclement weather).
- Be more alert when driving in wet or slippery conditions. Watch out for brake lights in front of you.
- If you have your wipers on, you should have your headlights on. Also, be sure to clean your rear vehicle lights. Road Film along with dirt and mud will build up on the lights and cause the lights to be dim and harder for other drivers to see the lights.
- Replace old or brittle wipers.
- Never drive through moving water if you can't see the ground; your car could be swept off the road.
- If possible, stay off the road during heavy thunderstorms. Large flashes or lightning can temporarily blind and disorient drivers, and the accompanying high winds and heavy rain can create deadly driving conditions.

Be alert, accidents hurt!

**August 15, 2020**

**Field Daily Safety Message**

Hand Tools

Hand tools are often underrated as sources of potential danger. Hand tools may look harmless, but they are the causes of many injuries. These injuries can be serious, including loss of fingers or eyesight. Improper use and maintenance are the biggest reasons for hand tool related injuries.

Below are five basic safety rules for the use of hand tools:

1. Keep all tools in good condition with regular maintenance.
2. Use the right tool for the job.
3. Examine each tool for damage before use and do not use damaged tools.
4. Operate tools according to the manufacturers' instructions.
5. Provide and properly use the right personal protective equipment.

Safety Rules are your best tools!

**August 16, 2020**

**Field Daily Safety Message**

Three Points of Contact, do you maintain this when exiting a vehicle?

The largest cause of falls when mounting or dismounting from trucks or trailers is failure to follow three points of contact. Many knee, ankle, and back injuries result from this type of fall.

Always remember:

- Two hands and one foot
- Two feet and one hand

Safety is a full-time job, don't make it a part-time practice.

**August 17, 2020**

**Field Daily Safety Message**

Dress for Safety

When worn correctly, flame resistant (FR) clothing can provide life-saving protection against a variety of workplace hazards, such as arc flash and flash fires. If worn improperly, the clothing is not only out of compliance with our standards, it also becomes less effective.

**Rolling up Sleeves:** Rolling up your sleeves may seem like the perfect way to beat the heat; however, this leaves the arms exposed and should be avoided.

**Unbuttoning Shirts:** Just like rolling up your sleeves, unbuttoning FR clothing can expose the skin or a non-FR under layer that could ignite and burn.

**Not Tucking in Shirrtail:** If the tail of your shirt is not properly tucked in, heat and flames can travel under the bottom of it and cause greater injury.

Make sure your FR clothing is in compliance and ready to keep you safe.

Roll it down, zip it up, and tuck it in!!

**August 18, 2020**

**Field Daily Safety Message**

Heat- Taking the Right Steps

Mitigating Safety Risks – Heat

Taking the appropriate steps to mitigate safety risks associated with heat should always be part of your daily work plan.

- Hydration Champion – to monitor hydration levels of the crew
- Environment – shaded areas are needed in which to cool down
- Hydration Stations – encourage employees to come to work well hydrated while also providing water coolers or water bottles for hydration
- Regular Breaks – consider alternating tasks so employees can avoid exposure to heat during the mid to late afternoon peak by scheduling physically demanding work in the mornings or late evenings

Make sure all employees are trained on signs and symptoms of heat-related illnesses and how to address them properly.

**August 19, 2020**

## **Field Daily Safety Message**

### Poisonous Plants – Symptoms and First Aid

Signs or symptoms associated with dermal contact with poisonous plants may include:

- Red rash within a few days of contact
- Possible bumps, patches, streaking, or weeping blisters (blister fluids are not contagious)
- Swelling
- Itching

Workers who have come in contact with poisonous plants should:

- Immediately rinse skin with rubbing alcohol, specialized poison plant washes, degreasing soap (such as dishwashing soap) or detergent, and lots of water.
  - Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, hydrocortisone cream, or Zanafel to the skin to reduce itching and blistering.
  - Follow the directions on any creams and lotions. Do not apply to broken skin, such as open blisters.
  - Oatmeal baths may relieve itching.
- An antihistamine such as diphenhydramine (Benadryl) can be taken to help relieve itching.
  - Follow directions on the package.
  - Drowsiness may occur.
  - If children come in contact with work clothing contaminated with urushiol, a pediatrician should be contacted to determine appropriate dosage.
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.
- Call 911 or go to a hospital emergency room if someone is suffering a severe allergic reaction, such as swelling or difficulty breathing, or has had a severe reaction in the past.

**August 20, 2020**

## **Field Daily Safety Message**

### Dog Attacks

According to the ASPCA, there are 70 to 80 million dogs as pets in the United States. It is estimated that over 40% of all households have at least one dog. Because of these numbers, the chance of you encountering an aggressive dog is somewhat high. Dog attacks can be as minor as a single bite or as serious as death.

If you find yourself in a position where an unknown dog is approaching or attacks:

- Stand in place and do not make any sudden movements
- Never run from an approaching dog
- Yell "NO" to attempt to get the dog to back down
- Do not make eye contact or take an aggressive posture towards the dog
- If knocked down, get into a fetal position and cover your head and neck area

Remember to always have your PPE in hand, ready to use, and in working order.

Always expect the unexpected!

**August 21, 2020**

**Field Daily Safety Message**

Recognizing Versus Taking Ownership

There is a huge difference in an employee who is able to recognize a hazard and an employee who recognizes a hazard and owns it until it is corrected.

You may have heard someone say after an incident occurs, “yeah I saw him or her doing that, I knew something was going to happen” or “I knew someone was going to trip over that broken concrete at some point”. These statements show that the person saying this recognized the hazard, but most likely stopped there. They identified it was a hazard, but they did not take ownership of the hazard and follow through on making sure it gets corrected.

Safety is everyone’s responsibility and injuries affect everyone in that workplace not just the person who gets hurt. When you recognize a hazard do not just keep it to yourself. Doing this may protect you, but it leaves everyone else in that area vulnerable to an injury or incident.

See Something? Say Something!

**August 22, 2020**

## **Field Daily Safety Message**

### Flying Insects

Here are a few tips on how to avoid being stung by flying insects:

- Wear clothing to cover as much of your body as possible.
- Avoid flowering plants when possible.
- Keep work area clean, some insects are attracted to discarded food.
- Remain calm and still if a single stinging insect is flying around, swatting may cause it to sting.
- If attacked by several stinging insects, run to get away. Bees release a chemical when they sting, which attracts other bees.
- Do not jump into water. Some insects are known to hover above the water.
- In an insect is inside of your vehicle, stop slowly, and open all the windows.
- Workers with a history of severe allergic reactions to insect bites or stings should carry an epinephrine autoinjector and wear medical ID jewelry stating their allergy.

If someone is stung by a stinging insect:

- Have someone stay with the person to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- Remove the stinger using a gauze to wipe over the area or by scraping a fingernail over the area.
- Apply ice to reduce swelling.
- Do not scratch the sting as this may increase swelling, itching, and risk of infection.

**August 23, 2020**

**Field Daily Safety Message**

Weekend Safety

During weekend work, it can be easy to get too focused on the job that resulted in the callout or weekend work. Getting too focused on one issue is called tunnel vision. This results in not being able to see hazards or clues that are not right in front of you.

Watch out for tunnel vision in yourself and coworkers by using a good questioning attitude.

Take the TIME to use STAR, Stop, Think, Act, and Review!

**August 24, 2020**

**Field Daily Safety Message**

The old saying “Leaves of three, Let it be!” is a helpful reminder for identifying poison ivy and oak, but not poison sumac which usually has clusters of 7-13 leaves. Being able to identify local varieties of these poisonous plants throughout the seasons and differentiating them from common nonpoisonous look-a-likes are the major keys to avoiding exposure.



Poison Ivy:

- Eastern poison ivy is typically a hairy, ropelike vine with three shiny green (or red in the fall) leaves budding from one small stem



Poison Oak:

- Typically, a shrub with leaves of three, similar to poison ivy
- May have yellow or green flowers and clusters of green-yellow or white berries



Poison Sumac:

- Woody shrub that has stems that contain 7-13 leaves arranged in pairs
- May have glossy, pale yellow, or cream-colored berries

**August 25, 2020**

**Field Daily Safety Message**

Line of Fire – Someone Else

How well do you communicate with others prior to beginning a task when they are in your work environment?

Do you:

- Let them know what you're doing and what hazards are involved?
- Discuss areas that should avoid and a contingency plan in the event something was to go wrong?
- Ask them to leave the area to eliminate hazards for them altogether?
- Do these things at home as well as work?

These are just a few things to think about to help keep others out of the line of fire.

**August 26, 2020**

## **Field Daily Safety Message**

### Communication Issues

Effective communication is critical to every aspect of a successful job.

Being able to work safely especially relies on effective communication between everyone involved in a work task or on a job. Effective communication includes having honest conversations. Part of having honest conversations is bringing up and discussing issues as they arise along with empowering yourself to call a STOP work when necessary.

There are an endless amount of possible scenarios of when you should speak up and have an honest conversation to address an issue. Below are some general examples of when you need to stop and communicate an issue to get it resolved prior to continuing on.

- When you see someone working unsafe.
- When you do not have the proper training or knowledge to do the task at hand.
- When you do not have the right tools or personnel to complete the task correctly.
- When a safeguard is not implemented.
- When a hazard is present that could injure you or others.

One of the most difficult things to do on the job at times is to have honest conversations!

**August 27, 2020**

## **Field Daily Safety Message**

### Slips, Trips, and Falls

There are three physical factors involved in slips, trips, and falls: friction, momentum, and gravity. Each one plays a role. Friction is the resistance between objects, momentum is affected by the speed and mass of an object, and gravity is the force exerted on an object by the Earth.

Let's look at each individually:

#### Slips:

- Slips are a loss of balance caused by too little friction between your feet and the surface you walk on or work on. Loss of traction is the leading cause of workplace slips.
- Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking.

#### Trips:

- Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going.

#### Falls:

- Falls occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.

**August 28, 2020**

**Field Daily Safety Message**

Are you focused on the task at hand?

Maintaining awareness of our surroundings is vital for staying safe, both at home and at work. Hazards are all around us every day and by maintaining awareness of each situation we are in; we can focus on hazard identification and on mitigating or eliminating those hazards.

It is important to stay focused on your surroundings and to eliminate distractions. Use your questioning attitude to ask yourself which hazards are present in each environment you are in.

You could be lifting boxes in an office, pulling out of a customer's driveway, inspecting a line, or driving a Right of Way. Maintaining awareness in each of these situations is crucial to staying safe and avoiding accidents.

Before you do it, take the time to think through it!

**August 29, 2020**

## **Field Daily Safety Message**

### Hand Tool Safety

One of the key issues associated with hand tool safety is choosing and using the right tool. Many people view hand tools as simple to use, so there is little concern for safety. A person using hand tools, no matter what they are, should always follow safety precautions.

Approximately 8 percent of industrial incidents result from the improper use of hand tools, according to studies. Injuries range from simple cuts, contusions and abrasions to amputations, fractures and punctures.

Below are a few examples of improper use of hand tools. Have you caught yourself doing any of these?

- Pushing rather than pulling a wrench to loosen a tight fastener.
- Bending metal with undersized pliers, which can damage the pliers and the metal.
- Holding an item, you are working on in one hand while attempting to remove a screw with a screwdriver in the other hand.
- Cutting toward your body with a cutting tool.
- Using a tool not sized properly for the job.

Hand tools can be as dangerous as power tools. Make sure you use them correctly.

**August 30, 2020**

## **Field Daily Safety Message**

### Hazard Vision

It is important to recognize that we all have trouble seeing hazards sometimes, yet here are several things you can do to improve your “hazard vision”.

1. Discuss and list the typical hazards associated with your site or job on the JHA
2. Run through “what if” scenarios in your work area. This will help identify any hazards you may have missed.
3. Work with more experienced people from time to time and ask them what hazards they see – then determine if you see the same ones.
4. Take another look around a new work site with the intent of finding hazards that you missed the first time.
5. Read incident reports or investigation reports from others to continuously learn about new hazards.

Perhaps the most important thing you can do to train yourself to recognize hazards is to learn everything you can about controlling various hazards.

Stay Safety Strong!

**August 31, 2020**

**Field Daily Safety Message**

What is a Hazard? What is a Risk?

The terms “hazard and “risk” are often used interchangeably.

Hazard is an existing situation, which is likely to cause damage or harm.

Risk is a potential harm or danger anticipated in the future, which could be mitigated or eliminated.

Hazards have existing situations whereas risk only has an anticipated situation.

Remember to discuss, share, and document all hazards and risks on your JHA.