

August 2019

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August 1, 2019

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 2, 2019

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.

August 3, 2019

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.

August 4, 2019

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 5, 2019

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 6, 2019

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

August 7, 2019

Field Daily Safety Message

PPE/Inspections

With the hierarchy of controls, we have several levels of defenses. The first would be Engineering controls, the second is Administrative controls, and last PPE. Knowing that PPE is our last line of defense, we want it to work EVERY time. To ensure it is properly working, always give it an inspection prior to use.

Examples:

- Hard Hat- Always look for cracks, squeeze the hard hat to check for deterioration cause by UV LIGHT
 - Check the suspension for cuts, mold or mildew and for proper fit
- Gloves- Always make sure you select the right glove for the job
 - Check for missing material, holes, gouges, or splitting seams. If your gloves are in poor condition, replace them

August 8, 2019

Field Daily Safety Message

Traffic Control Plan

Prior to arriving at a job site, create a traffic control plan that coordinates the flow of vehicles both on and off a site. If backing cannot be avoided, be sure to check for potential hazards during your Safety Circle Walk such as:

- People
- Posts/poles
- Buildings
- Overhead objects
- Overhead power lines
- Other vehicles

With focus, we can prevent running over fixed objects.

August 9, 2019

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.

August 10, 2019

Field Daily Safety Message

Mental Fatigue

Mental engagement is important in getting our work done safely.

Unplanned events, domestic issues, extended shifts, and multiple tasks can drain us emotionally and physically which may result in a loss of focus. If you experience any of this reach out to co-workers or your supervisor for help with mitigating the hazards associated with mental fatigue.

August 11, 2019

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 a number of risks for workplace injury and fatalities.

August 12, 2019

Field Daily Safety Message

Sharing the Road with Young Pedestrians

School is starting soon! According to research, most children who lose their lives in bus-related incidents are 4 to 7 years old, and they are walking. They are hit by the bus, or by a motorist illegally passing a stopped bus.

A few precautions go a long way toward keeping our children safe, please see below:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you as this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Never pass a vehicle stopped for pedestrians
- Teach your children about pedestrian safety
- No Cell phone use is designated school zones

Always keep our children, Safety Strong.

August 13, 2019

Field Daily Safety Message

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.

Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.

August 14, 2019

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.

August 15, 2019

Field Daily Safety Message

Safety Tips for Circle of Safety Walk

It is extremely important to keep the following safety tips in mind while performing your Circle of Safety Walk:

- Look low to the ground during the walk around. Be on the lookout for low walls, fire hydrants, landscaping materials, rocks, and other fixed objects low to the ground.
- When you get to the back of the vehicle, look over all loaded material and equipment. Make sure everything is secure and will not fall and strike another vehicle while in motion. Also, check rear lights, making sure they are working properly.
- Remember that the scenario can quickly change from the time you park. Be sure to finalize your assignment and complete tasks, such as paperwork, making a phone call or adjusting your GPS prior to performing your Circle of Safety Walk. Always make sure that your Circle of Safety Walk is the last order of business before leaving an area.
- It is not just about going through the motions. Be sure to pay attention to details as you perform your Circle of Safety Walk.

Safety Strong = Circle of Safety Walk

August 16, 2019

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 slipper 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.

August 17, 2019

Field Daily Safety Message

Ladder Usage

There are many different types of ladders and each have a specific design and use. When selecting a ladder to use, consider the job at hand. Whether it is to get into a cabinet in your garage, change a light bulb, or to access the roof, each job has a specific ladder designed to get it done safely. After selecting the proper ladder make sure you have properly set it up to perform as it is intended.

- Always keep at least three points of contact with the ladder (i.e. two hands and one foot or two feet and one hand)
- Place the base on a firm, solid surface
- A straight or extension ladder should be placed 1 foot away from the surface it rests against for every 4 feet of ladder height
- When you climb, always face the ladder and grip the rungs, not the side rails

August 18, 2019

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

August 19, 2019

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 20, 2019

Field Daily Safety Message

Safety Awareness

So how do you know you've developed good safety awareness?

Here are some good examples of behaviors that suggest you have good safety awareness:

1. Before you begin a job, you consider how to do it more safely
2. You make sure you know how and when to use PPE properly and what is required for the task
3. As you work, you check your body positioning to reduce strain on your body
4. While you are working, you become aware of any changes in the area – people coming or going, jobs beginning, ending or job scope changes
5. You start talking with others about safety
6. You are truly your brother's keeper by keeping him safe

What are other ways to show your good safety awareness?

August 21, 2019

Field Daily Safety Message

Before Starting Work – Check for Hazards

- What are the hazards associated with this job?
- Where is the energy that could injure or kill me or my coworker?
- What is the strength of the energy and how can that energy be eliminated or controlled?
- What might happen to cause an accident?
- What do I need to do to protect myself and my co-workers?
- Am I qualified to perform this task?

Hazard Recognition – the process of identifying potential hazards in the workplace.

Can you recognize some hazards around you right now?

August 22, 2019

Field Daily Safety Message

When do we need to call STOP?

- If an unsafe act is about to happen
- If the scope of work has changed
- If an injury or near miss has happened
- If a Fatality has happened, work shall be stopped and not resume by the team that was performing the work
- Anytime an unsafe condition is recognized and needs to be controlled

It is important to the success of each employee to know his or her limitations and to STOP work when necessary.

Every employee has the authority and obligation to STOP any job at any time he or she feels it is necessary to do so.

August 23, 2019

Field Daily Safety Message

Plan Ahead!

It is an employee's responsibility to work safely, and that means taking the time to review what is to be done and what could go wrong. All employees should make it a habit to check out the site and assure the work can be done without mishaps.

It helps to remember the Five P's:

- Prior
- Planning
- Prevents
- Poor
- Performance

August 24, 2019

Field Daily Safety Message

Power Tools

Use power tools to help reduce the repetitive use of force. If you need to reach areas above your head, do not over exert yourself. Get a ladder or an extension tool. Taking effort to get the right tool for the job will pay off in the end.

August 25, 2019

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; and take the TIME to use STAR.

August 26, 2019

Field Daily Safety Message

Knee Protection

Long periods of kneeling should be avoided. When kneeling for more than 10 consecutive minutes, knee padding or matting should be used to prevent stress or injury.

Remember your knee is not an IMPACT tool!

August 27, 2019

Field Daily Safety Message

Keeping Healthy is Keeping Safe

What do obesity, tobacco use, stress, and high blood pressure all have in common? They are all safety issues. That's right, these things that we associate with health and wellness also relate directly to safety. Health and wellness issues, historically viewed as separate and distinct from safety, are now showing very clearly how interdependent they are.

Obvious correlations:

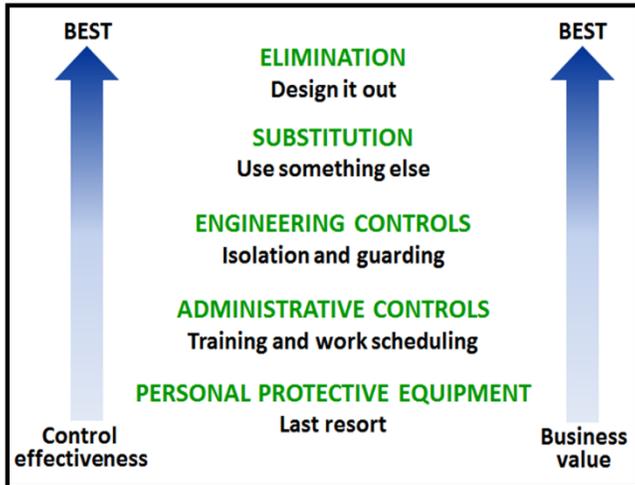
- Obesity leads to sleep apnea, which leads to tired driving, longer reaction times, and accidents
- Smokers take more daily work breaks and have higher levels of absenteeism, which causes disruption. This puts additional stress on the workforce and leads to an increase in accidents and injuries.
- Stress leads to tired and distracted work, which leads to mistakes and ultimately to a less safe workplace.

Keeping Healthy keeps us all Safety Strong.

August 28, 2019

Field Daily Safety Message

How can I control the hazards? Hierarchy of Controls



Methods of protecting employees from hazards ranked in order of effectiveness:

Elimination

Remove the hazard entirely

Substitution

Using something else

Engineering Controls

Guards, barriers, sensors, etc.

Administrative Controls

Training, procedures, scheduling

Personal Protective Equipment

Gloves, safety glasses, hard hats, etc.

August 29, 2019

Field Daily Safety Message

Positive Coaching

Coaching for safety should be based on the behavior and not the person. Coaching should be positive and it is intended to help, not harm. People should coach others on safety regularly and should focus on recognizing positive behaviors as well as correcting undesirable behaviors. Safety should be discussed in performance appraisals, goal setting discussions and developmental conversations.

Coaching is something that we can all be involved in from top to bottom and from bottom to top.

August 30, 2019

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.

August 31, 2019

Field Daily Safety Message

Use of Proper Insulated Protective Equipment

Insulated Protective Equipment (IPE) is used to provide workers protection from contacting energized conductors, but unlike Personal Protective Equipment (PPE) it is not worn on the body. Insulated Protective Equipment is used to prevent incidental contact with energized parts by the worker. They are designed for the primary purpose of protecting against incidental contact and may also reduce the exposure to or effects of an arc blast or arc flash.

IPE vs PPE, know the difference!