

December 2019

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December 1, 2019

Field Daily Safety Message

Slips, Trips, and Falls

Slips, trips, and falls present a huge hazard each day. The outcome of these incidents/events may result in anything from a simple muscle strain to a debilitating fracture/broken bone which can result in life changing injuries.

Recognize all hazards present no matter how basic they may seem. Uneven pavement, uneven ground, changes in elevation, or damp/wet areas are a few examples.

Situational awareness is the KEY to remaining Safety Strong.

December 2, 2019

Field Daily Safety Message

First Day Back

One risk factor for an increased likelihood of injury is working after an extended break such as coming into work on a Monday after a few days off. It has been statistically shown that a worker is more likely to be injured on a Monday. Mondays are known for individuals having lower energy levels and sometimes lower morale. Personal issues at home creating stress or serving as a distraction with issues that may have occurred over the weekend can possibly take the mind of a worker off their work during the start of the week.

Here are a few quick steps to prevent injury on “First Day Back”:

- Do a self-check to see whether you are fit for work or not before you start your shift. Ensure your head is in the game and you can focus on your work.
- Complete inspections of your work area as well as any tools or equipment used.
- Take the time and energy to ensure all the necessary safeguards are in place for your work tasks.
- Look out for your coworkers.
- STOP work, if needed, to address hazards.

Remain Safety Strong and always remember, you are your brother's keeper.

December 3, 2019

Field Daily Safety Message

Pressure to Get Work Done

As employees we all have tasks that need to be completed each day in order to contribute to continuing business operations. With the necessity of having to complete tasks there can be pressure put onto workers from different sources. These sources are usually external sources of pressure to get a job done, but there is also an internal, or self-imposed, pressure to get work tasks done quicker.

There are many different things we can all do on the job in order to avoid unnecessary risk for injury due to rushing around.

Some best practices are:

- Proper planning of work activities. Plan out your work prior to starting it. Do you have all the tools, equipment, training, personnel, knowledge, and time to get the job done safely?
- Proper communication and respect between employees. Yelling, belittling, or being disrespectful is not an efficient way to get things done. This often results in unnecessary stress as well as individuals feeling like the need to rush around.
- Take time to evaluate what you are doing. Take time to realize when you are rushing yourself. The pressure we feel to get a job done fast may just be created internally for no real benefit.

Name other best practices that may help avoid the pressure to get things done.

December 4, 2019

Field Daily Safety Message

Avoiding 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.
- Be prepared when you are working in the field to encounter dogs.
- Always ensure you are wearing proper footwear.
- Ensure your first aid kit is stocked in case you need to administer first aid.
- Maintain a questioning attitude.

Share other "how to avoid dog bites" tips with your team.

December 5, 2019

Field Daily Safety Message

Driving in Rainy Weather

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.

Here are some tips for driving in rainy conditions:

- 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.

December 6, 2019

Field Daily Safety Message

Chainsaw Safety

The weather is changing, and the cold season is upon us. With the cold season comes downed trees due to ice buildup or from high winds.

Here are a few safety reminders when it comes to chainsaw use:

1. Chainsaws shall only be used by a qualified operator
2. The chain shall be maintained sharp and with the correct amount of tension in accordance with manufacturer's operating manual
3. The fuel for the chainsaw shall be stored in an approved DOT container
4. Chainsaw shall be operated with two hands at all times
5. Chainsaws shall not be used directly over the operator's head
6. The chainsaw must be equipped with a control that will return the saw to idling speed when released
7. The chainsaw shall be equipped with a clutch and shall be so adjusted that the clutch will not engage the chain drive at idling speed

Remember a chainsaw shall be started on the ground or where it is otherwise firmly supported. "Drop starting" of saws is permitted outside of the bucket of an aerial lift only in the area below the lift is clear of personnel.

"Drop starting" is the process of starting a saw by simultaneously pushing it away from the body with one hand and pulling on the starter cord handle with the other hand.

December 7, 2019

Field Daily Safety Message

Know Your Limits at Work

We often face new situations or challenging times whether that is at home, at work, or just in life overall. For many of us it can be hard to swallow our pride and seek out help from others when we need assistance. It is important to understand your limits and know when you need help from someone else.

Any time you are pushing your limits to a point where you, someone else, or property is at risk, you need to stop work and seek assistance.

Examples of “Knowing Your Limit”:

- You go to pick up a large object that is heavy and awkward to handle. You do not want to reinjure an existing back injury, so you decide to stop and ask for help from a coworker to lift the object.
- Your supervisor asks you to run a different piece of equipment than you normally do because another coworker has missed work. You get into the piece of equipment, but realize you have no clue how to safely run it. Instead of trying to figure it out on your own, you stop the supervisor and get some guidance on how to properly operate the equipment.

There are many different times when we are pushed to our limits. While we can learn a lot from being outside our comfort zone, it also can be dangerous when dealing with these situations at work. It is important to have enough self-awareness to know when enough is enough. Taking the time to stop and seek out assistance when you know you are passed your limits may make the difference in whether an injury occurs or not.

December 8, 2019

Field Daily Safety Message

Ready for Work

Coming into work healthy and in the right mindset every day is just as important as being properly trained or having the right tool for the job. Many factors, both on and off the job, affect how well or poorly we do our jobs on any given day.

Some factors are:

- Sickness – We all get sick from time to time.
- Fatigue – Fatigue is a killer. With working a normal week and the addition of home life, we may have people who are too tired to safely perform their work functions.
- Medication – Many medications affect how you feel. Ask your doctor about all side effects. Explain to your doctor what type of work you perform as well as other medications you are currently taking.
- Stress - There is a good stress and a bad stress. We are more familiar with the bad stress. Stress from work demands, home demands, family or health problems affect us every day.

Whether it is sickness, fatigue, medication, or stress affecting you in a negative manner at work, it is important to speak up and address the problem.

As a reminder, our company offers an Employee Assistance Program as a resource to help navigate life's challenges and demands by calling 1-855-718-9396.

December 9, 2019

Field Daily Safety Message

Dropped Objects on the Job

Objects and tools dropped from high levels is a serious hazard for many worksites. Objects as small as a bolt can cause serious injury or even death when dropped from a higher level and striking employee on the ground. Outside of injuries and deaths, dropped objects are responsible for a large cost to employers due to property damage incidents as well.

Some actions to take to prevent dropped object incidents:

- Eliminate the hazard: Remove objects and tools from higher levels that do not need to be there.
- Engineering controls: Barricade zones below higher work levels to prevent personnel from walking into the line of fire of a dropped object.
- PPE: Wear hardhats on jobsites. Remember PPE is our last line of defense. Wearing a hardhat will only limit the damage a dropped object does and will not prevent it from happening.

While looking for hazards on a jobsite, don't forget to look up!

December 10, 2019

Field Daily Safety Message

Is that ladder safe to climb?

Before climbing a ladder, one should ensure the ladder is in good condition. Check to make sure the ladder is free of corrosion, rust, cracks and other defects which may cause the ladder to fail. Never use a painted ladder because the paint can hide visible damages.

When in doubt of the condition, do not use the ladder.

December 11, 2019

Field Daily Safety Message

Following Driving Distance

Opinions vary, but most people base their judgment of proper following distance on a safe stopping distance when driving. 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.

December 12, 2019

Field Daily Safety Message

Explaining the Why

When employees understand why something is done as opposed to just what needs to be done, they can begin to make informed decisions going forward. Explaining the thought process behind why a certain decision is made or why a certain action is taken during a work process allows the employee to use that information in other situations.

When employees understand the WHY behind the WHAT they can make more informed decisions that leads to a safer and more efficient work environment for everyone involved.

December 13, 2019

Field Daily Safety Message

Falls on 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.

December 14, 2019

Field Daily Safety Message

Planning on Traveling for the Upcoming Holidays?

Driving safely in winter weather can be a challenge for even the most experienced driver. It's easy to forget that after months of mild conditions, snow and ice demand careful driving and special preparation for your vehicle. With 17% of all vehicle crashes occur during winter conditions, it's clear that we could all use a refresher when it comes to making our way through a winter wonderland.

- **Ready Your Vehicle** - Driving safely begins before you even get on the road. Regular tune-ups and maintenance are the starting point for safe driving year-round. In winter, pay special attention to your vehicle's battery, wipers, coolant, tires and other systems that can take a beating when the temperature drops. If you're using snow tires, have them installed before the snow begins to fall. When you know your vehicle is ready for the road, clear your car of snow, ice or dirt from the windows, forward sensors, headlights, tail lights and backup camera.
- **Ready Yourself** - Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered road. Increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you. Also remember that every vehicle handles differently; this is particularly true when driving on wet, icy, or snowy roads. Take the time to learn how it handles under winter weather driving conditions. Before heading out, know the weather and traffic conditions, and plan your route accordingly. Give yourself more time to get where you're going because you'll be driving more slowly in inclement weather.
- **Ready for an Emergency** - Even if you and your vehicle are prepared, crashes happen. Vehicles break down. Any of us can get caught out in the elements and help might not be just around the corner. Make sure your vehicle is stocked to help get you out of trouble or to keep you safe until help arrives. Keep blankets, flashlights, jumper cables, and flares or emergency lights in your vehicle. Even if you don't need them, they can be used to help someone else in need on the road.

December 15, 2019

Field Daily Safety Message

Carbon Monoxide

Winter is approaching and soon it will be time to start up your furnace. Along with that comes a dramatic increase in calls to local Fire Departments regarding Carbon Monoxide (CO). CO is often called the invisible killer. It is an odorless and colorless gas found in fumes produced by burning fuels. In the home, heating and cooking equipment that burn fuel are potential sources of CO. Vehicles or generators running in an attached garage can also produce dangerous levels of CO.

Here are some safety tips regarding CO:

- CO alarms should be installed in a central location outside each sleeping area and on every level of your home
- Test CO alarms at least once a month; replace alarms according to the manufacturer's instructions
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Have an evacuation plan and make sure that everyone is accounted for
- Remove a vehicle immediately from a garage after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if the garage door is open
- A generator should be used in a well-ventilated location outdoors away from windows, doors, and vent openings
- Gas or charcoal grills can produce CO – only use outside

Carbon Monoxide is deadly! Stay Safety Strong.

December 16, 2019

Field Daily Safety Message

Cold Stress

Anyone working in a cold environment may be at risk of cold stress. Extreme cold weather is a dangerous situation that can bring on health emergencies.

What constitutes cold stress and its effects can vary across different areas of the country. In regions relatively unaccustomed to winter weather, near freezing temperatures are considered factors for cold stress. Whenever temperatures drop particularly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems.

Workers, both indoors and outdoors, in services, transportation, agriculture, construction, and other industries may be exposed to environmental cold stress that can lead to thermal discomfort and in some cases even severe injuries, illnesses, or death. The National Institute for Occupational Safety and Health (NIOSH) recommends that employers implement a cold-related illness and injury prevention program that includes preventive measures such as using engineering controls, establishing work/ rest schedules, training workers about the hazards of working in cold environments, and providing appropriate cold-weather gear.

December 17, 2019

Field Daily Safety Message

How Your Body Reacts to Cold Conditions

When in a cold environment, most of your body's energy is used to keep your internal temperature warm. Over time, your body will begin to shift blood flow from your extremities (hands, feet, arms, and legs) and outer skin to the core (chest and abdomen). This allows exposed skin and the extremities to cool rapidly and increases the risk of frostbite. When the body can no longer maintain core temperature by constricting blood vessels, it shivers to increase heat production. Maximum severe shivering develops when the body temperature has fallen to 95°F. Hypothermia becomes an issue at this point.

Hypothermia means "low heat" and is a potentially serious health condition. "Low heat" is when the body cannot replace the heat it has lost due to the cold conditions.

Being prepared for cold conditions is the key to staying warm and being Safety Strong.

December 18, 2019

Field Daily Safety Message

Cold Weather – Best Work Practices

Employees and supervisors must be trained to detect early signs of cold stress. Supervisors should watch for signs of cold stress and allow workers to interrupt their work if they are extremely uncomfortable. Supervisors should also ensure that work schedules allow appropriate rest periods and ensure liquids are available. They should use appropriate engineering controls, personal protective equipment and work practices to reduce the risk of cold stress.

Some Best Work Practices:

- Drinking: Drink plenty of liquids, avoiding caffeine and alcohol. It is easy to become dehydrated in cold weather.
- Work Schedule: If possible, heavy work should be scheduled during the warmer parts of the day. Take breaks out of the cold.
- Buddy System: Try to work in pairs to keep an eye on each other and watch for signs of cold stress. Victims of hypothermia may not recognize symptoms.

Engineering Controls to reduce the risk of cold stress:

- Radiant heaters may be used to warm workers
- Shield work areas from drafts or wind
- Use insulating material on equipment handles when temperatures drop below 30° F.

December 19, 2019

Field Daily Safety Message

Cold-Related Illness - Hypothermia

Hypothermia means "low heat" and is a potentially serious health condition. It occurs when body heat is lost from being in a cold environment faster than it can be replaced. Symptoms begin with shivering. As the body temperature continues to fall, slurred speech, lack of coordination and memory loss develop and shivering ceases. Once the body temperature falls to around 85° F, the person may become unconscious, and at 78°, the person could die.

Mild hypothermia (98 - 90° F)

Signs of mild hypothermia: Shivering, lack of coordination (stumbling, fumbling hands), slurred speech, and pale cold skin

What to do: Move to a warm area, stay active, remove wet clothes and replace with dry clothes and cover the head, drink warm sports drinks

Moderate hypothermia (90 - 86° F)

Signs of moderate hypothermia: Shivering stops, mental confusion or impairment, reduced breathing and/or heartrate, unable to walk or stand, and confused/irrational

What to do: Treat the same as mild hypothermia and also call 911 for help, cover all extremities, and place hot packs and water bottles on victim's head, neck, chest, and groin

Severe hypothermia (86 - 78° F)

Signs of moderate hypothermia: Severe muscle stiffness, very sleepy or unconscious, extremely cold skin, and irregular or difficult to find pulse

What to do: Call 911, handle the victim carefully as sudden movement or rough handling can upset heart rhythms, do not attempt to re-warm, the victim should receive treatment in a hospital

December 20, 2019

Field Daily Safety Message

Cold-Related Illness – Frost Bite

Frostbite occurs when layers of skin tissue freeze. In severe cases, amputation of the frostbitten area may be required. Frostbite can be caused by exposure to severe cold or by contact with extremely cold objects. In fact, frostbite occurs more readily from touching cold metal objects because heat is rapidly transferred from skin to metal.

Frostbite typically affects the extremities, particularly the face, ears, fingers and toes. Initial symptoms vary, but typically include skin that looks waxy and feels numb. Once damaged, tissues will always be more susceptible to frostbite in the future.

Signs and symptoms:

- Cold, tingling, stinging or aching feeling in the frostbitten area, followed by numbness
- Skin color turns red, then purple, then white or very pale skin, cold to the touch
- Hard or blistering skin in severe cases

First Aid:

- Call 911 for an ambulance
- DO NOT rub the area
- Wrap in soft cloth
- If help is delayed, immerse in warm, not hot, water. Don't pour water directly on the affected area because it will warm the tissue too fast. Warming should take about 25-40 minutes.
- Do not warm the skin if there is a chance of refreezing. Severe tissue damage can occur.

December 21, 2019

Field Daily Safety Message

Cold-Related Illness – Trench Foot

Trench Foot or immersion foot is caused by prolonged exposure to wet and cold temperatures. It can occur at temperatures as high as 60°F if the feet are constantly wet. Non-freezing injury occurs because wet feet lose heat 25-times faster than dry feet. To prevent heat loss, the body constricts the blood vessels to shut down circulation in the feet. The skin tissue begins to die because of a lack of oxygen and nutrients and due to the buildup of toxic products.

Signs and symptoms:

- Redness of the skin
- Numbness
- Leg cramps or swelling of the feet
- Tingling pain
- Blisters or ulcers
- Bleeding under the skin
- Gangrene (the foot may turn dark purple, blue, or gray)

First Aid:

- Call 911 immediately in an emergency; otherwise seek medical assistance as soon as possible.
- Remove the shoes, or boots, and wet socks.
- Dry the feet.
- Avoid walking on feet, as this may cause tissue damage.

December 22, 2019

Field Daily Safety Message

Cold Related Illnesses - Chilblains

Chilblains are caused by the repeated exposure of skin to temperatures just above freezing to as high as 60° F. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. This damage is permanent and the redness and itching will return with additional exposure. The redness and itching typically occurs on cheeks, ears, fingers, and toes.

Signs and symptoms:

- Redness of the skin
- Itching
- Possible blistering
- Inflammation
- Possible ulceration in severe cases

First Aid:

- Avoid scratching
- Slowly warm the skin
- Use corticosteroid creams to relieve itching and swelling
- Keep blisters and ulcers clean and covered.

December 23, 2019

Field Daily Safety Message

Recommendations for Working in Cold Environments

The following are recommendations for working in cold environments:

- Monitor your physical condition and that of your coworkers.
- Wear appropriate clothing
 - Wear several layers of loose clothing for insulation (tight clothing reduces blood circulation to extremities)
- Protect the ears, face, hands, and feet in extremely cold or wet weather
 - Wear a hat or hood to help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head
 - Boots should be waterproof and insulated
- Move into warm locations during breaks; limit the amount of time outside.
- Use insulated gloves to protect the hands (water resistant if necessary).
- Carry underwear, extra socks, gloves, hats, jackets, blankets, a change of clothes, and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer.

December 24, 2019

Field Daily Safety Message

The Wind Chill Chart

The opposite of the heat index is the wind chill temperature. It measures how cold it feels outdoors when wind speed is factored in with the actual air temperature. Our bodies heat a thin layer of air just next to our skin but when the cold wind blows across our exposed skin or clothes, it carries this warmth away from our bodies. Knowing the wind chill will help prepare you for the outdoors.

The wind chill chart is based on the following:

- Calculates wind speed at an average height of 5 feet, the typical height of an adult human face, based on readings from the national standard height of 33 feet, typical height of an anemometer
- Is based on a human face model
- Incorporates heat transfer theory: heat loss from the body to its surroundings, during cold and breezy/windy days
- Lowers the calm wind threshold to 3 mph
- Uses a consistent standard for skin tissue resistance
- Assumes no impact from the sun, i.e., clear night sky

New Wind Chill Chart

| | Temperature (F) | | | | | | | | | | | | | | | | | | |
|------|-----------------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Calm | 40 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 | |
| 5 | 36 | 31 | 25 | 19 | 13 | 7 | 1 | -5 | -11 | -16 | -22 | -28 | -34 | -40 | -46 | -52 | -57 | -63 | |
| 10 | 34 | 27 | 21 | 15 | 9 | 3 | -4 | -10 | -16 | -22 | -28 | -35 | -41 | -47 | -53 | -59 | -66 | -72 | |
| 15 | 32 | 25 | 19 | 13 | 6 | 0 | -7 | -13 | -19 | -26 | -32 | -39 | -45 | -51 | -58 | -64 | -71 | -77 | |
| 20 | 30 | 24 | 17 | 11 | 4 | -2 | -9 | -15 | -22 | -29 | -35 | -42 | -48 | -55 | -61 | -68 | -74 | -81 | |
| 25 | 29 | 23 | 16 | 9 | 3 | -4 | -11 | -17 | -24 | -31 | -37 | -44 | -51 | -58 | -64 | -71 | -78 | -84 | |
| 30 | 28 | 22 | 15 | 8 | 1 | -5 | -12 | -19 | -26 | -33 | -39 | -46 | -53 | -60 | -67 | -73 | -80 | -87 | |
| 35 | 28 | 21 | 14 | 7 | 0 | -7 | -14 | -21 | -27 | -34 | -41 | -48 | -55 | -62 | -69 | -76 | -82 | -89 | |
| 40 | 27 | 20 | 13 | 6 | -1 | -8 | -15 | -22 | -29 | -36 | -43 | -50 | -57 | -64 | -71 | -78 | -84 | -91 | |
| 45 | 26 | 19 | 12 | 5 | -2 | -9 | -16 | -23 | -30 | -37 | -44 | -51 | -58 | -65 | -72 | -79 | -86 | -93 | |
| 50 | 26 | 19 | 12 | 4 | -3 | -10 | -17 | -24 | -31 | -38 | -45 | -52 | -60 | -67 | -74 | -81 | -88 | -95 | |
| 55 | 25 | 18 | 11 | 4 | -3 | -11 | -18 | -25 | -32 | -39 | -46 | -54 | -61 | -68 | -75 | -82 | -89 | -97 | |
| 60 | 25 | 17 | 10 | 3 | -4 | -11 | -19 | -26 | -33 | -40 | -48 | -55 | -62 | -69 | -76 | -84 | -91 | -98 | |

Frostbite occurs in 15 minutes or less

December 25, 2019

Field Daily Safety Message

Happy Holidays from Our Home to Your Home!



December 26, 2019

Field Daily Safety Message

Three Points of Contact

Do you maintain three points of contact 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

December 27, 2019

Field Daily Safety Message

Winter Time - Slips

As you race through the door, not noticing the puddle of slush that has now become iced over, you land flat on your back. You wonder how this happened? A small patch of ice on the stairs, a puddle on the floor, or snow on the sidewalk can take your feet right out from under you.

Use extra caution, plan your route, and take your time.

Remember winter is HERE!

December 28, 2019

Field Daily Safety Message

Winter Weather Driving Safety Talk

The roads are a dangerous place on even the nicest day, but in the winter the dangers of driving increase dramatically. According to the Department of Transportation, winter weather conditions are responsible for over 192,000 injuries and 2,200 deaths each year.

Tips for Avoiding a Winter Weather-Related Accident:

- Monitor weather for any incoming snow storms or icy conditions and plan your travel around those conditions. Do not put yourself in a situation where you are stuck on a roadside.
- Do not drive in wintry conditions if possible. Eliminating driving eliminates your chances of being in an accident.
- Be a defensive driver. Stay clear of other drivers and maintain a safe distance in case you need to brake or turn to avoid an accident.
- Slow down. Winter weather conditions necessitate having to reduce your speed. Reducing your speed will give you more time to react as well as help to avoid losing control of your vehicle.

The best way to avoid an accident during the winter months is to avoid driving in dangerous conditions. If you absolutely have to drive in bad weather conditions travel main roads that have already been plowed and salted. Take your time getting to your destination.

December 29, 2019

Field Daily Safety Message

Rainy Conditions

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.

Here are a few driving tips:

- 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.

December 30, 2019

Field Daily Safety Message

Celebrate with a Plan

Always remember to plan ahead if you will be celebrating. If you plan to drink, plan for a sober driver to take you home.

Is it your turn to be the designated driver? Take that role seriously and do not consume alcohol, not even one drink.

- Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.
- If available, use your community's sober ride program.
- If you see a drunk driver on the road, contact your local law enforcement agency.
- Have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

Remember buzzed driving is drunk driving.

Be safe and remain Safety Strong.

December 31, 2019

Field Daily Safety Message

Staying Safe When It's Time to Celebrate

New Year's Eve is an occasion to celebrate, and the last thing you want is a health and safety hiccup. No matter what plans you have in store, here are some tips on how to stay safe on New Year's Eve:

1. **With Your Group:** The best New Year's Eves are spent with loved ones. If you're going to a party or heading to a public event, make plans to arrive and leave with a group. A lot can happen on New Year's Eve and you want to ensure you, your friends, and family are safe, so be sure to share your plans for the night and communicate your whereabouts if plans change.
2. **When It's Time to Eat:** A filling dinner is one of the best ways to prepare for a long New Year's Eve night. A wholesome dinner can not only help to absorb some of the alcohol, but it will also help you avoid nibbling on bar snacks.
3. **If You're Drinking:** Alcohol is almost unavoidable on New Year's Eve. Even if you and your friends don't partake, you'll likely encounter intoxicated revelers over the course of your night. If you are drinking, keep in mind your limits and drink plenty of water.
4. **Regarding Driving:** Don't drink and drive. Don't let anyone you see drive under the influence. Take keys and offer couches to sleep on if you are hosting the gathering.

HAPPY NEW YEAR!