

June 2020

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June 1, 2020

Field Daily Safety Message

First day of Hurricane Season – Is your family prepared?

Create a plan to prepare for hurricane season:

1. Plan your evacuation route well ahead of time
2. Keep non-perishable emergency supplies on hand
3. Take an inventory of your personal property
4. Review your insurance policies
5. Take steps to protect your home

Precautionary measures can help temper the effects of destructive storms.

June 2, 2020

Field Daily Safety Message

Line of Fire – Drop Zones

Drop zones are established prior to starting overhead work. All ground personnel shall remain out from under the load and out of the drop zone when the zone has been established and is in use. When attaching materials or tools to a hand-line, the ground person should be far enough away from the load to be clear of any objects that might accidentally be dropped from overhead avoiding the **line of fire**.

June 3, 2020

Field Daily Safety Message

Underground - Thumper Safety

Always remember during the test procedure, you shall be insulated and/or isolated from any hazards. When equipment is energized at test voltage of 10 kV for double testing, you shall maintain a minimum distance of 2 feet 7 inches from the energized equipment.

June 4, 2020

Field Daily Safety Message

Water Intake

Be sure to monitor your intake of fluids as extreme heat and intensive labor can cause rapid dehydration. In high heat, you should drink one cup (8 ozs) of water every 15-20 minutes. This translates to 24 to 32 ounces per hour. Drinking at shorter intervals is more effective than drinking large amounts infrequently.

To increase and measure your intake, you may want to treat water with flavorings and set up water stations with 8-ounce cups to help monitor your intake.

June 5, 2020

Field Daily Safety Message

Barricading an Unsafe Area

The use of temporary barricading ensures all personnel are excluded from areas where work activities, or conditions, present a hazard to employees or to the public. Employees shall follow their Business Unit's requirements to select the appropriate safety ribbon, cones, or barricades when setting up temporary barricades. A strong Questioning Attitude should always be used when flagging or barricades are present.

- Make sure when barricading that you are providing enough clear 'safe' area around the hazard
- Physical barriers are preferred over the use of ribbon, when feasible
- Do not tie ribbon, tape, rope, and lines to equipment that could be damaged or where the ribbon could be accidentally caught on moving parts
- The responsible work group shall maintain the integrity of the barricade/safety ribbon/tape materials to ensure effectiveness of its intent

Remember if your work group puts up a barricade, it is your responsibility to remove when the hazard no longer exists.

June 6, 2020

Field Daily Safety Message

Anger: Just One Letter Short of Danger

Studies show that high levels of anger increase the risk of injury. Angry people are more likely to sustain injuries serious enough to require emergency medical care. There is little doubt that anger can be a contributing factor in workplace injuries, but what can we do to help control the anger?

Here are some tips:

- Consciously determine to be calm, don't react, think! Choose to remain calm.
- Communicate calmly about the reason for being upset. Choose to calmly communicate.
- Remove yourself by getting away from the scene and do not respond out of anger. Choose to remove yourself.
- Frequently take time for yourself by doing something that you enjoy like walking, swimming, or reading. Choose to take the time.
- Look for the positives and do not dwell on the negatives. Choose to take control.

Remember to choose the right reasons to remove anger to avoid danger.

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.

June 7, 2020

Field Daily Safety Message

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 energy drinks, soda, alcoholic beverages, and even fruit juices. These are slow to absorb into the body.

June 8, 2020

Field Daily Safety Message

5 Tips to Improve Your Situational Awareness

Situational Awareness is the ability to identify, process, and comprehend information about what is going on around you.

1. Learn to predict events – during JHA discussions, think ahead about situations that may happen
2. Identify elements around you – look around for objects, events going on, people and environmental factors that you may have to encounter while performing the job
3. Trust your feelings – the gut feeling that you are having, trust and talk about it with the crew during the JHA or call a STOP work, if needed
4. Limit situational overload – minimizing surrounding distractions can help improve awareness
5. Avoid complacency – keep yourself in the right mindset by challenging yourself and those around you to do peer checks often

Think about it this way ... “STKY (stuff that can kill you)”?

Knowing what is going on all the time is very difficult for one person, especially during high stress situations. Take the time to ensure that the entire crew is engaged in situational awareness.

June 9, 2020

Field Daily Safety Message

Job Hazard Analysis – What’s your plan?

There is a lot of talk about Job Hazard Analysis. JHA’s are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task, or not thinking through the process can put you in harms way.

Instead, Plan Your Work and then Work Your Plan.

“It is better to be careful 100 times than to get killed once.” Mark Twain

June 10, 2020

Field Daily Safety Message

Mitigating Safety Risks – Heat

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

- 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.

June 11, 2020

Field Daily Safety Message

Are your Safety Glasses up to standard?

Safety glasses are to be purchased through storeroom, excluding corrective lens.

Company approved eye protection (safety glasses, goggles, and face shields) shall, at minimum, consist of occupational grade safety glasses with side shields in conformance with American National Standards Institute (ANSI/ISEA) Z87.1+ ratings).

For fleet employees, safety glasses, impact goggles, and face shields shall meet the ANSI/ISEA Z87.1+ ratings

For employees who are required to use safety glasses, and who require corrective lens, you must wear the following:

- a) A minimum rating of ANSI/ISEA Z87.1+ approved prescription safety glasses, including side shields, or
- b) Company approved safety glasses worn over standard corrective lenses (glasses or contacts)

June 12, 2020

Field Daily Safety Message

Stop Work Process

When is it necessary to use the Stop Work Process?

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

Remember if the Stop Work Process is used, make sure to say/yell the word “STOP” loud enough for all crew members to hear.

June 13, 2020

Field Daily Safety Message

Employees must be honest with themselves and determine if they can safely complete a new task. If not, the employee should approach their management team and ask for more training to improve their skills and knowledge.

Other times employees may not have the right tools to finish a job. STOP and ask for the proper tools and appropriate equipment to complete a job.

Speak up, it's the right thing to do!

June 14, 2020

Field Daily Safety Message

New Employees

New employees can serve as a great asset to everyone around them. The odds of a new employee avoiding an injury greatly depend on the other employees around them. Everyone starts somewhere and needs guidance in the beginning. Remember the struggles and important lessons you learned as a new employee and pass that knowledge on.

Safety on the job is everyone's responsibility.

Watch out for those around you and never hesitate to help a new employee.

June 15, 2020

Field Daily Safety Message

Primary Underground Cables and Equipment

All existing installations of primary underground cables and equipment shall be considered energized at all times unless properly disconnected from all sources of potential, tested for potential, and then grounded on both ends for URD cables using approved grounding clamps and grounding cables or if applicable a grounding switch.

It it's not grounded, it's not dead!

June 16, 2020

Field Daily Safety Message

Safety Needs to Be Proactive to be Effective

For safety to be achieved on the job, employees need to be proactive. Many safety rules and policies are created after an incident or injury occurs which is reactive in nature. To prevent a similar incident from happening again the lessons learned are turned into proactive measures that need to be implemented. Every safety meeting, safety training, safety message, and time taken to implement safeguards prior to work beginning is an attempt to be proactive when it comes to addressing safety in the workplace.

When employees are proactive when addressing safety on the job it is less likely someone will have to learn a lesson the hard way.

June 17, 2020

Field Daily Safety Message

Someone Else in the Line of Fire

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**.

June 18, 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

June 19, 2020

Field Daily Safety Message

The Negative Side to Quick Reaction

There are many times quick reactions put people **in the line of fire** where they can be hurt. A person sees a situation occurring and in an instant their mind tells their body how to react. At work, an impulsive decision to jump in and try to help in a situation going wrong may be the last decision a person makes. It is important to consider what our first reaction may be to certain situations and attempt to fight the urge to react impulsively without thought.

Remember to use STAR:

S = STOP

T = THINK

A = ACT

R = REVIEW

June 20, 2020

Field Daily Safety Message

First Day of Summer

Remember these three simple words: Water, Rest, Shade. Taking these precautions can mean the difference between life and death.

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks, wearing bulky protective clothing, or working with equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, including new workers, temporary workers, or those returning to work after a week or more off.

The risk of heat illness includes everyone during a heat wave.

Take the time to acclimate to the heat!

June 21, 2020

Field Daily Safety Message

Think of the Next Person

Great things happen when everyone begins to consider how their decisions will affect others. Realize that your own safety not only depends on your decisions, but choices made by every other person working around you.

A choice as simple as placing a heavy box on a table instead of the floor can save a coworker from experiencing a severe back injury that places them out of work for months.

What choices will you make today to prevent an injury to yourself or your co-worker?

Happy Father's Day!

June 22, 2020

Field Daily Safety Message

Heat Exhaustion

Heat exhaustion is the most common heat illness. Heat exhaustion is a condition where symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity.

Signs and symptoms may develop suddenly or over time.

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

If you think that you are experiencing heat exhaustion, stop all activity and rest, move to a cooler place, and drink cool water or sports drink. Consult a doctor if your signs or symptoms worsen or don't improve within an hour.

If you are with someone showing signs of heat exhaustion, seek medical attention if the person becomes confused or agitated, loses consciousness, or is unable to drink.

June 23, 2020

Field Daily Safety Message

Spotter Safety

While spotting for equipment operators, including trucks, may not seem like a dangerous task, it certainly is. Spotting for equipment has been proven to be an effective safeguard for preventing incidents between pedestrians and the equipment as well as preventing property loss incidents.

Basic safe work practices for spotting:

- Driver and spotter shall agree on hand signals before backing up.
- Spotter shall always maintain visual contact with the driver while the vehicle is backing.
- As the operator, stop anytime you lose sight of the spotter.
- Spotter shall not have additional duties while they are acting as spotters.
- Spotter shall not use personal mobile phones, personal headphones, or other items which could pose a distraction during spotting activities.
- Spotters should wear high-visibility clothing during night operations.
- Review the work area for any additional hazards such as trip hazards or fixed objects that the equipment can strike. Remove any people, objects, or equipment prior to needing to back into an area to eliminate the possibility of a strike.

June 24, 2020

Field Daily Safety Message

Job Hazard Analysis – It's Important

A JHA is a technique that focuses on job tasks as way to identify hazards before they occur. It focuses on the relationship between the worker, the task, the tools, and the work environment. Ideally, after you identify uncontrolled hazards, you will take steps to eliminate or mitigate them to an acceptable risk level.

Some tips for an impactful JHA:

- Break the job into steps so that all areas of the job are covered
- Encourage participation from crew members with help to identify
 - What can go wrong?
 - What are the consequences?
 - How could it happen?
 - What are the contributing factors?
 - How likely is it that the hazard will occur?
- Review the list of hazards with crew members who do the job and discuss what could eliminate or mitigate these hazards

Remember before starting any job or at any change in the job, the crew shall conduct a JHA.

Don't forget to think about "STKY" (stuff that can kill you)!

June 25, 2020

Field Daily Safety Message

Dog Bites – Recent Incidents

In 2020 we have experienced three dog attacks resulting in injuries beyond first aid.

- A contract employee was bitten when a dog approached in a friendly manner. A stray dog approached the friendly dog and the dogs began to fight with the employee getting caught in the middle
- A contract employee was attacked by an overly aggressive dog biting the employee multiple times.
- A contract employee was walking up to house, dog came from under a fence biting employee on his hand and forearm.

A few preventative tips:

- Observe area looking for dog trails, food, water bowls, dog houses, fences, chains, dumped garbage cans, behind bushes, under cars and houses
- When entering property, rattle the gate or make a noise; Have PPE readily available meaning ready for action
- Never turn your back to a dog; don't become complacent in areas or with friendly dogs
- Always carry your dog protection PPE, even when there are no signs of animals

Standards offers two types of protection from dogs: Bulli Ray Stick and the Dazer II

Are you prepared for a dog attack?

June 26, 2020

Field Daily Safety Message

Lift it Twice!

The act of lifting is the same as any other movement that you can learn to do better with practice. Lifting twice means applying the principal of planning your movements prior to lifting.

- Your first lift is a mental lift. Think about the lift prior to actually doing it:
- How am I going to lift the item? Can I do it myself or should I get some help?
- How heavy is the item? Do I need to use mechanical assistance?
- Where am I taking the item being lifted? Is the area clear where I need to set it down?
- Is it a difficult path or a distance to go?
- What hazards may hamper the lift or obstruct the travel path?
- Eliminate those hazards before you lift the item. In other words, Plan the Lift First!
- The second lift is the actual physical lift. Here is where you carry out your plan.
- Use proper body mechanics and techniques while going through the motions. Bend those knees!
- Most important: Keep the load as close to your body as possible and do not twist.

Two lifts are better than one ... when it comes to reducing the risk of a strain on your back!

June 27, 2020

Field Daily Safety Message

Can I use bleach to clean my FR clothing?

No, you should not use bleach when laundering FR clothing.

There is data to suggest that bleach can degrade the FR characteristics of the fabric and reduce the protective properties of the garment. To maximize your safety, you should not launder FR clothing using bleach.

June 28, 2020

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.

June 29, 2020

Field Daily Safety Message

Preparing for Heat-Related Emergencies

- Have a plan in place for employees that may experience a heat-related illness.
- Make sure medical services are available and that employees know what to do if a fellow worker has signs and symptoms of a heat-related illness.
- Be prepared to provide first aid for any heat-related illness and call emergency services (i.e., call 911) if an employee shows signs and symptoms of heat stroke.
- Be able to provide clear and precise directions to the worksite.
- Immediately respond to symptoms of possible heat-related illness – move the worker into the shade, loosen the clothing, wet and fan the skin, place ice-packs in the armpits and on the neck. Give the employee something to drink. Call emergency services if the employee loses consciousness or appears confused or uncoordinated. Have someone stay with the ill employee.
- Ensure that emergency procedures are used whenever appropriate.
- Develop a plan to reschedule or terminate work if conditions become too risky.

Take the time today to make sure the entire crew knows the plan for heat-related emergencies and remain Safety Strong.

June 30, 2020

Field Daily Safety Message

Hard Hats – When was the last time you inspected your hard hat?

Hard hats shall be inspected prior to use. The shell and suspension should be routinely checked for cracks, dents, nicks, gouges, and any damage due to impact, penetration, abrasions, rough treatment, or wear that might reduce the degree of protection originally provided. Any hard hat that shows signs of worn or damaged parts should be removed from service immediately and replaced.