

Safety Principle # 3

All Employees are responsible for SAFETY

March 2019

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March 1, 2019

Field Daily Safety Message

Are you using the proper tool?

Many different types of press tools are used throughout the Utility Industry for making connections on conductors. Care shall be used to insure the correct dye and connector is used during these everyday tasks. Presses shall be removed from the power source before dyes are changed to ensure worker safety in the case of the unintentional tool operation. Employees shall use all proper PPE and body positioning during these activities.

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March 2, 2019

Field Daily Safety Message

Safe Exit of Vehicle

When exiting vehicle, visually inspect your landing zone before exiting to ensure no hazards exist. Maintain three points of contact until both feet are firmly planted on the ground. Never attempt to ride on, mount or dismount a vehicle in motion.

What does your landing zone look like?

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March 3, 2019

Field Daily Safety Message

Watch out for the unexpected! Keep your eyes moving.

Each year, deer cause over 25,000 vehicle injury accidents and over 200 fatalities. Knowing what you can do to avoid being one of these statistics is important. When you drive, you should always be alert. If you are driving at night, especially in areas where deer are populated, consider slowing down in case a deer were to jump out in front of you. Decrease your following distance also so that you have time to respond if the car in front of you hits a deer. Maintain a strong questioning attitude and utilize situational awareness also.

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March 4, 2019

Field Daily Safety Message

Every step matters! From step stools to extension ladders, make sure you're putting the right foot forward.

Every year over 100 people die in ladder related accidents and thousands suffer from disabling injuries. The goal of Ladder Safety Month is to draw attention to the danger of improper ladder use and how easily ladder-related injuries and deaths can be prevented.

Here are some tips:

- Select the proper ladder for the type of work to be performed
- Use ladder only for the purposes for which they were designed
- Inspect ladders for defects prior to use and at monthly intervals
- Defective or broken ladders should not be used and tagged "out of service"
- Recognize load rate capacity of ladder, remember this load includes both the person and material
- Ladders should be placed at proper angles before climbing

* Download the NIOSH Ladder Safety phone app for accurate angles of inclination.

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March 5, 2019

Field Daily Safety Message

Protect your body from a soft tissue injury.

Often ergonomic related injuries can happen when the job is finished and the clean-up is the only task left.

Follow these simple guidelines to help prevent soft tissue injuries:

- Watch for materials, roots, stumps, other vegetation, and any uneven surfaces to prevent slips trips & falls
- Never bend and lift from the waist.
- Break material down into small, light, manageable pieces
- Use trucks and equipment to do the heavy lifting

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March 6, 2019

Field Daily Safety Message

Follow Testing & Grounding Procedures

Once the switching, tagging, and clearance process is complete, now it's time to test for voltage and install grounds. We should make sure that our grounds are in good shape and have good test dates on them. We should also make sure that the voltage tester is working properly. The batteries in the testers should be replaced every January & July.

Have you inspected your grounding equipment today?

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March 7, 2019

Field Daily Safety Message

Overhead clearances when driving ...Look UP!

When driving near or under awnings, it is important to remember this presents a hazard depending upon the height of your vehicle. There have been instances in the past where a company vehicle struck an awning, resulting in damage to either the company vehicle or to the awning itself. It is best practice to avoid driving under an awning or overhead canopy. If you are faced with an awning or canopy, look for an alternate path that does not include traveling under it. You should also know your vehicle's height and take that into consideration when driving. If you have a spotter available, have the spotter spot the space you will be driving to ensure the path is clear.

Always remember it is best to get out and look.

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March 8, 2019

Field Daily Safety Message

How to set up a straight ladder

- Walk it into position hand over hand
- Make sure the base is solid
- Tie the top if you can
- A straight ladder should be placed against the wall at an angle so that the base of the ladder is one foot away from the surface it rests against for every four feet of height.

Important: You can remember this formula as the "four up, one out" rule. A 16-foot extension ladder should be 4 feet out from the surface it rests against at the base.

Are you using the correct formula?

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March 9, 2019

Field Daily Safety Message

Planning on traveling this weekend? Don't forget about your posture!

Posture is important when doing physical labor. It's also just as important to keep good posture when sitting and driving. Don't let your shoulders slouch and head come forward. Engage the core muscles of the abdomen, by "sucking" in the stomach. Then simultaneously lift the chest and move your head back and keep it up above the shoulders.

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March 10, 2019

Field Daily Safety Message

Have you considered the possibility that you may need an emergency kit for your vehicle?

Emergencies or vehicle issues can occur at any time and being prepared can keep you safe and save time. If you have roadside assistance and a cell phone signal, you should be able to call for help. Have you considered what occurs if you do not have a cell phone signal?

A basic roadside emergency kit should consist of the following items:

- Jumper cables
- Flares or triangle reflectors
- First Aid Kit
- Blanket
- Flashlight with extra batteries
- Tool kit with a screwdriver, pair of pliers and an adjustable wrench
- A can of tire inflator
- Tire pressure gauge
- Ice scraper
- Pen and paper
- Bottled water
- Granola or energy bar

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March 11, 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.

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March 12, 2019

Field Daily Safety Message

Still thinking about **SAFETY STRONG** and what it personally means to YOU?

Become Safety Strong in your FR clothing care and maintenance:

- Don't use chlorine bleach
- Don't wear FR that has been soiled with flammable contaminants
- Retire FR clothing if it's worn out
- Never use bug spray containing DEET on your FR clothing. The new Buzz Up insect repellent contains no DEET and is more effective than Buzz Off.

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March 13, 2019

Field Daily Safety Message

Our hearing is precious to us. Once we diminish or lose our hearing we can never fully recover it. Both on the job and at home there are many sources of noise which can damage our hearing. These sounds can damage sensitive structures in the inner ear and cause noise-induced hearing loss. Occupational hearing loss is one of the most common workplace injuries today in the United States.

Do you know when hearing protection is required?

Equipment	Decible level at specified distance with no hearing protection						
	< 3 ft	5 ft	10 ft	15 ft	20 ft	25 ft	30 ft
Airboat	125						
Bucket truck (front)	77						
Bucket truck (rear)	63						
Miller Bobcat welder	81	78.9					
4" grinder	99	91	88	84	78		
Bobcat 335 mini excavator	81	77	78	72	68		
Welder/compressor	92	87	81	75			
Sand blasting in bell hole	92	82	75				
Rotary drill	105	99	96	94	91	87	82
Concrete saw	102	100	96	92	88	84	
Hydraulic brake on machine	100	99	97	94	90	87	

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March 14, 2019

Field Daily Safety Message

Situational Awareness, are you focused for 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 and maintaining awareness in each of these situations is crucial to staying safe and avoiding accidents.

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March 15, 2019

Field Daily Safety Message

Are you practicing safe ladder use?

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

Below are several tips to avoid injuries while utilizing ladders.

- Don't use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Don't use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Don't place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Don't move or shift a ladder while a person or equipment is on the ladder.
- Don't lean too far or overreach. Reposition the ladder closer to the work instead.
- Don't use a ladder as a bridge or scaffold.

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March 16, 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.

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March 17, 2019

Field Daily Safety Message

Hazards

A hazard presents the potential for harm. Hazards are often associated with a condition or activity that, if left uncontrolled, can result in an injury or illness. There are safety processes, human performance tools and systems in place to identify hazards. Once a hazard has been identified, it is important to eliminate it or to mitigate it immediately so that no one is injured. You can enter close calls and good catches into Airswab so that others are aware of the hazard you controlled and can take the appropriate steps if they encounter a similar situation.

What hazard(s) do you believe you will encounter today and what steps will you take to eliminate or mitigate the hazard(s)?

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March 18, 2019

Field Daily Safety Message

Inspect Your Ladder Prior to Using

Some jobs may require the use of a ladder. Ladder injuries are common in the workplace. When a ladder is the right tool for the job, make sure you inspect the ladder before using. Read and follow all labels associated with the ladder of choice. If there is damage, immediately remove it from service, and tag the ladder with the proper tag to alert others. Leave the tag in place until the ladder is repaired or discarded.

Ladder inspection is a requirement!

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March 19, 2019

Field Daily Safety Message

Hazards and Injuries Created by Muddy Work Areas

- Equipment/vehicle crashes or over turn - Traction and control is greatly reduced when operating in mud. Remember outriggers sink in muddy conditions, use outrigger pads.
- Slips, trips, and falls – Walking around or getting into equipment in the mud can lead to slipping or falling.
- Sprains/strains – Many people will pull muscles due to getting their boots stuck in the mud and trying to yank them out. Also, falling over with your feet stuck in an awkward position can lead to suffering a sprain or strain injury.

The best single practice is eliminating work in excessively muddy areas until it clears up or work areas are mitigated when possible.

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March 20, 2019

Field Daily Safety Message

Spring is HERE and so are the TICKS!

Tick Bite Prevention

If you are in areas where there is a lot of vegetation or animals, wear clothes and gloves that cover as much skin as possible. Check for ticks periodically on your clothes and on your skin. Do a complete check of your body before showering. Ticks like to bury themselves in the skin on warmer areas of the body. It is important to remove the tick as quickly as possible to help prevent the spread of disease.

Check with your supervisor for other tips on how to keep ticks off your body. And always use Buzz Up, which is very effective in preventing ticks.

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March 21, 2019

Field Daily Safety Message

Are you using the right tool for the job?

Injuries from tools often take place when workers fail to use them as intended. Common injuries from improper use or selection of tools include: cuts, punctures, scrapes, abrasions, eye injuries, bruises, carpal tunnel and electrical shock/ burns from contact with energized equipment. Employees should always take time to consider the best tool for each task and wear proper PPE during each use.

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March 22, 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!

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March 23, 2019

Field Daily Safety Message

What can hurt me today?

While a positive mindset and attitude are important for safety, asking yourself the critical question “What can hurt me today?” can trigger you to take extra time to really evaluate a work task. Take ownership of hazards in your work area and see them through until they are fixed.

After all, you never know what safeguard or action may make the difference in preventing an injury.

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March 24, 2019

Field Daily Safety Message

Reasons why work tasks are done incorrectly

There are many reasons why work is not done correctly the first time or even the second time around.

Some reasons to consider:

- Insufficient knowledge
- Lack of training
- Laziness
- Complacency
- Improper instructions
- Change of plans
- Wrong materials or tools

What are some other reasons that you can come up with?

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March 25, 2019

Field Daily Safety Message

Are you “Climbing with Care?”

- When you climb, always face the ladder and grip the rungs of the ladder to climb, not the side rails. Never get on or off a ladder from the side unless it has been secured to prevent movement.
- Never climb with equipment in your hands. Use your pockets, equipment belt, or a tool pouch and raise heavy objects with a hand line. If you forget something, always climb down the ladder to retrieve it yourself; don't have someone toss it up to you. And never ask someone to climb up your ladder to give you supplies. It is dangerous to exceed the weight limits that a specific ladder can handle.
- When you descend a ladder, practice the same safety rules. Face the ladder, keep your body square and hold on to the rungs. Always step off at the bottom rung of the ladder and never jump from a ladder.

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March 26, 2019

Field Daily Safety Message

Did you know that about 2000 workplace eye injuries occur every day?

Almost 70% of accidents happen because of flying or falling objects. And would you believe that most of the objects are smaller than the head of a pin? Always wear the proper eye and face protection and don't rub your eyes with dirty hands or clothing. Always brush, shake or vacuum dust and debris from hardhats, hair, forehead or your brow BEFORE removing protective eyewear.

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March 27, 2019

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.
- 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.

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March 28, 2019

Field Daily Safety Message

ERGO - The Right Position

Getting into the right position is key to working safely. Keep the work close to your body and between your hips and shoulders. Avoid reaching and repetitive tasks. A stretching routine is a good supplement to ergonomics, for when optimal postures cannot be maintained.

Have are your stretching plans for the day? Stretching is not a one and done thing!

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March 29, 2019

Field Daily Safety Message

Before driving, do you get out and look? Do you use the Safety Circle Walk every time?

Looking at the surroundings that are in the path of your vehicle can prevent you from hitting a stationary object. Anytime you will back a vehicle and you do not have a spotter, you should get out and look, and use one point backing. Look for any objects in the path you will take during backing that may come into contact with the vehicle. Some examples are stumps, mailboxes, flowerbeds, junk in customer's yards, tree limbs, equipment and other vehicles to name a few.

Don't forget to look UP!

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March 30, 2019

Field Daily Safety Message

Is your work area properly barricaded?

A properly barricaded, coned off work site helps ensure we have communicated the hazards to all workers and pedestrians. Traffic control tools, such as cones, signs, and barricades should be inspected daily during the work period and maintained as needed. All workers who are involved with the work project must have the proper training to do their jobs correctly and ensure everyone's safety.

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March 31, 2019

Field Daily Safety Message

Three Self-centered Reasons to Work Safe

1. Your health – Once we lose our health or impact it severely, it may never be the same. It is important to really think about how a severe injury would change the rest of your life.
2. Providing for your family. Your family depends on your ability to earn an income. When you are injured or ill you can lose that ability quickly.
3. Your reputation. If it is known that you are a worker that cuts corners or does not work safely it could make all the difference in if you get the chance at a better opportunity. Your reputation depends on it!

Most of all, do it for yourself! Stay Safety Strong!

Safety Principle # 3**All Employees are responsible for SAFETY****March 2019**

March 2019						
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3 Health Facts	4 Parade Safety	5 Prevention to Ensure Safety	6 Work Out Wednesday - Walking	7 Exit Routes	8 Daylight Savings Time	9 On a Phone?
10 Self-Care	11 Hydration: Water is Important	12 Computer Screen Distance	13 Work Out Wednesday – 9 Benefits of Stretching	14 Office Refrigerator	15 Driving – Inattention Blindness	16 Pedestrian Safety
17 Parade Safety	18 Electrical Hazards	19 Office Safety Plan	20 Work Out Wednesday – Do I need electrolytes?	21 Struck/Caught by an Object	22 First Aid Kits	23 Shoes – Hiding Place
24 Negative Thoughts	25 Steps to a Safer Office	26 Canned Air	27 Work Out Wednesday – Stretch at your Desk	28 Clean up Spills	29 Proper Lighting	30 Yard Work – Spring is Here
31 Weekend Yard Work						

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March 1, 2019

Office Daily Safety Message

Do you know that March is National Nutrition Month?

National Nutrition Month is a time to promote the benefits of eating a healthy diet and actions we can take to make healthy living easier. Helping to gain access to healthy foods and encourage small changes to daily routines can make a big difference for overall health.

What changes will you make to your diet to make healthy living easier?

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March 2, 2019

Office Daily Safety Message

Why eat healthy?

- To lower your health risks
- To stay strong and active
- To manage your weight
- To set a positive example
- To save money
- To improve mood and mental health
- To improve your quality of sleep

What are your reasons for eating healthy?

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March 3, 2019

Office Daily Safety Message

Health Facts

- More than 1 in 3 adults and nearly 1 in 5 children or adolescents are obese
- Fewer than 1 in 3 adults get the recommended amount of vegetables each day
- Approximately 90% of Americans eat more sodium than is recommended for a healthy diet
- More than 23 million Americans, including 6.5 million children, live in food deserts. Food deserts are neighborhoods, cities, or towns that lack access to affordable fruits, vegetables, whole grains, and other foods that make up the full range of a healthy diet.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults

Are you eating your 2 to 2.5 cups of vegetables a day?

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March 4, 2019

Office Daily Safety Message

Going to a parade tomorrow? Keep SAFETY in your plans.

1. Stay behind barricades, they are there for a reason and that reason is safety!
2. If children will be attending, do the research to see if the parade has a lost area where children can be taken if separated from adults.
3. For night parades, consider purchasing glow sticks that you can wear or carry around your neck. This will help ensure that children are seen at night.
4. Charge your cell phones prior to leaving. If you have older children, have them bring their fully charged cell phones with them.
5. Set up a buddy system if you are going in a large group. Ensure there is always one person per smaller child. Let the children know that they must walk with their buddy and not separate for any reason.

Parades are a ton of fun. Having a safety plan and discussing it with everyone about potential emergency situations will ensure everyone is alert and safe always.

Happy Mardi Gras!

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March 5, 2019

Office Daily Safety Message

Prevention is the best way to ensure safety in the office.

- Keep desks neat and free from clutter.
- Keep the floors and aisles clear of electrical cords. Use surge protectors and cable ties to manage the wiring.
- If you must carry anything from one place to another, don't stack things up so high that you can't see directly in front of you. **ASK FOR ASSISTANCE.**
- Close desk or file cabinet drawers before walking away so others don't walk into them.

Name a few other prevention steps that will ensure safety in the office.

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March 6, 2019

Office Daily Safety Message

“Work Out Wednesday”

10 things that happen to your body when you walk:

- You burn fat
- Boost your metabolism
- Strengths your legs
- Helps with digestion
- Your body releases tension
- Increased intake of vitamin D
- Mental clarity
- Sleep better at night
- Strengthens your heart
- Better mood

Let's go for a walk!

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March 7, 2019

Office Daily Safety Message

Exit Routes

Always know your exit route in office setting, inform all visitors of exit routes.

What is an exit route? An exit route is a continuous and unobstructed path of exit travel from any point within a workplace to a place of safety.

An exit route consists of three parts:

- Exit access – portion of an exit route that leads to an exit
- Exit – portion of an exit route that is generally separated from other areas to provide a protected way of travel to the exit discharge
- Exit discharge – part of the exit route that leads directly outside or to a street, walkway, refuge area, public way, or open space with access to the outside.

Do you know your exit routes?

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March 8, 2019

Office Daily Safety Message

Daylight Savings Time

Daylight savings time begins Sunday, March 10th. Remember to set your clocks one hour ahead. It's time to spring forward.

Although it is just an hour, give your body enough time to adjust to the change. In some cases, the time shift can be dangerous. If your sleep cycle is out of whack, driving can be a bad idea. A study showed that fatal traffic accidents increase the Monday after time changes.

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March 9, 2019

Office Daily Safety Message

On a phone call for an extended time or frequently?

Use a headset for prolonged or frequent phone use. Cradling the phone between your shoulder and ear can cause neck and back pain.

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March 10, 2019

Office Daily Safety Message

Back injuries can be painful and cause long term absenteeism or medical retirement. Demonstrating proper lift techniques and following procedure will help prevent these injuries.

Eight steps to lifting correctly:

1. Plan your lift. Know the weight of the item.
2. Ask for help if the load is too heavy or bulky
3. Get a firm footing
4. Bend your knees
5. Tighten your stomach muscles
6. Lift with your legs
7. Keep the load close to your body
8. Avoid twisting and turning your back

Planning is the KEY to lifting properly!

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March 11, 2019

Office Daily Safety Message

Hydration: Water is Important!

Water is one of the most important substances on Earth. Plants, animals and people need water to survive. Water is important to our bodies and helps our bodies function correctly.

Some water facts you may not be aware of:

- Water makes up more than 60% of our body weight
- Lack of water is the number 1 reason for daytime fatigue
- A 2% drop in your body's water level can cause short term memory
- Water cleanses the body of toxins
- Water regulates the body's cooling system
- Water is a lubricant and cushions our joints

What does your hydration plan look like today?

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March 12, 2019

Office Daily Safety Message

How far should a computer screen be from your face?

Adjust the monitor height so that the top of the screen is at or slightly below eye level. Your eyes should look slightly downward when viewing the middle of the screen. Position the monitor no closer than 20 inches from your eyes.

A good rule of thumb is an arm's length distance away.

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March 13, 2019

Office Daily Safety Message

“Work Out Wednesday”

Stretching: 9 Benefits

1. Increases your flexibility
2. Increases your range of motion
3. Improves your performance in physical activities
4. Increases blood flow to your muscles
5. Improves your posture
6. Helps to heal and prevent back pain
7. Is great for stress relief
8. Can calm your mind
9. Helps decrease tension headaches

How are you doing with your 30/30?

Remember 30 seconds of stretching for every 30 minutes of continuous work

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March 14, 2019

Office Daily Safety Message

Keep the Fridge Safe and Clean

Is your office refrigerator filled with mystery items, funky smells and old yogurt? If so, it may be time to clean. Refrigerators should be kept at 40F or colder to slow bacterial growth on food. Storing foods above this temperature can cause bacteria to double on food in 20 minutes. If perishable food has been left in the refrigerator for over a week, throw it away. Clean up any spills with hot, soapy water. Throw out any expired items and read food labels for storage recommendations. If you find any food that smells or looks funky, throw it out. Any items with mold on them should be discarded immediately.

Is it time for a fridge cleaning?

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March 15, 2019

Office Daily Safety Message

Have you ever been sitting at a red light waiting for the light to turn green and before you realize it, the car behind you is honking at you to go because the light turned green and you missed it? This is a common phenomenon that occurs because of our busy world and distractions. No one is immune to distractions but there are steps we can take to ensure we are focused. Inattention blindness is defined as a lack of attention that is not associated with any visual defects. We can work to overcome this by avoiding fixed or blank stares and by not focusing on an object for more than 2 seconds while driving.

Can you think of other examples of inattention blindness to discuss with your work group?

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March 16, 2019

Office Daily Safety Message

Drivers and pedestrians alike share the responsibility of keeping themselves and others on the road safe.

Following a few safety tips and staying aware of your surroundings will keep you safe if you are a pedestrian:

- Walk in well-lit places
- Wear light clothing so you are visible
- Stay alert and focused
- Walk in safe places
- Avoid places after dark that have issues with crime
- Follow traffic rules
- Cross at sidewalks
- Do not stop to search for items in your purse or bag

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March 17, 2019

Office Daily Safety Message

Self-Care

Self-care is important to ensure that all parts of your body are functioning to the fullest potential to encourage maximum productivity and performance.

Below are 12 ways to start a self-care plan:

- Make sleep part of your self-care routine
- Take care of yourself by taking care of your gut
- Exercise daily as part of your self-care routine
- Eat right for self-care
- Say no to others, and say yes to your self-care
- Take a self-care trip
- Take a self-care break by getting outside
- Let a pet help you with your self-care
- Take care of yourself by getting organized
- Cook at home to care for yourself
- Read a book on self-care for self-care
- Schedule your self-care time, and guard that time with everything you have

Safety Principle # 3

All Employees are responsible for SAFETY

March 18, 2019

Office Daily Safety Message

Electrical hazards can be anything from a frayed electrical cord to bad wiring in the walls or even an exposed wire. There are many ways to prevent electrical hazards one of the best is to never over load an electrical socket or extension cord. If you find an exposed wire **Never Touch It.**

Look around, do you see any electrical hazards in your work area?

Safety Principle # 3

All Employees are responsible for SAFETY

March 19, 2019

Office Daily Safety Message

Is your office safety plan posted in a common area for everyone to view?

An office safety plan will help to create a safer office for both employers and employees. Know and discuss your office plans in case of an emergency.

Does it need to be updated or refreshed?

Safety Principle # 3

All Employees are responsible for SAFETY

March 20, 2019

Office Daily Safety Message

“Work Out Wednesday”

Do I need electrolytes while I exercise?

When you sweat, you not only lose water, but also high concentrations of sodium and chloride. Electrolyte drinks are used to replace what you lose.

As long as you stay hydrated, eat a balanced diet, and workout less than 60 minutes a day, you can probably skip the sports drink.

Most people do not drink enough water throughout the day to start their workouts well hydrated. Make sure to drink enough water regardless of the situation.

Safety Principle # 3

All Employees are responsible for SAFETY

March 21, 2019

Office Daily Safety Message

Struck/Caught by an Object

A common office injury is from workers being caught by or struck by an object. Filing cabinets pose a hazard if they are not shut when not in use. Large stacks of materials and heavy equipment can cause serious injuries if they are knocked over. It is important to store these items in a location where they will not fall if knocked over.

Safety Principle # 3

All Employees are responsible for SAFETY

March 22, 2019

Office Daily Safety Message

Checking your First Aid Kits

We all check our First Aid Kits during our routine inspections for out of date items, but we also need to make sure it is filled with the correct items. A list of the standard can be found on the share point site.

<https://entergy.sharepoint.com/sites/projects/DistributionStandards/SitePages/Material%20Standards%20Home%20Page.aspx>

Safety Principle # 3

All Employees are responsible for SAFETY

March 23, 2019

Office Daily Safety Message

Did you know that your shoes are considered a safe hiding spot for spiders? According to the University of California, our Entergy service territory is considered to be in high range for brown recluse spiders. These are not the only spiders that can harm you if bitten though. Before you put on your shoes, turn them upside down and shake them to allow any spiders that may be hiding inside to get out. Consider not storing shoes in your garage, where spiders are more likely to live. You can also visually inspect the inside of the shoe before putting on to ensure no spiders are inside. The last thing anyone needs is to be bitten by one of these things when you least expect it!

Did you check your shoes before putting them on this morning?

Safety Principle # 3

All Employees are responsible for SAFETY

March 24, 2019

Office Daily Safety Message

Positive, positive, positive thinking!

When starting to have negative thoughts, try the following remedies:

1. Meditate or do yoga
2. Smile
3. Surround yourself with positive people
4. Change the tone of your thoughts from negative to positive
5. Don't play the victim. You create your life – take responsibility
6. Help someone
7. Remember that no one is perfect and let yourself move forward
8. Sing
9. List five things that you are grateful for right now
10. Read positive quotes

Safety Principle # 3

All Employees are responsible for SAFETY

March 25, 2019

Office Daily Safety Message

Steps to a Safer Office

A surprising number of hazards exist within office settings. Slips, trips and falls are the most common type of office injury and there are hazards in each office that present risk for slips, trips and falls. Maintaining good office housekeeping is important to minimize clutter and keep workspaces free of hazards. Boxes, files and other office items can pose hazards if they are in walkways or under desks where your foot could come into contact and cause you to slip, trip or fall. Stretching cords across walkways not only poses a tripping hazard but it could also pose an electrical hazard. Ensuring cords are properly secured and covered is also important. If you need to reach an item on a taller shelf, utilizing a step stool is important. Standing on chairs presents a hazard because the chair is not designed to support the weight from standing on it.

Safety Principle # 3

All Employees are responsible for SAFETY

March 26, 2019

Office Daily Safety Message

Canned Air

Canned-air products are commonly used in offices to remove dust from computers or other electronics. When using this product, basic safety steps should be followed. These products should only be used in well ventilated areas and a non-flammable version should be used. Read the label on the can and ensure the item is updated on your building's Safety Data Sheet.

Safety Principle # 3

All Employees are responsible for SAFETY

March 27, 2019

Office Daily Safety Message

“Work Out Wednesday”

Stretch at your desk!

1. Rubber Neck – Sit up tall and drop your right ear down towards your right shoulder and hold for a few seconds and repeat for left side.
2. Reach for the Stars – Interlace your fingers and reach up towards the sky, as high as you can. Keep your palms facing up towards the ceiling.
3. Look Around – Turn your head to the left and try looking over your shoulder. Hold for a few seconds, now repeat to the right.
4. Bobblehead – Drop your chin down towards your chest and GENTLY roll your head from side to side.

How do you feel now?

Safety Principle # 3

All Employees are responsible for SAFETY

March 28, 2019

Office Daily Safety Message

Cleaning up spills

Ice, oil, water, cleaning fluids and other liquid substances are the most common spills. If there is a slipping hazard in an area, avoid walking in that area so that you do not slip, trip or fall. Always clean up any spills you are away of immediately and do not assume someone behind you will clean it up. If you see it, own it and be your brother's and sister's keeper.

See something, say something!

Safety Principle # 3

All Employees are responsible for SAFETY

March 29, 2019

Office Daily Safety Message

Proper lighting is needed to relax eye muscles. Eye strain is often caused by excessively bright light either from outdoor sunlight coming in through a window or from harsh interior lighting. Eliminate exterior light by closing shades or blinds. Reduce interior lighting by using fewer light bulbs or fluorescent tubes, or use lower intensity bulbs or tubes. If possible, position your computer monitor so windows are to the side instead of in front or behind it.

How bright are your lights?

Safety Principle # 3

All Employees are responsible for SAFETY

March 30, 2019

Office Daily Safety Message

Yardwork – Spring is HERE!

Don't let yardwork become a pain in the neck. Whether you're an avid gardener or dread mowing the grass, you are susceptible to outdoor injury, including:

- Back injuries from heavy lifting
- Strained muscles from planting or raking
- Rotator cuff tendonitis from pruning hedges with heavy sheers
- Lower back pain from weeding

Safety Principle # 3

All Employees are responsible for SAFETY

March 31, 2019

Office Daily Safety Message

Weekend Yardwork

Six tips to keep yardwork safe:

1. Prevent overuse injury – You may engage muscles during yardwork that you don't use daily.
2. Lift properly – When lifting, remember lift with your legs and not with your back.
3. Wear gloves and protective clothing – Not only do gloves improve your grip on tools, they also provide protection from splinters, debris, and poison ivy.
4. Stay hydrated – When it is warm outside, it is easy to become dehydrated.
5. Wear sunscreen – Don't be deceived by a cloudy day!
6. Nix pesky bug bites – Mosquitos thrive in damp areas, so empty anything in your yard that contains standing water, such as gutters, pet water dishes, planters, buckets, pool covers, old tires, or birdbaths.

Relax and enjoy the outdoors.