

March 2020

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March 1, 2020

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.

The right tool for the job, all day, every day.

March 2, 2020

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.

March 3, 2020

Field Daily Safety Message

Watch out for the unexpected!

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. Increase 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.

Keep your eyes moving.

March 4, 2020

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?

Ask yourself this, what could possibly hurt me stepping out of my vehicle?

March 5, 2020

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

Stay Safety Strong!

March 6, 2020

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 and July when you change the batteries in your PVD.

Have you inspected your grounding equipment today?

March 7, 2020

Field Daily Safety Message

Vehicle Emergency Kit

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

Whether heading out for a fun filled weekend or a trip to the local market, be prepared and Safety Strong in the event of an emergency.

March 8, 2020

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.

March 9, 2020

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!

March 10, 2020

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.

GOAL - Get Out and Look!

March 11, 2020

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 of the ladder, do not use!

March 12, 2020

Field Daily Safety Message

Safety in FR Clothing

Do you know the proper care and maintenance when it comes to your FR clothing?

Here are a few tips from the manufacturer:

- 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.

March 13, 2020

Field Daily Safety Message

Hearing Safety

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	

March 14, 2020

Field Daily Safety Message

Situational Awareness

Are you focused on the task at hand?

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

It is important to stay focused on your surroundings and to eliminate distractions. Use your questioning attitude to ask yourself which hazards are present in each environment you are in. You could be lifting boxes in an office, pulling out of a customer's driveway, inspecting a line, or driving a Right of Way and maintaining awareness in each of these situations is crucial to staying safe and avoiding accidents.

Recognize the hazards around and remain Safety Strong.

March 15, 2020

Field Daily Safety Message

Ladder Safety

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.

March 16, 2020

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? Is the structure that you are placing the ladder against strong enough to support you, your equipment, and the ladder?

March 17, 2020

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 Airsweb so that others are aware of the hazard you controlled and can take the appropriate steps if they encounter a similar situation.

What hazards might you encounter today?

March 18, 2020

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.

March 19, 2020

Field Daily Safety Message

Hazards and Injuries Created by Muddy Work Areas

Here are a few examples:

- 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.

March 20, 2020

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.

Always use Buzz Up, which is very effective in preventing ticks.

March 21, 2020

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
- 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 use.

March 22, 2020

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!

March 23, 2020

Field Daily Safety Message

Climbing ladders 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.

Are you climbing ladders with care?

March 24, 2020

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?

March 25, 2020

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.

March 26, 2020

Field Daily Safety Message

Eye Injuries

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.

March 27, 2020

Field Daily Safety Message

Dog Bites

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

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

- Never turn your back to a dog.
- Have PPE on hand ahead of time and assume you will encounter a dog. Types of PPE include spray and a Bulli Ray stick.
- 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.

March 28, 2020

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.

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

March 29, 2020

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!

March 30, 2020

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.

March 31, 2020

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!