

## March 2021

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**March 1, 2021**

## **Field Daily Safety Message**

Every Step Matters, March is Ladder Safety Month

STKY (Stuff That Kills You): Every year over 100 people die in ladder related accidents and thousands suffer from disabling injuries. A fall from any height can cause serious injuries such as bone fractures and head 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

From step stools to extension ladders, make sure you’re putting the right foot forward.

What other DIRECT CONTROLS can you think of to prevent a fall from a ladder?

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

**March 2, 2021**

**Field Daily Safety Message**

Watch Out for the Unexpected!

STKY - Energy Wheel Hazard Recognition: Motion

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.

What are some DIRECT CONTROLS that would help aid in prevention of hitting a deer or other animal? What can you come up with?

Keep your eyes moving.

**March 3, 2021**

**Field Daily Safety Message**

Line of Fire – Drop Zones

STKY - Energy Wheel Hazard Recognition: Gravity

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 handline, 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.

What are some DIRECT CONTROLS that could be used regarding a drop zone?

**March 4, 2021**

**Field Daily Safety Message**

Protect your Body from a Soft Tissue Injury

STKY - Energy Wheel Hazard Recognition: Motion

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 5, 2021**

**Field Daily Safety Message**

Follow Testing & Grounding Procedures

STKY - Energy Wheel Hazard Recognition: Electrical

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 6, 2021**

**Field Daily Safety Message**

Inspect Your Ladder Prior to Using

STKY - Energy Wheel Hazard Recognition: Gravity

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 7, 2021**

## **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, 2021**

**Field Daily Safety Message**

“Know What’s Below! Call 811 Before You Dig!”

STKY - Energy Wheel Hazard Recognition: Pressure

811 is the national call-before-you-dig phone number.

Anyone who plans to dig, it is your duty to call 811 or go to your state 811 center’s website a few business days before digging to request that the approximate location of buried utilities be marked with paint or flags so that you don’t unintentionally dig into an underground utility line. This includes common projects like planting trees, shrubs, or installing fences and mailboxes.

811 protects you and your community!

Hitting a buried line while digging can disrupt utility service, cost money to repair, or cause serious injury or death. Always contact your 811 centers, wait the required time for utilities to respond to your request, and ensure that all utilities have responded to your request before putting a shovel or a piece of equipment in the ground.

Remember to “KNOW WHAT’S BELOW”!

What other DIRECT CONTROLS could be used for digging to avoid hitting cables or a high-pressure gas line?

**March 9, 2021**

**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 10, 2021**

**Field Daily Safety Message**

Is that ladder safe to climb?

STKY - Energy Wheel Hazard Recognition: Gravity

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.

What other DIRECT CONTROLS can you come up with to protect everyone from an injury?

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

**March 11, 2021**

**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.

Always dress for safety success!

**March 12, 2021**

**Field Daily Safety Message**

Situational Awareness

STKY - Energy Wheel Hazard Recognition: All High Energies

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.

Recognizing the hazards, known and unknown, using your Energy Wheel will help aid you in mitigation or elimination of hazards.

**March 13, 2021**

**Field Daily Safety Message**

Daylight Savings Time

Daylight savings time begins tomorrow, Sunday, March 14th. 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.

Stay Safety Strong in 2021.

**March 14, 2021**

**Field Daily Safety Message**

With nicer weather, children are playing outdoors. We have received reports of children playing the streets, trying to climb on our trucks, and chasing our vehicles with their bicycles. We must raise our level of awareness when driving by eliminating distractions and performing our Circle of Safety before leaving every job site.

A few reminders:

- Watch for bicycles – Children on bicycles are often inexperienced, unsteady, and unpredictable.
- Allow at least three feet of passing distance between your vehicle and a bicyclist.
- Double check for children on sidewalks, in driveways, and around the areas near parks.
- Slow down while traveling through heavily populated areas.
- Be on the lookout for children running out from between parked cars.
- Children are fast! Research shows that taking your eyes off the road for two seconds doubles your chances of crashing into something or someone.

This is not a time for distractions! Please remain Safety Strong.

**March 15, 2021**

## **Field Daily Safety Message**

How to Set Up a Straight Ladder

STKY - Energy Wheel Hazard Recognition: Gravity

- 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 16, 2021**

**Field Daily Safety Message**

Hazards

STKY - Energy Wheel Hazard Recognition: All Energies

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 hazards might you encounter today?

Which DIRECT CONTROLS will you use to eliminate or mitigate the hazards?

**March 17, 2021**

**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 18, 2021**

**Field Daily Safety Message**

Use of Proper Insulated Protective Equipment

STKY - Energy Wheel Hazard Recognition: Electrical

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!

What other DIRECT CONTROLS can you use for protection from injury?

**March 19, 2021**

**Field Daily Safety Message**

Are You Using the Right Tool for the Job?

STKY - Energy Wheel Hazard Recognition: Electrical, Motion, Pressure

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.

Name other DIRECT CONTROLS that should be used to ensure the correct tool for the job.

**March 20, 2021**

**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, 2021**

**Field Daily Safety Message**

Ladder Safety

STKY - Energy Wheel Hazard Recognition: Gravity

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 22, 2021**

## **Field Daily Safety Message**

### Dog Bites

Parents and children who are normally not at home these days are finding themselves at home, and it may be creating anxiety among their dogs. Pets may be experiencing a lot of stress.

Tips to avoid dog bites:

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

Take a moment and discuss other DIRECT CONTROLS that can be used to mitigate the chances of being bitten by a dog.

**March 23, 2021**

**Field Daily Safety Message**

Safe Exit of Vehicle

STKY – Energy Wheel Hazard Recognition: Gravity

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 24, 2021**

**Field Daily Safety Message**

Are You Focused on the Task at Hand?

STKY – Energy Wheel Hazard Recognition: All Energies

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

It is important to stay focused on your surroundings and to eliminate distractions. Use your questioning attitude to ask yourself which hazards are present in each environment you are in.

You could be lifting boxes in an office, pulling out of a customer's driveway, inspecting a line, or driving a Right of Way. Maintaining awareness in each of these situations is crucial to staying safe and avoiding accidents.

Before you do it, take the time to think through it!

What DIRECT CONTROLS will you use to stay focused?

**March 25, 2021**

**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.

If you are working at night, don't forget your protective eyewear when exiting the vehicle!

**March 26, 2021**

## **Field Daily Safety Message**

Climbing Ladders with Care

STKY – Energy Wheel Hazard Recognition: Gravity

- 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 27, 2021**

**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 28, 2021**

**Field Daily Safety Message**

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

STKY – Energy Wheel Hazard Recognition: Motion

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 29, 2021**

**Field Daily Safety Message**

Is your work area properly barricaded?

STKY – Energy Wheel Hazard Recognition: Motion

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.

What other DIRECT CONTROLS will ensure a safe work zone?

**March 30, 2021**

**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!

**March 31, 2021**

**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 ensure 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.