

# May 2019

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**May 1, 2019**

**Field Daily Safety Message**

It's National Electrical Safety Month!

Let's start this month Safety Strong by reviewing "Our Fatal Rules":

- Wearing required fall protection equipment
- Wearing rubber protective PPE as required
- Use of proper insulated protective equipment – cover-up (excludes Gas Operations)
- Following critical switching, tagging, and clearance procedures (excludes Gas Operations)
- Follow testing and grounding procedures
- Follow company approved shoring, bracing, and egress procedures for trenching and excavations
- For Gas Distribution employees follow approved company procedures when working in a gaseous environment
- Follow approved company procedures working in confined spaces

**May 2, 2019**

**Field Daily Safety Message**

Cover Up

Cover up is one of our most important barriers, when working energized lines. It should be discussed throughout the job, starting with the JHA / tailboard and continued by coaching and peer checking.

Keep the questioning attitude on whether we installed the proper cover up and do we have enough cover for the job at hand.

Is your crew discussing cover up throughout the job?

**May 3, 2019**

**Field Daily Safety Message**

“FR News”

Is the embroidery on my shirt flame resistant? What about heat transfers?

All flame retardant (FR) garments are sewn with 100% flame resistant thread. Heat transfer logos, which comply with ASTM 1506, are safe to use on FR garments because they take on the FR characteristics of the fabric after application.

**May 4, 2019**

**Field Daily Safety Message**

Dog Bite Prevention

Dog attacks can be as minor as a small single bite to as serious as death. It is now estimated that over 40% of all households have at least one dog. Because of this number the chance of encountering an aggressive dog is very high.

Here are a few tips:

- Never turn your back to a dog, this is a sign of weakness
- Have your PPE available and in hand if possible before an encounter
- Don't get complacent, just because the dog recognized you the last time does not mean he still feels the same way this time

**May 5, 2019**

**Field Daily Safety Message**

Lack of Time

There are many reasons why there is not enough time to get work done or at least the perception that there is a lack of time.

Some reasons to consider:

- Poor preplanning – is a major factor in leading to a huge number of issues on the job and often result in safety shortcuts
- Unrealistic deadlines – related to poor preplanning, unrealistic deadlines put unnecessary pressure on workers to perform. When deadlines force us to rush, incidents and injuries are more likely to occur
- Weather – can interrupt our planned schedules at any time. When weather is not part of the plan for both short and long-term projects, setbacks can arise for all involved

All too often pressures are created unnecessarily which in turn leads to shortcuts, which leads to additional exposure to risk.

**May 6, 2019**

**Field Daily Safety Message**

STOP Work Process

When a STOP work process has been issued for a change in the job scope, the JHA should be reinforced with any changes including all new hazards and control methods.

\*Stopping a job will normally cause the mindset to change, while a new JHA will give the crew an opportunity to refocus with the new changes for successful completion of the job at hand.

**May 7, 2019**

**Field Daily Safety Message**

“FR News”

How do I know when it's time for a new FR garment?

It is recommended to remove clothing from service if:

- The garment is torn, ripped, threadbare, or frayed around the edges
- The garment is stained with a flammable substance that cannot be removed through laundering
- The garment has had contact with bleach

Look at your FR clothing, is it time for replacement?



**May 8, 2019**

## **Field Daily Safety Message**

### Ladder Safety

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:

- Read and follow all labels/markings on the ladder.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.

**May 9, 2019**

**Field Daily Safety Message**

Is the task being performed today an infrequently performed task?

Since these tasks are not performed often, all hazards with the task can be easily overlooked. It is important to identify these hazards by reviewing the process or procedure of the infrequently performed task and paying close attention to each step.

This is not the time for overconfidence. Take your time and familiarize yourself and coworkers with the task by using good communication, a questioning attitude, peer checking, pre-job brief, and post job brief.

**May 10, 2019**

**Field Daily Safety Message**

Tools looking a little grimy?

To obtain 100% performance from your hand tools:

- They should be cleaned and oiled regularly
- After cleaning dirt and grime from the tools, use approved chemical from storeroom to lubricate the working parts of the tools
- Be careful not to get oil on the handles
- Wipe off excess oil before storing

This will ensure your tools work at peak performance when needed.

**May 11, 2019**

**Field Daily Safety Message**

Don't become an eye injury statistic!

Follow this safety checklist to protect your vision:

- Minimize hazards from falling or unstable objects
- Identify hazards at the site
- Wear the proper eye and face protection, make sure of the fit and condition
- Use smart workplace safety practices and clean eyewear regularly

**May 12, 2019**

**Field Daily Safety Message**

When driving, do you consider that other drivers on the road with you do not have your same level of training? According to the National Highway Traffic Safety Administration, over 40% of vehicle accidents are rear end collisions.

Below are some tips to help you avoid becoming a statistic:

- Practice Smith Keys always when driving.
- Always keep the vehicle moving.
- Be aware of tailgaters. If you encounter one, consider changing lanes or slowing down to allow them to pass.
- Always scan your mirrors and maintain 360-degree awareness around your vehicle.
- Use the vehicle's brakes to alert drivers behind you if you see that traffic ahead is coming to a stop. The driver behind you may not be paying attention and your brake lights could warn them of danger.

**May 13, 2019**

**Field Daily Safety Message**

“Buzz Up” – You can use it on your FR Clothing!

“Buzz Up” is now on standards replacing “Buzz Off”

Great news about “Buzz Up”:

- For use on FR clothing
- Passes Electric ARC test
- Passes Vertical Flame test
- Passes Rubber Goods test
- EPA registered and certified
- Does not contain DEET

Before the bugs start biting, make sure that you have “Buzz Up” on hand!

**May 14, 2019**

**Field Daily Safety Message**

STAR, what is it?

It is Stop, Think, Act and Review.

It is part of Human Performance Principles and can save you from hazards, overconfidence, overexertion and inefficiency. Before you complete a task, take the time to stop and think about what you are trying to accomplish.

Once you understand the task and the steps you will take, perform the action and then review the action:

- Did the work go as expected?
- Were there any errors or injuries?
- Are there any lessons learned to apply the next time the task or a similar task is completed?

How will you use STAR to help you today?

**May 15, 2019**

**Field Daily Safety Message**

“FR News”

How do FR fabrics work?

If you face arc flash and/or flash fire hazards on the job, wearing FR fabrics can make the difference between life and death in the event of an incident.

FR garments are made using fabrics and components that will not melt onto the skin and are non-conductive to ensure they do not contribute to an increase in the extent of a burn injury. FR clothing provides thermal insulation to protect from heat and resists breaking open, which would expose skin to hazards.

Remember FR clothing must be properly worn. This includes tucking in and buttoning up your shirt along with rolling down your sleeves.

Tuck, button, and roll!



**May 16, 2019**

**Field Daily Safety Message**

Following Switching Tagging & Clearance Procedures

Switching, Tagging, & Clearance procedures are very important when de-energizing a section of line. These procedures are to ensure that there has been an elimination process of energized lines. This procedure is for the protection of the workers and the public in many cases. Tags are placed on poles and equipment by the controlling authorities and should not be removed unless the proper steps are taken by the right personnel.

Remember each step is very important. Don't hesitate to call a STOP work if needed!

**May 17, 2019**

## **Field Daily Safety Message**

Don't let problems with PPE stop you from protecting your precious eyesight on the job.

Most eye injuries occur because workers aren't aware of potential hazards, did not use protective eyewear, or use the wrong type.

Potential hazards may be:

- Flying chips or particles
- Electrical arcing or sparks
- Chemicals
- Light from welding and sunlight
- Dusts and swinging objects

These are all hazards that require protection. Know the correct eye protection for the job and the hazards you will encounter. If you wear prescription glasses, make sure your protective eye wear fits properly over them. Don't forget to inspect your PPE before each use. To be effective, it must be in good condition, fit well, clean and stored properly.

**May 18, 2019**

**Field Daily Safety Message**

The Little Things

When we talk about little things, we often think about hazards such as a cord on the ground, a screw sticking out of a board, or maybe a slippery rung on the bottom of a ladder. These little things can still pose a great risk for injury to employees working around them if they are not eliminated or mitigated. We view these as little things but often don't realize how quickly they can become big things until something occurs.

Take the time to notice, eliminate, or mitigate the little things before they become big things.

**May 19, 2019**

**Field Daily Safety Message**

It Won't Happen to Me

There is no substitute for experience. Experience allow us to be more efficient and safe for the most part. Experience can also lead to complacency or a higher level of tolerance for risk. Do not let experience on the job affect your attitude towards taking the correct steps to work safely. Hazards must always be controlled. They are only controlled when we as workers take the time to implement the proper safeguards and follow safe work practices.

**May 20, 2019**

**Field Daily Safety Message**

Line of Fire – Stay Clear

The line of fire is any path an object or force may travel. If you're in the path when something fails, or a process breaks down, you may face serious injury. Identifying and mitigating lines of fire is a critical component and discussion point for every tailboard or JHA plan including design and scouting processes. We must strive to separate ourselves from the potential release of all energy types, not just electrical.

Can you name other situations that we must be alert to the line of fire?

**May 21, 2019**

**Field Daily Safety Message**

Not familiar with a piece of equipment?

Call a STOP to the work. Even when the operation sounds simple, there are a lot of hazards associated with the operation of equipment, including safe guards that must be followed.

Nothing is more important than to have train equipment operators when it comes to safety.

**May 22, 2019**

**Field Daily Safety Message**

Men Working

“Men Working” signs must go on each side of the road if the employee is working in traffic.

Each sign placed must be in advance of the oncoming traffic, and each truck working nearby must have high-visibility traffic cones surrounding the truck.

**May 23, 2019**

**Field Daily Safety Message**

“FR News”

How do I keep my FR garment from shrinking?

Two-thirds of a garment’s shrinkage takes place within the first five washings. Once you are happy with the way your garment fits, you can retain its size, like any other garment, by line drying instead of using a dryer. If using a dryer is necessary, tumble dry the garment on low. Drying a garment on high heat may shrink it excessively.



**May 24, 2019**

**Field Daily Safety Message**

Ladder Safety

According to Bureau of Labor Statistics, there are more than 164,000 emergency room treated injuries and 300 deaths in the U.S. annually that are caused by falls from ladders. Usually, the height of the fall is 10 feet or less.

Some tips to remember:

- Use ladders according to the manufacturer's recommendations
- Wear clean, dry, slip resistant shoes
- Face the ladder and use 3-point contact when climbing or descending
- Ensure ladders have stable footing
- Inspect ladders before use to ensure there are no broken or faulty steps
- Reposition ladders instead of over reaching

**May 25, 2019**

**Field Daily Safety Message**

Inspection of Tools

To ensure safe use of your tools, an inspection should be done prior to use. Ensure there are no cracks, or signs of excessive wear with a good visual inspection. If any defects are found, have them corrected immediately, or taken out of service.

**May 26, 2019**

**Field Daily Safety Message**

Are you working along a public street, highway, or interstate today?

Employees are exposed to very dangerous hazards caused by vehicles when setting up and working in a worksite on or along a public street, highway, or interstate. All employees shall wear highly visible upper body garments.

This garment shall be one of the following:

- A minimum DOT class 2 approved reflective safety vest that will contrast the background
- Approved high visibility FR clothing that meets the DOT class 2
- A high visibility rain suit

Non-FR safety vest shall not be worn when exposed to an electric arc or flash.

Remain Safety Strong!

**May 27, 2019**

**Field Daily Safety Message**

Memorial Day – A Day of Honor

Memorial Day is an American holiday, observed on the last Monday of May, honoring the brave men and women who died while serving in the U.S. Military.

Many Americans observe Memorial Day by:

- Visiting cemeteries or memorials
- Holding family gatherings
- Participating in local parades

Take a moment to remember the sacrifices that were made by those who have passed.

**May 28, 2019**

**Field Daily Safety Message**

Portable Grinder

When using a portable grinder, be aware of your surroundings. Ensure there are no flammables around the work being performed.

Also, inspect the grinding wheel for cracks and tightness.

Remember to use all applicable P.P.E. and ensure that others in your work area do the same.

**May 29, 2019**

**Field Daily Safety Message**

Mosquitoes and ticks are everywhere!

Do you have “Buzz Up” in your vehicle?

Remember this new product offers:

- 12-hour protection against mosquitoes and ticks, and up to 8 hours of protection against biting flies, stable flies, black flies, gnats, chiggers, sand flies, and Scottish biting midges
- For use on FR clothing
- Passes Electric ARC test
- Passes Vertical Flame test
- Passes Rubber Goods test
- EPA registered and certified
- Does not contain DEET

Order this product from your local storerooms!

**May 30, 2019**

**Field Daily Safety Message**

Pole Handling

Remember during pole handling that will move the pole from a horizontal position into a vertical position the following steps are required:

- Fit a suitable and approved lifting device (nylon sling, choker chain, wire rope) around the pole
- Establish and mark the pole center of gravity (balance point)
- Assign and document an observer (this cannot be the employee handling/guiding the pole) to ensure that the choker remains above the center of gravity mark
- Always check pole choker positioning prior to lifting or anytime the pole guides/grabs will be released from the pole. This check needs to be done to ensure choker is above the balance point and the lifting device has not slipped

**May 31, 2019**

**Field Daily Safety Message**

“FR News”

Can I wash the “flame resistance” out of my clothing?

The chemical properties of flame-resistant clothing manufactured cannot be washed out over time if the washing instructions are followed, using Liquid Tide or Liquid Tide HE for best cleaning performance.