

May 2020

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May 1, 2020

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, 2020

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 3, 2020

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 4, 2020

Field Daily Safety Message

Ten Hot Weather Safety Tips:

1. Stay hydrated. Drink plenty of fluids, drink about 16 oz. before starting and 5 to 7 oz. every 15 or 20 minutes.
2. Avoid dehydrating liquids. Alcohol, coffee, tea, and caffeinated soft drinks can hurt more than help.
3. Wear protective clothing. Lightweight, light-colored, and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. Pace yourself. Slow down and work at an even pace. Know your limits and ability to work safely in heat.
5. Schedule frequent breaks. Take time for the rest periods and water breaks in a shaded or air-conditioned area.
6. Use a damp rag. Wipe your face or put it around your neck.
7. Avoid getting sunburned. Protect your exposed skin for direct sunlight.
8. Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
9. Avoid direct sun. Find shade or block out the sun if possible.
10. Eat smaller meals. Eat fruits high in fiber and natural juice. Avoid high protein foods.

The weather is getting hot! Know precautions to take in order to remain Safety Strong during hot weather.

May 5, 2020

Field Daily Safety Message

Heat Acclimatization

Heat acclimatization plays a large part in the body's physical responses and overall ability to cope with heat exposure in a natural environment.

To acclimatize employees, they must gradually increase their exposure time in hot environmental conditions over a 7-14 day period. New workers will need more to acclimatize time than those who have already had some exposure.

Suggested acclimatization schedule:

- For new workers, the schedule should be no more than a 20% exposure on day 1 and an increase of no more than 20% on each additional day
- For workers who have had previous experience with exposure, the acclimatization regimen should be no more than a 50% exposure on day 1, 60% on day 2, 80% on day 3, and 100% on day 4
- If someone is absent from work for a week or more, they will need to gradually reacclimate to the hot environment

Now is the time to start your heat acclimatization.

May 6, 2020

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, 2020

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 8, 2020

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 9, 2020

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 10, 2020

Field Daily Safety Message

Preventing Rear End Collisions

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 11, 2020

Field Daily Safety Message

Heat-Related Illnesses

What are they? What are the signs?

- **Heat Cramps:** are painful, brief muscle cramps. Muscles may spasm or jerk involuntarily. Heat cramps can occur during exercise or work in a hot environment or begin a few hours later.
- **Heat Exhaustion:** There are two types of heat exhaustion. 1. Water depletion – signs include excessive thirst, weakness, headache, and loss of consciousness. 2. Salt depletion – signs include nausea and vomiting, muscle cramps, and dizziness.
- **Heat Stroke:** Heat stroke is the most serious heat-related illness. Heat stroke can kill or cause damage to the brain and other internal organs. Heat stroke results from prolonged exposure to high temperatures – usually in combination with dehydration, which leads to failure of the body's temperature control system.

May 12, 2020

Field Daily Safety Message

Water – It Does Your Body Good!

Did you know that by the time you are thirsty, you are already two to three percent dehydrated? Make sure to begin your hydration strategy prior to starting work. Trying to play catch-up for lost fluids is very difficult. Losing even two percent of body fluids can impair performance by increasing fatigue and affecting cognitive skills.

The key to being Safety Strong in hydration ... do not wait until it's too late to hydrate.

May 13, 2020

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 14, 2020

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, 2020

Field Daily Safety Message

Experience Brings Complacency Towards Taking Risk

Working around hazards for a long period of time without any negative consequences occurring can create a false sense of security which in turn can lead to an employee to be more willing to put themselves in the line of fire. This is often the case when time pressures or pressure for production, even if it is just self-imposed pressure, is present.

May 16, 2020

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 17, 2020

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 18, 2020

Field Daily Safety Message

Heat Exhaustion

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

Signs and symptoms may develop suddenly or over time.

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

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

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

May 19, 2020

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 20, 2020

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, 2020

Field Daily Safety Message

Putting the Personal Back in PPE

An employee who chooses to remove and fails to put back on their PPE for the job, is simply exposing himself to an already known hazard for which there is no other means of protection and waiting for an injury to occur. The employee may be more comfortable for the moment, but how comfortable will it be to the employee who loses an eye because they forgot to put their glasses on, cuts their hand because they forgot to put their gloves on, or gets a burn to their body because they forgot to roll down their sleeves or tuck in their shirt. This list can go on and on. The odds are stacked against you so don't take the chance.

Take ownership of yourself and your brother as he would do the same for you.

May 22, 2020

Field Daily Safety Message

What is the role of a Designated Observer?

The role of a designated observer is to solely observe personnel working in a potentially hazardous situation and warn them when necessary to prevent injury or harm.

Designated Observer shall be trained in the STOP Work Process (Part 7B), Fatal Rule Certification and Human Performance Principles.

The lead person (Lineman/Mechanic) has the responsibility for determining whether or not the qualifications of the designated observer (second person) should exceed the minimum requirements as stated above.

May 23, 2020

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 24, 2020

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 25, 2020

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 26, 2020

Field Daily Safety Message

Heat and Hydration

If you wait until you are thirsty then you probably waited too long to ensure you are staying hydrated. In the summer while working out in the heat and humidity it is vital that you drink water regularly. Don't wait until you feel symptoms of a heat illness because by that time it is too late.

Some signs of heat illnesses include:

- Confusion
- Dizziness
- Fainting
- Fatigue
- Headache
- Profuse sweating/Stopping sweating
- Muscle or abdominal cramps
- Nausea and/or vomiting

May 27, 2020

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 28, 2020

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 29, 2020

Field Daily Safety Message

What makes Peer Coaching effective?

- Individuals use their own resources to find solutions to problems
- Coaching partners explore other possibilities that may have not been thought of before
- The environment within the coaching session is non-judgmental and trust based
- The feedback is given in a constructive way, encouraging others to express their ideas without fear

May 30, 2020

Field Daily Safety Message

Precious Eyesight

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 31, 2020

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.