

Outdoor spring safety tips

As winter comes to a close, the warmer weather means you might be working outside more. Use the following tips to help keep you safe while working outdoors.

- Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
- Protect your hearing with proper equipment when operating machinery.
- Make sure equipment is working properly.
- Wear gloves to protect from skin irritations, cuts, and contaminants.
- Use insect repellent containing DEET.
- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.
- Keep an eye on the thermometer and take precautions in the heat.
- When working in hot weather, remember to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar.
- Pay attention to signs of heat-related illness.



"Hey, quit messin' around—
that ain't safe!"



April 2018

The right safety attitude

Enhancing safety culture

If you have a poor attitude about safety, it will show up in everything you say and everything you do. Sometimes, workers develop the attitude that safety rules were made to be broken—especially when no one is looking. Even those who are hardworking and conscientious about every other aspect of their jobs can have a poor safety attitude. Remember, though, that ignoring safety, taking shortcuts, and breaking rules to get a job done more quickly is likely to cause accidents and injuries that slow down production.

Some workers may think that not following the rules won't cause a problem if they think a risk is small. They take chances, and this leads to accidents. These individuals don't take safety seriously—until it is too late.

Most people don't intend to work with a bad safety attitude or even realize they have one. They think their last couple of accidents were just that—accidents that couldn't have been prevented.

Tips for having a good safety attitude

Here's how you can develop a good attitude concerning safety:

- Keep your mind focused on the job at hand. Put aside any personal problems that have been bothering you so that you can watch for hazards and accomplish what you have set out to do.
- Tell yourself that you will not let nearby noises or conversations interrupt your concentration or prevent you from doing the job safely.
- Don't give in to pressure from your coworkers to be unsafe. You don't have to join in with horseplay, take shortcuts, or participate in cover-ups. Instead, take the lead in behaving in an adult and responsible manner. If coworkers are behaving in an unsafe manner, tell a supervisor.
- Report all accidents and near misses, even if they seem unimportant at the time.
- Try to understand why an accident occurred to avoid making the same mistake twice.
- Always follow safe work practices and wear any personal protective equipment (PPE) that you are required to wear.
- Practice good housekeeping. Keep your work area free of clutter, and clean up spills promptly.
- Be considerate of your coworkers. Don't do anything that would endanger them. In fact, go a step farther and remind coworkers about safety. Say something when they forget to put on PPE or when they ignore the rules.

By following these suggestions, you'll be able to do productive work and stay safe at the same time.

news & notes

STANDING PRODUCTIVITY

According to Katherine Derla in *Tech Times* (www.techtimes.com/articles/161381/20160528/standing-desk-may-help-improve-employees-health-and-productivity.htm), researchers at the Texas A&M Health Science Center School of Public Health found that call center agents who used standing desks improved their productivity by 46 percent compared to those who used conventional desks.

Furthermore, almost 75 percent of the participants who stood experienced less body discomfort during the 6-month experiment.

The lead researcher theorized that the difference in body comfort could have contributed to the difference in productivity between the two groups. Standing desks could also improve cognitive performance.

The researchers caution that the study didn't use randomized participants. The control group, which remained seated throughout the workday, had been working at the company for at least 1 year. The standers had been on the job 1 to 3 months.



www.firstbenefits.org
(888) 393-2667

The right safety attitude: Quiz

Choose the correct response to the following statements.

1. Safety rules were made to be tested and broken. **True** or **False**
2. If the risk is small, not following the rules will not cause a problem. **True** or **False**
3. Which of the following is not a good way to develop a good safety attitude?
 - A. Keeping your mind focused on the job at hand
 - B. Giving in to pressure from your coworkers to be unsafe
 - C. Reporting all accidents and near misses
4. No matter what your job, you should practice good housekeeping. **True** or **False**
5. You should wear the appropriate PPE as part of your good safety attitude practice. **True** or **False**

Answers

1. False. Having these thoughts or ideas demonstrates a poor safety attitude. Ignoring safety, taking shortcuts, and breaking rules are likely to cause accidents and injuries that slow down production. **2. False.** Safety must be taken seriously. Believing the risk is small and taking chances can lead to serious accidents in the workplace. **3. B. Giving in to pressure from your coworkers to be unsafe.** You should not join in with horseplay, take shortcuts, or participate in cover-ups. Tell a supervisor if those around you are behaving in an unsafe manner. **4. True.** You should always keep your work area free of clutter, and clean up any spills promptly. **5. True.**

.....

Distracted Driving Awareness Month

The latest statistics show that motor vehicle fatalities have increased 6 percent from 2015, according to the National Safety Council (NSC). There are three main types of distractions while driving, which include:

- **Visual**—taking your eyes off the road
- **Manual**—taking your hands off the wheel
- **Cognitive**—taking your mind off your driving

Texting while driving combines all three types of distractions, which makes it extremely dangerous. Using a cell phone while driving delays a driver's reactions as much as having a blood alcohol concentration of .08 percent. Carnegie Mellon reports that driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent.

Other forms of activities that can distract a driver include eating and drinking, talking to passengers, grooming, reading, using a Global Positioning System (GPS) or navigation system, watching a video, and manipulating vehicle entertainment system controls.

Avoid distracted driving by following these safety practices:

- Make only emergency cell phone calls while driving if permitted by state law.
- Have a hands-free phone and speed dialing or voice activation to make an emergency call while driving.
- For texting or routine cell phone calls, pull off the road.
- Consider if you truly need to speak to someone or if your call can wait.