

Happy Thanksgiving!



Thanksgiving Day is almost here and with it is the start of the holiday season. It's a time of celebration and a time to give thanks. It's a time to spend with friends and family. It's also a time for companies to keep their employees focused on work and on safety.

Why is focusing on work so hard?

Although it's considered the most wonderful time of the year, it's also the most stressful. Workers are not just thinking about work. They're stress includes:

1. Planning for the holidays
2. The cost of entertaining
3. Higher food prices
4. Higher gas prices
5. Higher utilities

Inflation in general. With no ...**(continued on page 2)**

Don't Drink and Drive!



Remember as the holiday season approaches, we face our biggest safety challenge of the year. From Thanksgiving through New Year, our attention turns from work to celebrating the holidays. From gathering around the table for Thanksgiving dinner to the Christmas parties that spring up everywhere and finally finishing it off with the big New Year's Eve celebration. All too often, safety is forgotten.

The biggest safety problem is drinking and driving, especially here in New Mexico. The State Police estimate that after 10 o'clock in the evening, one of every two drivers on the road have been drinking.

Now we're not saying don't celebrate. All we're saying is if you are going to celebrate use one of the following alternatives to drinking and driving:

- Use a designated driver.
- If you don't have a designated driver, call a taxi
- Call a friend
- Call an UBER or Lift
- Call tipsy tow

If you're hosting a party, be a good host. Take your guest's car keys as they arrive and if you feel they've had too much to drink, find them another way home or let them spend the night.

Anything is better than drinking and driving. Remember, only the passage of time can dissipate the alcohol and its effects. The rule of thumb is 1 hour for every ounce of alcohol consumed within an hour. Have a safe and happy holiday season. Keep Safety First!

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...light at the end of the tunnel. These are hard times we live-in and we have to keep our workers focused on staying safe.

New hires need to be watched even closer. The pandemic brought about a new work force. A work force that lacks experience. Use the "Buddy System". Everybody lookout for one another. Keep each other safe! Have a Happy Holiday Season!

Effective Safety Meetings Lead to a Safer Workplace.

A safety meeting is a visible sign of a company's commitment to safety and health. When planned for and used effectively, safety meetings become a company's way of regularly communicating safety and health messages and information.

While a safety meeting is an important and valuable communication tool, it can be misunderstood or misused. With a clear understanding of its purpose as well as careful forethought and planning, the safety meeting can be a successful experience for everyone involved. For the most effective safety meetings, keep the following tips in mind:

- Create and use an agenda.
- Discuss current, relevant topics.
- Define expectations and everyone's role, including management.
- Rotate leadership/facilitation.
- Set objectives and measure results.
- Set and follow a realistic pace.
- Encourage feedback/evaluation.
- Apply the "What's in it for me?" principle to meeting participants.
- Describe the big picture as well as the details.
- Use both internal and external experts/resources.
- Ask for future agenda topics.
- Ensure accurate records are kept.
- Document discussions and action items.
- Follow up as needed.
- Send out reminders of upcoming meetings.

Job Safety Analysis

A job safety analysis is a key piece in helping employers and employees understand the hazards in the workplace and how to eliminate or mitigate them. Although they may take some time and effort, JSA's have a number of benefits.

A JSA has many names, including job hazard analysis, task hazard analysis or activity hazard analysis. It's analyzing tasks an employee performs.

Key benefits to a safety program include the identification, elimination or mitigation of workplace hazards.

An employer can ask employees to share their expertise and experience on the "right way" to perform a task while leading a JSA or contributing to it's creation. Safety pros also can involve workers in recognizing and identifying potential hazards and then discussing meaningful ways to control or mitigate them.

With employees engaged in the process, they have a better understanding of why the company is requiring them to wear certain PPE, use other controls, or use tools or equipment in a certain way.

JSA's can aid with training, performance standards, accident investigations and as a way to remind employees to remain safety conscious.

Did You Know?

There is a hierarchy of controls which is a step-by-step path to eliminate or reduce safety hazards? The hierarchy starts with the controls perceived to be most effective:

Elimination – Physically remove the hazard

Substitution – Replace hazard with safer alternative

Engineering controls – isolate people from the hazard

Administrative controls – Change the way people work

PPE – Protect the workers with PPE

Safety Tip of the Month

Fall is here and with it comes cold mornings and warm afternoons. Avoid hypothermia and heat stress by dressing in layers.

Notes From the Editor

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