

June is National Safety Month



Join the National Safety Council in June for National Safety Month – the annual observance to help keep each other safe from the workplace to anyplace. Since 1996, NSM has provided a month’s worth of free safety resources to highlight leading causes of preventable injury and death. Let’s work together to make people safer this June and all year long!

2024 Weekly Safety Topics

June 1-8	June 9-15	June 16-22	June 23-30
			
Safety Engagement	Roadway Safety	Risk Reduction	Slips, Trips and Falls

Safety Engagement: Are You Engaged with Safety or Not? Unengaged workers may be at risk for complacency, and **(continued on page 2)**

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Keep Workers Hydrated!



Proper hydration is essential for preventing Heat-related illnesses.

In a recently published tip sheet, OSHA explains that our bodies heat up as we work and cool down through sweating. This can lead to dehydration and a heat related illness.

Tips for employers:

- Educate workers on the importance of hydration and what to avoid.
- Equip all work areas with accessible and visible cool water. (less than 60 degrees F)
- Encourage workers to drink at least 1 cup (8 ounces) of water every 15 – 20 minutes while working in the heat, not just when they’re thirsty.
- Maintain a cool or shaded location for rest breaks.
- Designate a relief person so workers can take a water break or have water brought directly to workers who can’t leave their work area.
- Encourage workers to keep a resealable bottle of cool water in their work area so they can hydrate.
- Consider providing electrolyte products when workers perform strenuous, sweat-producing job tasks for extended periods of time.

Taking scheduled meal breaks, OSHA adds, will help replace lost electrolytes.

Finally, workers should hydrate before, during and after work.

Chronic dehydration increases the risk for medical conditions such as kidney stones.

(continued from page 1) complacency in the workplace can have serious consequences. Are you at risk or already experiencing complacency? Ask yourself:

- Do you feel a lack of interest or motivation for your daily tasks? • Does your role require you to repeat actions or steps?
- Are you more focused on finishing tasks quickly than doing them properly?
- Do you often skip steps to save time on projects?
- Do you feel a lack of recognition for the work you put in?
- Are contributing factors such as a long commute or short rest times affecting your job?
- Do you ignore hazards when they arise?
- Do you feel disconnected to the company's goals or plans for the future?

Anyone can fall victim to complacency, but getting engaged in your job and your organization's success can help turn things around.

If you find yourself getting complacent at work, do not assume there are no options for improvement. Speak up, get involved and ask for help when needed. We all work better when we're part of an engaged team.

Roadway Safety: Distracted Driving – Know the three types.

At least eight people are killed every day in distracted driving-related crashes. That's according to the National Safety Council, which observes Distracted Driving Awareness Month every April. The council says the three types of distracted driving are:

Visual, causing you to take your eyes off the road. (Example: Turning to look at a child in the back seat.)

Manual, causing you to take your hands off the wheel. (Examples: Putting on makeup, eating, using your cellphone, etc.)

Cognitive, causing you to take your mind off the task of driving. (Example: Daydreaming.)

How can you avoid driving distracted?

Before setting out, adjust your car's side mirrors and rearview mirror. Pick what you want to listen to before you begin driving. If you'll be using GPS, enter the address of where you're going and check the route so you have an idea of where you're going and can keep your eyes on the road.

When you're driving, don't multitask. Your hands need to always be on the wheel when driving.

If you do need to make a call or help a child in the back seat, make sure you pull over in a safe, well-lit location.

Risk Reduction: Learn to see hazards.

Hazards are everywhere. Though you might not view your workplace as particularly 'hazardous', dangers are often there. You may have just become accustomed to them and aren't seeing them. Learn to see hazards. Once you train yourself to spot hazards, you'll notice them all around you. They may not always be obvious or immediate concerns, but they can still pose a risk to you and your coworkers. The sooner they're fixed, the better.

UNSEEN/FORGOTTEN HAZARDS Your workplace may have policies in place for major hazards, but many hidden issues can still put you at risk.

Lighting - A burnt-out bulb can keep hazards in the shadows. Even if you're not the one to fix it, report this hazard right away.

Temperature - plan ahead and dress appropriately for the temperatures you'll experience on the job. Watch out for other possible hazards caused by temperature, like early morning dew on concrete.

Air quality - similar to temperature, make sure exhaust fans are running.

Overexertion - this is the number one cause of work-related injuries. Report stress or strain on your body from heavy lifting or repetitive motions and talk to your supervisor to be sure you are performing these actions safely.

Slips, Trips and Falls.

Though they might seem harmless, slips, trips and falls are some of the most common hazards we face in the workplace and they can have serious consequences. Always following safety procedures is crucial to avoiding injury, but so is speaking up to keep your coworkers safe.

Remember to always report hazards to either your supervisor, safety team or through a hazard reporting system if you have one. Odds are that others are dealing with similar hazards that could be resolved with a broader solution.

When you see a risk with a simple fix, don't hesitate to fix it safely. This applies whether you are at work, back home or out in your community. Sometimes that fix means cleaning up a mess you didn't create or having a quick, awkward conversation, but the end result is worth it. Embrace this concept and you can help us all keep each other safe.

Notes From the Editor

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