

7 Habits to Keep You Safe

At work or at home, the habits you form can make a difference in your safety and the safety of others.

1 Be proactive. At work:

Take precautions by checking for hazards before you begin working. Report any vulnerability to your supervisor.

At home: Always keep stairs free of clutter. Check smoke alarms monthly and replace batteries every 6 months.



3 Wear protective gear. At work:

Always wear properly fitted protective gear required or recommended for your job. **At home:** Wear safety goggles and gloves when using hazardous chemicals such as paint remover or cleaning fluids.



5 Follow the rules. At work:

Always perform lockout/tagout properly and take necessary precautions before beginning the job — including reading and understanding the safety data sheets. **At home:** Read safety labels and directions before starting a project or using a product.

7 Be positive and set a good example. At work and home:

A good attitude is key when it comes to safety. Your willingness to accept and follow safety rules is an example to everyone. Take the time to do things correctly. Buckle your seat belt and follow instructions.



2 Know the hazards that exist. At work:

Know the hazards associated with your job and receive the proper training to perform your job correctly.

At home: Keep medications and cleaning products locked and away from small children.

4 Avoid distraction and stay focused. At work:

Keep your mind on the task at hand. Don't converse with coworkers while operating machinery; never use a mobile device while driving. **At home:** Never drive or walk while using a mobile device.

6 Don't be in a hurry. At work:

Never take shortcuts on the job. Haste often leads to accidents. **At home:** Slow down — rushing can lead to trips and falls. Take the time to find the correct tool for the job.



Keep your mind on the task at hand.

Warm and Cozy — Safely

Electric blankets and mattress pads can keep you warm during cold winter nights.

Stay safe while using them by following these guidelines:

- ❖ Never allow small children, infants or anyone with disabilities who can't operate controls to use electric blankets.
- ❖ Don't use with adjustable beds or pullout beds where wires could become pinched. Don't use on a waterbed.
- ❖ Never use a heated blanket and heated mattress pad at the same time. Overheating is possible.
- ❖ Turn off when not in use.



H-A-N-D It to Safety

Hand hazards such as breaks, abrasions, burns or amputations can be avoided if you take the right precautions. Simply, remember H-A-N-D:

Hold tools properly; make sure your grip is tight and ergonomically correct. Inspect tools before use.

Always wear the proper gloves recommended for your job. For example, if you work with chemicals, make sure your gloves are impervious to chemicals. Wash your hands after using chemicals even if you've used gloves.



Never place your hands near or in moving or jammed machine parts.

Disconnect power and follow lockout/tagout procedures before repairing equipment. Don't remove guards.

10 Bathroom Basics



Snow Removal 101

Snowblowers can make your life a lot easier when it comes to snow removal. However, don't blow off these safety precautions when using them:

- ✓ **Stay** focused when using a snowblower; injuries occur when people get distracted.
- ✓ **Avoid** stopping and work at a brisk pace to avoid the machine clogging — many injuries occur when people try to unclog the blower. If the machine clogs, turn it off; disengage the clutch; and then wait a few seconds and use a broom handle or stick to remove the snow — **never** use your hands.
- ✓ **Keep** safety shields in place; never disengage safety devices.
- ✓ **Keep** hands away from the snowblower mechanism — even when the blower is turned off. Tension is built up in the rotor blades, so even if the machine is off, it still can release and users risk injury or amputation.
- ✓ **Wear** boots or shoes with traction to avoid slipping and falling.
- ✓ **Don't** drink alcohol or use opioid pain relievers before or during snowblower use.



SAFETY CORNER



Radon Myths Debunked

It's **Radon Action Month** and a good time to clear up some myths about radon.



MYTH: My home is new so I don't have to worry about radon.

Fact: Radon can be a problem in new or old homes and in homes with or without basements. Factors that affect radon levels have to do with local geology, construction materials and how the home was built.

MYTH: Radon only affects certain parts of the country.

Fact: Radon can occur anywhere in the country. High radon levels have been found in every state. Radon levels can also vary from home to home.

MYTH: Radon testing is expensive and time consuming.

Fact: You can buy a radon test kit at a home improvement store and do it yourself or hire a qualified radon testing company.



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