

TOP SAFETY™

Safety Around the Clock.

4.2016



National Work Zone Awareness Week
is April 11 to 15.

Fly the Flag for Safety

Working on the road as a flagger?

Don't take a detour on safety; follow these guidelines:

Get the proper training and make sure you are certified as a flagger according to your state's requirements.

For more information, visit www.workzonesafety.org/training/flagger_training.



Know and follow your company's safety procedures and policies.

Wear appropriate protective gear including highly visible reflective clothing. According to OSHA, "All workers exposed to the risks of moving roadway traffic or construction equipment should wear high-visibility safety apparel meeting the requirements of ISEA 'American National Standard for High-Visibility Safety Apparel' and labeled as ANSI 107 standard performance for Class 1, 2 or 3 risk exposures."

Remember to position yourself correctly and allow for different stopping distances related to weather conditions.

Carry and use 2-way radios or agree upon a communication system before directing traffic.

Ensure work zone traffic control areas are set up appropriately including use of advance warning signs, transition areas and buffers.



Playground Parenting

National Playground Safety Week is April 18 to 22 — are you checking your phone or watching your child? A playground observation study, conducted by researchers at the University of Washington in Seattle, found that adult supervisors didn't spend too much time on their phones, but when they did, they became so distracted that more than half failed to respond to the children. For example, when children called out to adults from the playground, 56% of the time the adults did not respond, speak or look away from their phones. Consider putting the phone away when you and your children are at the playground and being present.



SAFETY CORNER

Apps for Traffic

What if there was an app that detected drowsiness while you were driving? What if it alerted you to pedestrians and cyclists on the road? Well, you don't have to wait any longer; they are available. Now parents can monitor their teens' driving habits with an app. There is also an app that coaches new drivers and apps that send auto-reply messages to texters or callers while a person is driving. There are many others available that provide drivers with updated traffic conditions such as detours, snow-covered roads, work zone areas, crash sites and more. Most of these apps are available to smartphone users, but some are only available on specific phones.



Protect Baby on Your Run

Making your baby a part of your daily run is a great bonding experience, not to mention a fantastic way to stay in shape. But before you set out for a jog with your baby, check your jogging stroller to be sure you are prepared for a safe run.



Follow the stroller manufacturer's guide for proper use of your stroller.

If your stroller has a front swivel wheel, lock it in the forward position before you begin power walking, jogging or hiking on rough terrain.

Ensure that the stroller's wheels that have a quick-release mechanism are clamped and closed tight before you go.

Make sure your baby is secure and strapped in comfortably before you begin jogging.

Secure the stroller's wrist strap before exercising.

Use the stroller's brake when you stop.

Check your stroller manufacturer's website often for safety recalls.

Caution: If your baby is less than 8 months old, you may need an adapter or a car seat for your stroller. Always check with your pediatrician before using a jogging stroller when your child is still an infant — many pediatricians don't recommend jogging with an infant younger than 6 months.

SHIFTWORK ZONE

Shiftwork and Alcohol

Alcohol and shiftwork don't mix. And what about alcohol helping you sleep? It's a myth: Alcohol can worsen sleep problems. Heavy alcohol use also increases your risk for injuries and errors during your shift, at home and on the road. Over the long term, it can lead to serious health problems.

What are the guidelines for alcohol consumption? The Centers for Disease Control and Prevention recommends consuming no more than 1 drink per day for women and 2 drinks per day for men. **Note: Never drink while on the job.**

ONE DRINK IS EQUAL TO:



If you feel you may have a problem with alcohol, talk to your health care provider. Remember, never drive or operate machinery while under the influence.



National Youth Sports Safety Month: The Word on Cleats

If your child plays sports, chances are that he or she wears cleats. Here are some tips on selecting safe cleats:

Match the cleat to the playing surface — natural grass or artificial turf. The chances for injury rise when the wrong cleats are used on the wrong surface. You can also opt for molded or detachable cleats with some shoes — the detachable ones can be changed out when playing on a dry, hard surface versus a soft, muddy surface.

Buy new. Hand-me-downs have their place, but when it comes to cleats, used cleats could be worn down, thereby reducing traction.

Purchase cleats for the type of sport played. There are specially designed cleats for football, soccer, lacrosse and baseball, to name a few.

Clean cleats after playing.

Don't wear cleats on sidewalks or in parking lots as this will cause excessive wear, which could lead to injury if they can no longer provide traction. In addition, metal cleats can cause slips on smooth surfaces such as asphalt.



Reach your personal best with www.personalbest.com/extras/16V4tools.

Spring Cleaning? Do It Right

Whether at home or on the job, it's always a good idea to do some spring cleaning. However, when organizing and scrubbing make sure you follow cleaning product labels and safety instructions — including Safety Data Sheets (SDS) at work. For example:

AT WORK

- **Clean tools**, especially if you don't use them often. They need to be free of dust and debris to function properly. **Tip:** Do this regularly.
- **Stack items properly** and away from aisles or walkways. Remember that large stacks of materials can cause injury if knocked over, and clutter can cause trips and falls. Also, remember to store heavy objects close to the floor, and never exceed load capacity of storage shelves.
- **Always check the SDS** before using a product.



AT HOME

- **Clean or change** air conditioning and heater filters.
- **Steam-clean carpets** to kill mold, fungi and bacteria that may have built up during the winter.
- **Never mix products together.** Their contents could react with each other and create dangerous results.
- **Open windows when using cleaners;** many have ingredients that can irritate eyes and lungs.
- **Opt to create and use safe, eco-friendly cleaners** — lemon, baking soda and vinegar all have properties that can clean.
- **Clear out old prescriptions and expired medicines.** Check your local police station to see if they have an upcoming **take back your prescriptions day**.
- **Choose low- or no-VOC paints** when doing touch-ups.
- **Be extra careful using a ladder** — make sure it is placed on a sturdy level surface and don't overextend your reach while on it.

