

# Safety Talk **AGENDA**

ENGINEERING SAFETY  
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## FOCUSING ON SAFETY

September's Monthly  
Safety Focus— 'PPE-  
Last Line Of Defense'

With the end of summer vacations & the start of back to school concerns, it can be easy for all of us to lose focus & concentration while at work. In addition, heavy work loads, family & friend obligations, paying bills, problems at work, etc., can all distract us from our daily job focus.

Did you know you are more likely to be hurt on the job if you are stressed and preoccupied? Injuries can occur if you lose your job focus even for a few moments. Maintaining your awareness & staying alert to conditions that can cause accidents is one of the best ways to prevent them.

Note the Cues

Are you distracted? You are if you:

- suffer a series of uncharacteristic trips and falls
- often have trouble concentrating
- tend to continue working while listening to coworkers' chit-chat
- don't remember doing something you just did moments ago

**Clear Your Mind**

To stay refreshed, always take your scheduled breaks and lunch hours.

If your mind keeps going back to one thought, make a deal with yourself: focus on the distraction at break time, so you can fully concentrate on the task in front of you; or schedule a 20-minute worry session before you start work or later in the day.

If your distraction is a coworker, postpone your conversation until break time. If stressful thoughts or personal problems cause continual distraction, seek help from a friend or professional counselor. People with chronic stress or personal worries are more likely to be injured or cause injuries in the workplace.

## PRE-TRIP YOUR FLEET VEHICLE & AVOID AN MVA

A few months ago, a back gate on one of our fleet trucks swung open suddenly while the truck was moving & struck a parked vehicle. A thorough pre-trip inspection might have prevented this from happening. Gates, bins & doors should be checked before pulling out. Fasteners should be attached on loose or rattling doors & gates.

Other Pre-trip items should include: tires, lights, \* windshield, brakes, steering, truck steps, hand rails, safety equipment etc. Are safety enhancements like reflective tape on the truck? How about work equipment, vehicle orderliness and the general condition of the vehicle body.

## TODAY'S SAFETY RULE

1.08.4.9....

Driver/operator is prohibited from transporting passengers in body of auto truck unless:

- It is equipped with barrier at rear end
- Tools, materials or other items in the truck with the passengers are secured to prevent shifting, rolling or falling.
- Passengers are properly seated
- The dumping mechanism of a dump truck (when used) is made ineffective & the dump body secured.

## SAFETY TIP OF THE WEEK

Always look before you take a step to make sure the path is debris free. This means no obstacles, level pavement, no slippery substances & no hidden hazards.

## INJURY UPDATE

YTD INJURIES = 46  
YTD MVA'S = 45

September 3-September 9  
(2 Injuries)

- 1-Employee was using lining bar to remove fast clips from concrete ties & felt a pop to his left elbow while putting pressure on bar to remove clip.
- 2-Employee sustained bloody nose while adding weights to #2 MG when weights came up striking his nose.

Attached is a 'Safe Tool Use' Guideline for distribution & discussion.