

52 SAFETY MOMENTS

TO FUEL YOUR ORGANIZATION'S SAFETY CULTURE

1. Feeling tired? You can prevent fatigue-related accidents in the workplace by drinking plenty of water and maintaining a routine sleep schedule.
2. When road conditions are wet or icy, make sure to slow down at intersections, even when you have the right of way.
3. Avoid pinch-point accidents by using the right tool for the job, placing your hands where you can see them, and using machine guards correctly.
4. When lifting heavy objects, use proper form by working in your "power zone" - keep objects close to your body between mid-thigh and mid-chest.
5. H2S exposure can be deadly. Always wear a personal monitor and pay attention to odor in the air in areas where H2S may be present.
6. Conducting a Job Safety Analysis (JSA) before and during certain work activities can help identify hazards and prevention actions to avoid accidents.
7. Lockout/tagout (LOTO) procedures protect workers from hazardous energy by ensuring machines are shut off completely during maintenance.
8. Distractions don't just apply to driving. Operating heavy machinery requires careful attention, and multitasking puts all surrounding workers at risk.
9. A significant amount of accidents involving pressurized equipment are 100% preventable with proper equipment maintenance .
10. Safety means: *coming home to see my family after a long day's work*
11. Every day we use at least one piece of technology that requires an outlet – just make sure your cord doesn't cause a tripping hazard.
12. High temperatures and extreme dryness or humidity can reduce your body's ability to cool off, so drink plenty of water and take breaks indoors.
13. Lifting a heavy item can be a 2-person job. When performing a team lift, ensure both parties clearly understand the plan before any handling occurs.
14. Heatstroke occurs when your body is severely overheated. If your temperature rises to 104° F or higher, you should seek emergency treatment.
15. According to the Department of Labor, 99% of workers who suffered face injuries in 2015 were not wearing proper PPE.
16. When selecting protective eyewear, look for the ANSI Z87 markings. These are the only glasses that meet industry safety standards.
17. PPE can only protect you when used correctly. Always make sure PPE fits and is worn properly to reduce your exposure to injury.
18. In 2014, the Bureau of Labor Statistics found that arc flash injuries account for 77% of all recorded electrical injuries.
19. The larger weight and size of a suspended load, the more hazardous the job and its surrounding areas become.
20. The "Explosion Pentagon" describes the 5 conditions that can cause a flash fire: Ignition, Dispersion, Confinement, Fuel, and Oxygen.
21. If you don't know the load rating for lifting equipment, don't use it. Ensure all slings, hoist and machinery components are inspected before lifting.
22. In the case of a medical emergency, it's crucial to stay calm and call 911 immediately to ensure help arrives swiftly.
23. Establishing an action plan at work and at home is critical to staying prepared for severe weather emergencies.
24. Inadequate machine guarding is one of OSHA's top 10 most-cited violations. Remember: taking shortcuts is never worth the risk.
25. More than 15,000 lives are saved each year in the United States because drivers and their passengers were wearing seat belts during an accident.
26. You can prevent workplace injuries by reporting any potential defects and conducting routine maintenance of scaffolds, ladders and platforms.
27. If you expect other drivers to make mistakes, you'll be less likely to make them yourself and more prepared for the unexpected.
28. Consider this: at 55 mph, taking your eyes off the road for five seconds to answer a text is enough time to travel the length of a football field.
29. When working with electricity, you just need to remember B.E. S.A.F.E. (6 types of incidents: Burns, Electrocutation, Shock, Arc Flash, Fire, Explosion)
30. Pay attention to wear on electrical equipment such as frayed wires, exposed outlets, and cords that can quickly become a safety hazard.
31. Hail or heavy rain followed by either dead calm or a fast, intense wind shift can be a sign that a tornado is approaching.
32. To prevent workplace incidents, conduct routine housekeeping, keep supporting structures in good repair, and respect equipment load limits.
33. The majority of fall-related injuries (65%) occur as a result of falls from same-level walking surfaces, not from heights.
34. Large machinery can generate large amounts of heat. Ensure cooling fans are working properly and clear surrounding debris to prevent ignition.
35. Back injuries account for one in every five injuries and illnesses in the workplace.
36. Experience and skill cannot compensate for safety negligence. At any moment, something could go wrong that's out of your control.
37. Whether or not someone gets hurt, it's the responsibility of everyone at the scene to raise a red flag and report a Near-Miss.
38. Just like distracted drivers, distracted pedestrians can be a danger to themselves and others. Stay alert, and remember: Head Up, Phone Down.
39. Broken glass can cause serious injury if it's not handled or disposed of properly. Make sure you're wearing the right PPE before handling.
40. Overloaded electrical outlets are a major cause for fires. Limit your use of extension cords and power strips to avoid electrical circuit malfunctions.
41. Driving just after sunrise and before sunset can be the most hazardous times to drive, since the sun is more likely to obstruct your vision on the road.
42. According to a survey by NSF International, 81 percent of US employees say they would prefer co-workers stay home when they're sick.
43. Without thinking about your posture, you may be causing serious strain on your body and well-being.
44. Make sure your gloves are rated for your specific material handling job, and always check for wear and tear before getting to work.
45. To protect your privacy online, manage your social media and web browser permissions and be careful what you post online about yourself.
46. To prevent heat exhaustion, make sure you can identify the signs: dizziness, heavy breathing, sweating, and muscle pains.
47. Not all extension cords are created equal. Electrical components should not be undersized for the required voltage being transmitted.
48. No matter how familiar you may be with your workplace, it's important to recognize environmental conditions that may create new safety hazards.
49. You can avoid ladder incidents by making sure it's the right height, never standing on the top rung, and maintaining 3 points of contact at all times.
50. In a fire evacuation, help prevent flames and smoke from spreading by closing doors behind you as you exit.
51. The safety of you and your peers must always come first. Lifting heavy items without asking for assistance is just asking for injury.
52. Are you suffering from "expert blindness"? Taking safety procedures for granted because they seem redundant or inefficient is a dead giveaway.

