

## Environmental, Health & Safety News

### Tricks of the Safety Trade

What is the difference between the individual that has never had a serious on-the-job injury and the person who has been injured? Do they approach their job differently? Is it a matter of luck? Could it be that some people never cut corners when it comes to safety? Do some people never stop to think about the consequences of their actions? Has there been a lack of proper training, or do some individuals ignore safety procedures? Whatever the reasons, safety sensitive person knows that to maintain a safe and efficient worksite certain "tricks of the safety trade" must be followed. Check your knowledge of the "tricks of the safety trade" with the following list:

Do you:

- Start every day with a discussion of the tasks for the day?
- Perform a pre-operational inspection of your work area and/or equipment?
- Always wear personal protective equipment?
- Know the purpose of each tool in the tool box and use the proper tool for the job?
- Always plug power tools into grounded outlets that have ground fault circuit interrupters?
- Inspect all electrical tools and extension cords prior to each use?
- Lift anything without knowing its weight and get help with heavy and awkward items?
- Bend your knees when lifting, holding the load close to the body and lifting with your legs?
- Choose the proper eye protection for the task you are performing?
- Protect your hearing by wearing the proper protection on and off the job?
- Position a ladder with the 4-to-1 rule, never using

a metal ladder in the proximity of electrical lines?

- Always follow lockout/tagout procedures to ensure that all sources of energy have been removed prior to starting work on machines or equipment?
- Always wear a seat belt in vehicles and equipment where seat belts are provided?
- Never ride in or on equipment or vehicles unless they are equipped for riders?
- Practice good housekeeping at all times and continuously during a project?
- Watch out for pinch points, always replacing guards when repairs have been completed?
- Allow horseplay on the job? It is one of the leading causes of accidents.
- Know where the Material Safety Data Sheets are stored?
- Refer to the Materials Safety Data Sheets when some new chemical is introduced into the work place?
- Stop, Look, Analyze, and Manage every task? S.L.A.M.

The safety veteran is always aware of these tricks of the trade and helps to ensure that his co-workers follow them as well. Don't take chances, use these "**Tricks of the Safety Trade**" to become and remain a valued employee.

The idea for this article was provided by a TOOLBOX TALK from ICA.



**Have a Safe and Healthy March!**

**Words of Wisdom!**  
"Character, not circumstance,  
makes the person."  
Booker T. Washington

