

TRANSNEWS

SAFETY TIPS

Management Edition

Volume 45



P.A. Post Agency offers unsurpassed resources to assist in your commitment to safety and loss control. If there are any questions please contact us.

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Quick Tips

Be accessible to employees.

Employees should be able to ask you questions and make informal comments about safety issues and concerns. Your willingness to listen attentively and respond appropriately is a major incentive for employees to put safety first.

As you may have already noticed, we are well into the season when motorcyclists are out in full force. Fatal crashes with motorcycles are on the rise, so we need to make sure our drivers are more aware of motorcyclists in order to prevent crashes and injuries. There were 4,668 motorcyclists killed in traffic crashes in 2013, which accounted for 14 percent of all highway fatalities that year. "Motorcycle season" will continue well into the Fall, so remind drivers to remain vigilant in keeping a close lookout.

This article provides some useful information and strategies that you should share with your drivers to help do our part in sharing the road and keeping our roadways safe.

Ten Things to Know About Motorcycles

A business can respond to occupational risks in a more timely and efficient manner when it is proactive and prepared. Just as coaches need to prepare teams for the next opponent, safety directors must train and equip employees with a strong defense against potential

Motorcycle Safety

1. Over half of all fatal motorcycle crashes involve another vehicle. There are a lot more cars, buses and trucks than motorcycles on the road, and some drivers don't "recognize" or "see" a motorcycle.
2. Because of its narrow profile, a motorcycle can be easily hidden in a vehicles blind spot or masked by objects or backgrounds outside of the vehicle (bushes, fences, bridges, etc.). Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections.
3. Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into or out of a driveway, predict a motorcycle is closer than it looks.
4. Motorcyclists often slow by downshifting or merely rolling off of the throttle, thus not activating the brake light. Allow more following distance behind a motorcyclist. At intersections, predict a motorcyclist may slow down without visual warning.
5. Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles and wind. Understand that they are adjusting lane position for a purpose, not to be reckless or show off or allow you to share the lane with them.

Motorcycle (Continued on Page 2)

Create a Winning Safety Program

safety risks.

Here are five strategies that will help you create a winning safety program. And the catch? It's not much different from coaching a football team.

- **Work with seasoned referees and coaches.** Putting safety in the hands of

an unqualified or unreliable service provider can have disastrous results. Partner with seasoned first-aid providers, fire extinguisher and fire system professionals, and hazardous waste contractors.

Winning (Continued on Page 2)

Motorcycle (Continued from Page 1)

6. Turn signals on a motorcycle usually are not self-canceling, thus some riders (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure the motorcycle's signal is for real.
7. Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.
8. Stopping distance for motorcycles is nearly the same as a regular car, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because you can't always stop "on a dime."
9. When a motorcycle is in motion, see more than the motorcycle – see the person under the helmet, who could be your friend, neighbor or relative.
10. If a driver crashes into a motorcyclist, bicyclist or pedestrian and causes serious injury, the driver would likely never forgive himself/herself.

SEE: A Strategy for Commercial Vehicle Operators

Operating a commercial vehicle is not a passive activity. It's a complex task that involves more than just knowing how to use the accelerator, brakes and steering. Commercial vehicle operators require visual, cognitive and motor skills. These three distinct skills are transformed into three easily understood terms: Search, Evaluate and Execute (SEE).

- **Search** means to actively scan and identify factors that could create increased risk
- **Evaluate** means to consider potential problems arising from the interaction of those factors
- **Execute** refers to the physical motor skills used to prevent or avoid the resulting hazards

SEE is an active, thinking strategy that places responsibility on the commercial vehicle operator to reduce the risk by creating time and space in order to control a personal margin of safety. All commercial vehicle drivers should use SEE which, due to its simplicity and effectiveness, can prove to be beneficial in reducing traffic collisions.

Additional Keys for Motorcycle Safety

Here are some additional keys for commercial vehicle drivers with an eye toward protecting one particular vulnerable party – motorcyclists:

- **Look for Motorcyclists** – Use your eyes and mirrors to see what's around, and check your blind spots when you're changing lanes or turning at intersections. Look, and look again.
- **Focus on Driving** – Avoid distractions and drive. When turning, be aware of and look closely for tough-to-see motorcycles.
- **Use Your Turn Signal** – Signal your intentions early for everyone's safety.
- **Give Motorcycle's More Room** – Don't tailgate or pass too closely.
- **Take Your Time** – Nothing is as important as the safety of your loved ones, yourself, passengers, and others with whom you share the road.

All these principles can be boiled down to this paraphrase of the golden rule: Drive near others as you would have others driver near you

Winning (Continued from Page 1)

- **Practice.** Employees must regularly update their safety skills. This can be achieved through regular training sessions using a combination of web-based training, safety videos, hands-on training and many instructor-led formats. Training should address specific industry hazards and should occur when new members join the company, as a refresher for veteran employees, as a need for remedial training or corrective actions and if regulations change.
- **Wear protective gear.** Encourage workers to put on PPE before performing potentially dangerous job tasks. This includes safety glasses when potential eye hazards exist, welding helmets and flame flame-resistant clothing when welding, hearing protection in noisy areas, respirators in hazardous atmos-

pheres, gloves and safety glasses for handling chemicals and equipment, and any other PPE identified on your job hazard analyses and PPE assessments.

- **Develop a strong defense.** Workplace first-aid cabinets and vehicle first-aid kits help reduce the effects of common ailments by providing quick treatment. Stock cabinets and first aid kits with bandages, aspirin, antibiotic ointment and a solution for diabetic reactions. This can limit the need for additional treatment and in some cases lost work-days.

Like a football team, to be successful, a workplace must be equipped with the proper preventive tools. Training, PPE and emergency response equipment must be part of every safety manager's playbook.

TRANSNEWS is a publication of Post Financial Services Group, L. L. C.

If you have any questions or comments about this newsletter, or any ideas for future issues of **SAFETY TIPS**, contact Brad Post at: bpost@postfinancial.com

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SAFETY TIPS

Driver Edition



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Texting and Driving

As commercial vehicle drivers, we understand that the use of handheld devices while operating our commercial vehicles is illegal. But we still need to be aware of the other drivers on the road and their possible/probable use and what we can do to help bolster safety on the road.

Frightening Numbers

Texting while driving is a growing trend, and a national epidemic, quickly becoming one of the

country's top killers. Drivers assume they can handle texting while driving and remain safe, but the numbers don't lie.

Texting While Driving Causes:

- 1,600,000 accidents per year
- 330,000 injuries per year
- 11 teen deaths everyday
- Nearly 25% of ALL car accidents

Texting While Driving is:

- About 6 times more likely to cause an accident than driving intoxicated
- The same as driving after having four beers
- The number one driving distraction by teen drivers

Texting While Driving

- Makes you 23 times more likely to crash

Texting (Continued on Page 2)

Drive Cautiously on Wet Roads

Rainy weather can pose a serious hazard to all motor vehicle drivers. According to a Federal Motor Carrier Safety Administration report, rainfall and wet pavement are the two most common adverse weather conditions affecting fleet and commercial drivers, accounting for 60 percent of all weather-related fatalities.

When pavement is wet, tires may lose contact with the road and prevent the vehicle from braking or steering properly, possibly resulting in a collision. This situation is worse on wet leaves, during the first 10 minutes of rainfall when the water mixes with pavement oils, creating a slippery roadway, and during heavy rainfall or

roadways with significant rain water runoff.

In wet conditions, the National Highway Traffic Safety Administration recommends decreasing the vehicles speed by half and doubling the following distance. Drivers should keep the reduced speed for 30 minutes or longer after rain stops to ensure the

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Texting (Continued from Page 1)

- Is the same as driving blind for 5 seconds at a time
- Takes place by 800,000 drivers at any given time across the country
- Slows your brake reaction speed by 18%
- Leads to a 400% increase with eyes off the road

Signs of Handheld Devices Being Used While Driving

As professional drivers we spend a significant portion of our day on the

road. It's our job to provide the safest transportation to our customers and to be the expert on the road when driving with other vehicles. As the professionals on the road, we need to be aware of signs and symptoms that other vehicles may be using handheld devices while operating their vehicles so that we can take proper precautions. Here are some common signs and symptoms to be on the lookout for:

- Vehicles that are weaving, drifting or speeding
- Vehicles that are not keeping consistent speeds – slowing and speeding erratically
- Vehicles with quick acceleration or deceleration
- Vehicles driving slowly in the left lane
- Vehicles that turn abruptly or illegally
- Vehicles with slow responses to traffic signals
- Vehicles with drivers whose head is nodding up and down

Wet Roads (Continued from Page 1)

pavement has had time to dry.

NHTSA recommends taking the following actions if your vehicle begins to hydroplane or experience control issues in rainy weather:

- Do not use the brakes to slow down – release the accelerator to naturally slow down and allow the wheels to turn freely.
- With an automatic transmission, down-shift one gear to slow down.
- With standard transmission, shift to neutral or depress the clutch to allow the wheels to turn freely and maneuver out of a skid.

Buckle Up

Statistics indicate that 48 percent of commercial vehicle drivers buckle up. That number is way to low. Do something about it.

Is it really necessary?

Someone dies in a crash every hour in North America just because they didn't buckle their safety belt. If that's not reason enough to wear your safety belt, then consider this: failure to buckle up contributes to more fatalities than any other single traffic safety-related behavior. And, in many states, it's the law.

My safety belt is not very comfortable.

Millions of people have grown accustomed to wearing safety belts. If your safety belt causes severe discomfort, do something about it. There are ways to make a belt more comfortable.

No one can tell that I'm not wearing my safety belt. Why bother?

- Safety belts – the most effective safety devices in vehicles – are estimated to save over 13,000 lives each year.
- 50 percent of commercial drivers killed in crashes were not wearing safety belts.
- One in four drivers killed in crashes were ejected from the vehicle.
- Staying belted helps you maintain control of the vehicle when it is most needed.
- The emotional and financial costs of unnecessary injury or death to your family and employer are devastating.





Compressed Gas Cylinder Safety

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Mishandling compressed gas cylinders – which can have internal pressure of up to 2,500 pounds per square inch – can be disastrous. Dropping, tipping over, or exposing a cylinder to heat can cause weaknesses or cracks in the cylinder’s shell, which can result in a shrapnel-laden explosion, according to the American Welding Society.

Storing

When storing compressed cylinders, AWS recommends:

- Secure cylinders upright

with a chain or strap in a proper cylinder cart.

- Store cylinders at least 20 feet from combustible materials in a dry, ventilated place.
- Keep oxygen cylinders at least 20 feet from fuel gas cylinders.
- Ensure valves are completely closed and any protection devices are secured.
- Avoid storing cylinders in enclosed lockers – a leak could result in a

dangerous gas buildup.

- Use proper warning signs in areas where cylinders are stored.
- Keep cylinders in a location free from vehicle traffic, excessive heat and electrical circuits.
- Keep empty cylinders away from full ones.

Moving

The majority of incidents and injuries involving gas cylinders occur during handling or transportation.

CGC Safety (Continued on Page 2)

Eye Safety

According to the Center for Disease Control and Prevention (CDC), more than 100 of the 2,000 workplace eye injuries that occur each day, results in one or more days of lost work time. The CDC also reports that in addition to more common eye injuries caused by projectiles or burns, workers are at risk of acquiring infections and diseases through touching the eyes with contaminated hands or other objects. It is

critical that workers protect their eyes on-the-job and recognize hazards so that necessary precautions can be taken to reduce the risk of injury.

Jobs and activities that pose a danger to your eyes

Many job activities have the potential to cause eye injuries; common causes of eye injuries include:

- *Projectiles* (dust,

concrete, metal, wood and other particles)

- *Chemicals* (splashes and fumes)
- *Radiation* (especially visible light, ultraviolet radiation, heat or infrared radiation)
- *Bloodborne pathogens* (hepatitis or HIV) from bodily fluids including blood

Eye Safety (Continued on Page 2)

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Eye Safety **1**

CGC Safety (Continued from Page 1)

To help prevent incidents when moving cylinders, AWS offers the following tips:

- Handle cylinders with care and avoid dropping or hitting them against anything.
- Follow proper procedures and use the right equipment, including safety glasses, heavy-duty gloves and protective footwear.
- Use a cart or hand truck instead of dragging or rolling cylinders.
- Ensure safety measures, such as caps or guards, are securely installed.
- Use proper cradles, nets or platforms if using a crane.
- Avoid lifting cylinders by their caps or guards or with magnets or slings, which can damage the valves.

Eye Safety (Continued from Page 1)**Activities with elevated eye injury risks and recommended protective eye**

Vehicle Repair: Mechanics are more likely than the average worker to be injured on the job; contact with objects and equipment, such as parts and materials, represent a significant hazard. Eye injuries can occur as a result of sparks from cutting torches and airborne pieces of metal launched from bench grinders. Protective eyewear includes: goggles and safety glasses with side shields.

Metal Work, Carpentry and Fabrication: Eye injuries are most likely to result from work that generates flying particles, fragments, sparks, dust, hazardous substances or radiation. Tasks with the highest risk of eye injuries are grinding, welding and hammering. Other high-risk activities including: cutting, drilling, spraying, sanding, chipping and chiseling. Protective eyewear includes: goggles, safety glasses with side shields and face shields.

Welding: Chemical burns to one or both eyes from splashes of chemicals and cleaning products are common. Thermal burns to the eye occur as well. Among welders, their assistants and nearby workers, UV radiation burns (welder's flash) routinely damage workers' eyes and surrounding tissue. Protective eyewear includes: Welding goggles

and welding helmet.

Janitorial Work and Cleaning:

Infectious diseases can be transmitted through the mucous membranes of the eyes as a result of direct exposure or from touching the eyes with contaminated fingers or objects. The infections can range from relatively minor to more serious diseases such as HIV, Hepatitis B or possibly influenza. Protective eyewear includes: goggles, safety glasses with side shields and face shields.

Prevention

The use of proper eye protection, such as safety glasses, goggles, face shields and helmets can prevent countless eye injuries. The right eye protection for each work situation depends upon the type of hazard, the circumstances of exposure, other protective equipment used and individual vision needs. Safety eyewear protection includes:

- Non-prescription and prescription safety glasses
- Goggles
- Face Shields
- Welding helmets
- Full-face respirators

Do's and Don'ts of Emergency Eye Care

If an eye accident occurs, see a medical doctor or eye care

professional as soon as possible since an injury may not be immediately obvious. Until a medical professional can be seen, heed the advice below.

Do:

- Protect the eye from further damage by holding a folded cloth over the eye, having it act as a shield.
- Seek eye care immediately.
- Bandage any cuts around the eye to prevent contamination or infection.
- Flush the eye with water in case of a chemical burn or if there is small debris in the eye.
- Use a cold compress to treat a blunt trauma injury such as a black eye, but be careful not to apply any additional pressure.

Don't:

- Do not remove any objects that are stuck in the eye as this could worsen the injury.
- Do not wash eye out when dealing with cuts or punctures to eye.
- Do not attempt to self-medicate, apply ointments or take any medications, including over-the-counter drugs.
- Do not rub the eye or apply pressure. Doing so may cause more damage.

Distracted Driving

What's the Whole Picture

What aren't you seeing?



See the whole picture



Distraction involves a diversion of attention from driving, because the driver is temporarily focused on an object, person, task, or event not related to driving, which reduces the driver's awareness, decision-making, and/or performance, leading to an increased risk of corrective actions, near-crashes or crashes.



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