

Safety Flash

March 31, 2015.

THE DANGERS OF FALLS.

Safety Statistics
First Aid Free Days: 102

REMINDER

Remember, to take the time now to work safe and help your fellow employees to be safe.

Think Safe, Work Safe and Be Safe!!

Falls — Falls disable 400,000 workers a year. Of every 100 workers hurt, 20 fall down. Almost as many happen on the level as from elevated places.

If you are on the level, you should:

1. Watch out for slippery spots such as oil, grease or water spills.
2. Use aisles. Don't take shortcuts through storage and machinery areas.
3. Look out for objects on the floor that can roll, slide or trip you up.

If you are higher up:

1. Don't run on stairs. Use the handrail.
2. Inspect safety harnesses, lanyards and lifelines before using them.
3. Never jump from work stages, trucks or loading docks.
4. Use ladders the right way.

LADDER SENSE

1. Inspect a ladder for cracks and loose rungs.
2. Choose a ladder long enough so you can stay off the top rungs.
3. Climb with both hands holding the rails. Hoist tools and materials by hand line.
4. Don't overreach. Be sure of your balance by keeping your belt buckle between the rails.
5. A ladder should have safety feet. Use a board on soft earth or to level the feet.
6. Use the 4 to 1 rule. Set the ladder one foot out for every four feet up to the point of support. Rungs are one foot apart so it's easy to figure the angle.

Weak Spot: Inattention is the weak spot in the defense against falls – Watch where you are going.

BE A ZERO HERO!

Every reasonable precaution should be taken to protect yourself and promote our ZERO ACCIDENTS culture.

Be Safe!







PLEASE PLAN TO HAVE A SAFE DAY!

Quote of the Day

"Take accountability for safety"

~Author unknown.

Weather Forecast for Edmonton

	Mon. Mar. 29	Tue. Mar. 30	Wed. Mar. 31	Thu. Apr 01	Fri. Apr. 02	Sat. Apr. 03
						
High	12°C	14°C	5°C	3°C	0°C	6°C
Low	0°C	1°C	1°C	-2°C	-2°C	2°C
Wind	W 10 km/h	S 15 km/h	NW 35 km/h	NW 10 km/h	W 15 km/h	W 25km/h