

# The Informed Worker



Driven By Higher Standards

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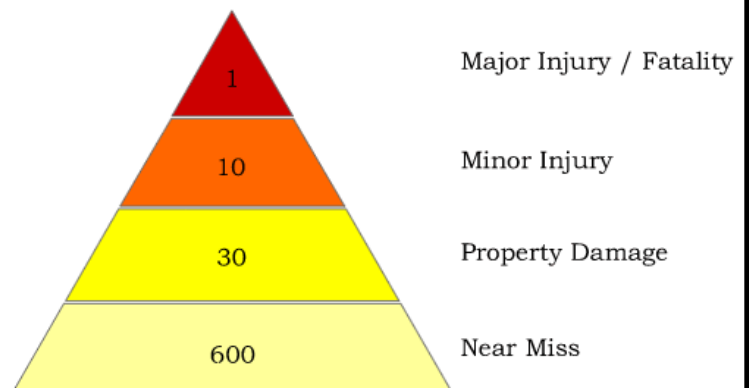
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## SEVEN COMMON ACCIDENT CAUSES

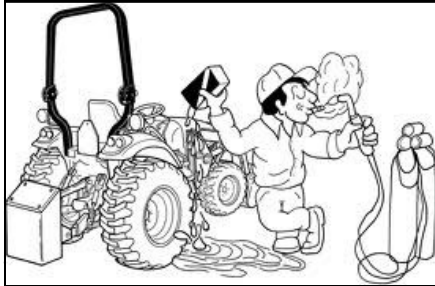
Have you been guilty of any of these attitudes or behaviors? If so, you may have not been injured-but next time you may not be so lucky.

- **Taking Shortcuts:** Every day we make decisions we hope will make the job faster and more efficient. But do time savers ever risk your own safety, or that of other crew members? Short cuts that reduce your safety on the job are not shortcuts, but an increased chance for injury.
- **Being Over Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to injury.
- **Ignoring Safety Procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies-not to make your own rules. Being "casual" about safety can lead to a casualty!
- **Mental Distractions from Work:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your 'mental' guard can pull your focus away from safe work procedures. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off the machine "just for a minute."
- **Failure to Pre-Plan the Work:** There is a lot of talk today about Job Hazard Analysis. JHA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task, or not thinking through the process can put you in harms way. Instead, Plan Your Work and then Work Your Plan!"
- **Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Have you ever seen a worker sent to do a job, having been given only a part of the job's instructions? Don't be shy about asking for explanations about work procedures and safety precautions. It isn't dumb to ask questions; it's dumb not to.
- **Poor Housekeeping:** When clients, managers or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production and safety. Poor housekeeping creates hazards of all types. A well maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety.



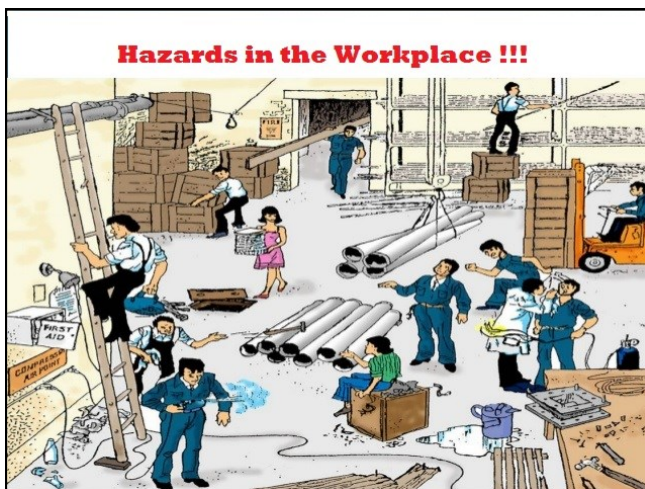
## 10 Quick Tips that will help to keep you SAFE ON THE JOB.

- When you are lifting heavy objects, make sure to lift with your legs and knees, and not your back (how many times have we heard that?)
- Never twist your body while lifting something heavy.
- When sitting for long periods, make sure to take breaks every hour to get up and stretch.



- Avoid overexerting yourself. Many workplace injuries are caused when workers are tired, stressed or both. If things are getting to tough for you, take a break.
- Drink plenty of fluids – especially when working in the hot sun. Soda's don't count – make sure that you are drinking plenty of water to avoid dehydration.
- If you sit at a desk most of the day, make sure your chair is comfortable and the correct height.
- If you do see any unsafe conditions, make sure to report them to your supervisor immediately.

- Reduce the amount of overhead work you must do by using a lift to get you closer to what you need to do.
- When you are picking up or setting down an object, make sure not to reach more than 10 inches from your body.
- Whenever possible, use ergonomically designed tools that are designed to fit the hand, body and job.



**BE CAREFUL**  
**REPORT ALL**  
**UNSAFE**  
**CONDITIONS**

**It is better to be careful 100 times than to get killed once." (Mark Twain)**

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