

Safety: It's Your Responsibility



Is Your Mind On Your Work?

YOU'RE SLEEP DEPRIVED

Fatigue is a leading cause of accidents. If you find yourself constantly tired during work hours, falling asleep immediately when you sit still, or nodding off frequently, you could be putting yourself at risk.

The solution:

- Strive for 7-8 hours of sleep per night.
- Supplement with 20-minute naps when needed.
- Keep to a regular sleeping schedule, even on days off.
- If you suffer from regular insomnia or wake up tired despite a full night's sleep, talk to your doctor. Sleep problems can be treated.

YOU TAKE MEDICATION

Many prescription and over-the-counter medications, including pain relievers, allergy medicines, antidepressants and heart medications, can cause drowsiness and unfocused thinking, making a person more accident-prone.

The solution:

Talk to your doctor or pharmacist about the potential side effects of any medication you take. If you must use a medication that causes drowsiness, avoid driving, operating machinery or other dangerous tasks while taking it.



YOU DON'T MANAGE STRESS

Your muscles tighten, your mind wanders, you have difficulty making decisions or focusing on the work at hand, you become forgetful. These are all symptoms of stress, and they can increase accident and injury risk.

The solution: Find ways to manage the stress in your life. **Ideas:** Exercise ... practice a hobby ... find support through friends and family ... take time for yourself. Even simply taking deep breaths and a short walk when you feel pressured can help you resist the effects of stress.

Top 10 Accident Prevention Actions

1. Think before you act.
2. Always follow safety procedures.
3. Choose the right tools for each job, and use them properly.
4. Store cutting tools safely when you're not using them.
5. Concentrate on what you're doing.
6. Look out for warnings.
7. Obey safety signs and labels.
8. Ask for help when you need it.
9. Share your own safety skills.
10. Cooperate for safe teamwork.

Save Your Back

Back injuries are among the most common workplace accidents. Keep your back strong and healthy with these tips:

EXERCISE regularly. Walking, cycling, rowing, weight training and stretching help to strengthen your back and keep it flexible and injury free.

Bonus: Exercising three to four times per week for 30 minutes or more helps control your weight — a great boost to back safety.

LIFT correctly. Always bend your knees and lift with the large muscles of your legs, rather than bending at your waist and lifting with your back.

AVOID slips, trips and falls. Keep traffic areas free of electrical cords, boxes, trash cans and debris. Wipe up spills right away and tack down any loose carpeting or flooring.

Drive safe:



Whether you drive for a living or only commute a few miles, be sure to take the safety precaution proven to save lives time and time again ... buckle

Heads Up...

Safety equipment such as hard hats and helmets should be replaced after an accident or impact.

EACH YEAR HUNDREDS OF THOUSANDS OF INJURIES OCCUR DUE TO IMPROPER LADDER USE. WHAT TO DO:

1. Use the right size and type of ladder for the job.
2. Secure the ladder correctly and make sure it is steady.
3. Never climb on the top two rungs.