The condition of your tires is one of the most important mechanical factors in vehicle safety. There are four ways you can improve the safety and performance of your tires.

**Keep tires properly inflated.** Check them at least monthly to notice if tire pressure appears to be getting low. Incorrect tire pressure can cause uneven tire wear, poor handling, excessive heat build up, and possible tire failure. Check your vehicle manual for recommended tire pressures. If you have new tires installed, check their pressure. Recommended tire pressures can vary depending on the brand of tire. When you check tire pressure, do so the first thing in the morning for an accurate reading. Driving the car heats up the tires and changes their pressure.

**Rotate tires to increase life.** Follow the rotation schedule in your car’s owner’s manual.

**Keep tires balanced and aligned.** Improperly balanced tires can produce an uneven ride that can result in poor handling. Defective alignment can cause excessive tire wear and cause the vehicle to pull to the side.

**Replace tires when the tread gets too low.** What is too low? All tires have “tread-wear indicators” built right into them. These indicators are molded into the bottom of the tread grooves and will appear as “bands” when the tread depth reduces to the size of 1/16th of an inch. When the indicators appear in two or more adjacent grooves, the tire should be replaced. Look in your vehicle’s manual for more information. Usually the manual will have a picture showing what the tread wear indicators look like. Take a look at your tires on a regular basis. Have a professional check them out further if you have any doubts about their safety.
JULY 11-15: SAFE LADDER USE

1. Always inspect ladder for visible defects before using and make sure the ladder is the proper size to complete the job.

2. Always position ladder on a firm level surface.

3. Set ladder under work area and relocate as needed to avoid leaning over.

4. Use only tools necessary to complete each part of the work to avoid bringing too much equipment up the ladder.

5. Use only the steps below the top step when working on a ladder.

JULY 18-22: PERSONAL PROTECTIVE EQUIPMENT

1. Use your personal protective equipment required for the job, even if the job will “only take a minute.”

2. Prior to use, check for signs of wear.

3. Report any problems encountered with your personal protective equipment to your supervisor.

4. Ask your supervisor for information, if you don’t understand when or how to properly use your personal protective equipment.

JULY 25-29: PREVENTING HEAT-RELATED EMERGENCIES

Exposure to excessive heat may make a person seriously ill. The possibility of illness depends on a number of factors, such as the level of physical activity, type of clothing worn, wind humidity, working conditions, and a person’s health and age.

RECOMMENDATIONS: Intermittent rest periods in a shady, cool location for employees exposed to extreme heat and humidity. Drink plenty of water, wear light colored clothing, use sun screen on all exposed areas of the skin and recognize the warning signals.