RECOMMENDED SAFETY MEETINGS
DOTD LOSS PREVENTION: LOUISIANA TRANSPORTATION RESEARCH CENTER

HOME SAFETY
Make your home safe by checking each item listed below:
- Post emergency numbers by every phone.
- Keep a first aid kit stocked; handy; know how to use it.
- Install smoke and carbon monoxide detectors and all purpose fire extinguishers. Check them monthly.
- Store flammable materials away from a furnace, fireplace, and other heat sources. Never leave a open flame unattended.
- Use flame-retardant curtains and bedding.
- Never let anyone smoke in bed.
- Have your heating system checked and cleaned by a qualified contractor yearly.
- Inspect electrical equipment regularly.
- Keep prescription drugs and hazardous household materials out of reach and/or preferably, locked up.
- Keep stairs, sidewalks, and hallways well lit and clear of clutter.

WORK LOCATION SAFETY
Teamwork
- Communication is the key to team safety. Notify all co-workers of hazards, both old and new.
- Keep track of co-workers at all times.
- Take safety and safety training seriously; your co-workers depend on you.
- Offer help to a co-worker anytime it will reduce the chance of injury.

Back Injury Prevention - Take extra care with your back
- Except for colds, back pain is the leading reason for trips to the doctor.
- Size up a load before you lift, and get help if you need it.
- Always practice safe lifting: keep your back straight, lift with your legs, and hold the object close to your body.
- Push rather than pull a heavy load.

According to the Bureau of Labor Statistics, back injuries account for one of every five injuries and illnesses in the workplace.
**JUNE 20-24: Vehicle Operator Safety**
- Make sure everyone in your vehicle buckles up.
- Be alert – expect other drivers to do the unexpected.
- Give yourself room to act and react.
- Do not challenge aggressive drivers.
- Never drink and drive or ride with a drunk driver.

**Emergency Response**
- Become familiar with workplace emergency procedures and policies.
- Know the fire and evacuation plan for the area where you work.
- Be aware of the location of fire extinguishers, fire alarms, flashlights, and emergency supplies.
- Take CPR and First Aid Training.
- Volunteer for the Emergency Response Team in your District or DOTD HQ’s.

**JUNE 27 - JULY 1: SIX ERGONOMIC STRATEGIES**
1. Keep your wrist straight when grasping objects or using tools.
2. Use your whole hand (power grip) when grasping objects.
3. Keep your elbows bent and close to your sides as you work.
4. Use your whole arm and don’t lock your elbows when you reach, push, or pull.
5. Use tools that allow you to keep your wrist straight while maintaining comfortable, positive control.
6. Lift safely from your knees, not your waist.

*Lifting Hazard:* Paint cans stacked on a pallet requires a worker to lift without benefit of using leg muscles, putting stress on back, arms, and shoulders (see photo 1).

*Solution:* Keeping the paint can close to the body when lifting the can from the storage area will reduce stresses. Using two people to lift heavier cans will also reduce stresses on workers (see photo 2).