RECOMMENDED SAFETY MEETINGS

APRIL 4 - 8  WORK ZONE SAFETY
Safety Tips for traveling through highway work zones
• Stay Alert - Dedicate your full attention to the roadway.
• Pay Close Attention - Signs and work zone flaggers save lives.
• Don’t Tailgate!
• Don’t Speed - Note the posted speed limits in and around the work zone.
• Minimize Distractions - Avoid changing radio stations and using mobile phones while driving in work zones.
• Expect the Unexpected - Keep an eye out for workers and their equipment.
• Be Patient - Remember that work zone crew members are working to improve your future ride.

APRIL 11-15  PROTECTION DURING LIGHTNING STORMS
Get into a building or car and close the windows and doors. Get out of the water if you are swimming or boating, and get away from it. If boating, stay low and avoid contact with the water.

• Do not take refuge under any tall, isolated object, such as a tent or tree.
• Avoid electrical fences, clothes lines, metal pipes, rails, telephone poles and other conductors. Put down any object that might conduct electricity, such as a rake, hoe, or shovel. If you are caught outdoors when a lightning storm strikes, take shelter in a ditch or gully.
• If lightning strikes are suspected, keep clear of windows if inside a dwelling. Turn off the television and any other electrical appliances. Electricians suggest unplugging televisions and other valuable appliances because lightning can strike or cause electrical surges that can destroy these appliances.
• Because of the possibility of electrocution, postpone baths, showers and doing dishes until the storm passes.
• Stay away from water and gas pipes, electrical appliances and telephones because electricity can travel through these items and cause electrocution.

DOTD requires Safety Meetings weekly (for field gangs) and monthly (for administrative units). Meetings must be properly documented on the DOTD Safety Meeting Record. Some suggestions for meeting topics are included here.
APRIL 18 – 22

SOME DO’S AND DON’TS OF HOUSEKEEPING

DO’S:
• Keep floors clean and free of waste.
• Keep workplaces adequately lit and keep light fixtures clean.
• Inspect and clean machinery and tools regularly.
• Clean up spills immediately.

DON’TS:
• Use aisles and stairways as storage areas.
• Allow materials to build up on floors.
• Block emergency exits, fire equipment, or first aid stations and/or kits with stored materials.
• Store compressed gases near heat sources.

APRIL 25 – 29

PREVENT STRAINS AND SPRAINS

• Warm up before any vigorous or demanding physical activity.
• Take care not to overexert. If something is too heavy or too far away to reach easily, get help or find a safe way to do the task.
• Keep your work or activity area free from slip, trip, and fall hazards.
• Use the correct posture to perform tasks: keep your wrists straight, elbows slightly bent and below shoulder level, and back erect.
• If possible, change your posture frequently as you work.
• Eat well, sleep well, and exercise regularly.

What’s the difference between a strain and a sprain?

A strain is damage or tearing of a muscle (commonly called a “pulled” muscle) or tendon, which is the tough fibrous cord of tissue that connects muscle to bone. They most commonly affect the back, thigh (hamstrings), hand, forearm, and elbow.

A sprain is damage or tearing of a joint capsule or ligament, which is the fibrous connective tissue that connects one or more bones. The joints most frequently involved include the ankle, knee, wrist and finger. Sprains often occur during a sudden movement, and you may hear a popping or snapping sound.

Both types of injury cause immediate pain in the affected area followed by swelling and bruising. In general, the faster the swelling, the more severe the injury. If the pain is severe and you are unable to bear weight on it, you should see your doctor as soon as possible.

How do I treat a strain or sprain?

Most strains and sprains can be dealt with at home, but the more severe ones will need to be seen by a doctor. To reduce pain and swelling, remember the acronym RICE - Rest, Ice, Compression and Elevation

• R-Rest - You should rest the injured area for 24-48 hours.
• I-Ice - Apply an ice pack (e.g., pack of frozen peas or a bag filled with crushed ice wrapped in a towel) as soon as the injury occurs. Repeat up to three times a day. To avoid frostbite do not apply the ice pack for longer than 20 minutes.
• C-Compression - Wrap the affected area in an elastic bandage tightly - but not so tight as to compromise of the blood supply to the affected area.
• E-Elevation - To reduce swelling, elevate the affected area above the level of the heart.