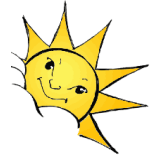




Have Fun in the Sun ...

... but take precautions to keep safe

The sun's shining. It's warm and beautiful outside. It's your day off, and you're planning to get out and have some fun. Great idea! But whatever activities you have planned, just don't forget to take along your safety sense.



Remember to take along (and use!) your PPE. Personal protective equipment for summer recreational activities might include sunglasses, sunscreen, a hat (or a helmet if you're biking), or a life jacket if you're boating.

Don't overexert. Take it easy—especially if you're a little out of shape or it's a really hot day. Don't underestimate the effect of the sun, the heat, or humidity.

Follow the rules. Most activities—even recreational ones—have some safety rules. If you're hiking, stay on marked trails and avoid wild animals. If you're boating, avoid alcohol, watch out for swimmers, and don't overload your boat. If you're swimming, watch out for strong currents and boaters. Make sure you know the depth of the water before diving, and don't swim if you're tired or have had too much to drink.

Don't forget to drink water. Drink fluids all day to replace what you lose, and take frequent breaks in a cool, shady place to prevent heat stress.

Safety Is No Accident

Quiz yourself - Do you know how to prevent accidents?

- | | T | F |
|---|--------------------------|--------------------------|
| 1. Most accidents are caused by unsafe conditions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If you see a hazard you can't fix, report it when you have a break or at the end of your shift. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If you're not sure how to do something, try to figure it out yourself before asking. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Occasional shortcuts are okay only after you've been doing a job for a long time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. It's best not to think about what could go wrong as you work; have the confidence that if you're careful, nothing will go wrong. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If you've been explained a procedure before, then you shouldn't have to ask a lot of safety questions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. It's management's responsibility to prevent workplace accidents, not yours. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. You can prevent most accidents by keeping alert to hazards and paying careful attention to your work. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Being involved in an accident at work is really a matter of chance or being in the wrong place at the wrong time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. It's a good idea to inspect your work area, materials, and equipment each day before you begin working to make sure they're safe. | <input type="checkbox"/> | <input type="checkbox"/> |

Answers: (1)False. Most accidents are caused by unsafe acts. (2)False. Report it immediately and take steps to warn co-workers of the hazard. (3) False. When you're not sure of the correct and safe way to proceed with your work, check first with your supervisor. (4)False. It's never safe to ignore established procedures and take shortcuts. (5) False. You *should* think about what could go wrong so that you can be prepared to avoid trouble at any time. (6)False. Always ask when you're in doubt about anything related to your safety. (7)False. You share responsibility for keeping the workplace safe. (8)True. (9)False. Accidents are caused by unsafe acts and unsafe conditions—both of which are preventable. (10)True.



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WHY DO INJURIES HAPPEN?

- ☒ **Complacency.** No matter how many times you've done a job, if you take your safety for granted, you can get hurt.
- ☒ **Inadequate information.** If you don't know what to do or how to do it, there's a good chance you'll do it wrong. So listen to job instructions. Read equipment manuals, container labels, and material safety data sheets. And if you're not sure about something, ask!
- ☒ **Poorly maintained tools or equipment.** Don't use unsafe tools or equipment. Report them and get a replacement.
- ☒ **Not looking where you're going or not paying attention to what you're doing.** To always be safe on the job you have to be constantly alert. You need to keep looking for hazards and anticipating anything that could go wrong.
- ☒ **Not taking hazards seriously enough.** All work hazards can hurt you in some way. Even a minor injury can interfere with your work and your life—and cause you a lot of pain.
- ☒ **Carelessness.** Just like not keeping your eyes and mind on the road can lead to a traffic accident, not keeping your eyes and mind on the job can lead to a work accident. So always avoid distractions and horseplay.

Asleep at the Wheel:

Drowsy driving is as bad as drunk driving

Drowsiness is a factor in a substantial number of crashes and studies say that **60% of motorists have driven while feeling fatigued** and **more than 30% admit to having fallen asleep at the wheel during the past year.**

According to the National Road Safety Foundation, drowsiness is a condition most drivers fail to recognize, and it can be just as dangerous as driving drunk.



Here are some signs that you need to stop and rest:

- **Difficulty focusing, with frequent blinking**
- **Daydreaming or not remembering the last few miles driven**
- **Head-nodding**
- **Repeated yawning or rubbing your eyes**
- **Drifting out of the lane, tail-gaiting, or hitting shoulder rumble strips**

If you recognize any of these signs while driving, pull over at the next exit and take a 20-minute nap. The foundation recommends drinking coffee or other caffeinated beverages to stay alert, and to avoid medication that makes you drowsy.

For more safe driving tips, visit the foundation's website at www.nationalroadsafety.org.