Off the Job Safety



WHAT'S AT STAKE?

Safety doesn't punch a time clock, so when you leave work, take your safety attitude home with you. That way, you'll return for the next shift.

WHAT'S THE DANGER?

You are much more likely to be injured on your own time. National Safety Council statistics indicate seven out of eight fatalities and over half of disabling injuries for workers happen away from the job.

EXAMPLE

Charlie's wife wanted a child safety gate on their basement stairs doorway. Baby had almost tumbled downstairs because Charlie had left the door open to hurry down to his workshop. As a temporary fix, he nailed a piece of plywood across the doorway to the height of a toddler's chest. Who was first to forget about the makeshift barrier? Charlie. He nearly broke his neck when carrying tools, he fell over the obstacle. Explain how Charlie could have used better planning to protect the baby – and himself.

HOW TO PROTECT YOURSELF

At home

Lift safely; furniture moving results in many injured backs. Keep your home free of fall hazards. Repair broken flooring or torn carpeting and clean up spills immediately. Use a stepladder to reach awkward places instead of standing on a kitchen chair.

Fire safety

Regularly inspect for hazards such as combustible materials. Keep smoke detectors and fire extinguishers in good operating condition. Store flammable liquids in well-ventilated areas outdoors.

Electrical

Make sure you are protected by a ground fault circuit interrupter when you use powered tools in any damp environment. Don't overload electrical circuits.

Garage or workshop

Use the correct tool for the job, and wear the right personal protective equipment (PPE). Lawn-mowing and operating other power tools call for protective eyewear and safety footwear. Weekend construction and pruning projects require hardhats.

Car or truck

Most traffic crashes happen close to home and at low speeds, so buckle up. Remember that fatigue or anger can impair driving ability.

Out for fun

Learn how to do sports and other recreational pursuits safely. Wear the right protective sports gear. Exercise regularly; fitness reduces the chances of getting hurt. Avoid using drugs or alcohol especially before activities requiring concentration and alertness, such as boating. Learn to swim.

FINAL WORD

Don’t leave your safety attitude at work when you punch the time clock at the end of your shift.