



MAFES Dawg Tracks

June 11, 2012



10 Commandments
of Good Safety
Habits



In most everything we do, we try to find a “trick” or “short cut” to make the job easier with the same required efficiency. Once we establish this new found “method,” it then becomes a habit and a part of our everyday work activity. As we establish this new method with acceptable safety habits, we can stay injury-free for the duration of the project.

Following are some suggestions of safety habits that can help by incorporating them in our everyday work life:

- ❖ **Set your own Standards** – Don’t be influenced by other folks around you who are negative thinkers.
For example – Assume that safety glasses are required - but they aren’t wearing theirs - so you get in their habit of omitting their use.
Think! The blindness you suffer will be yours alone to live with.
The answer - Don’t let outside negative habits influence you.
- ❖ **Operate Equipment only if you’re Qualified** – This is self-explanatory. If your supervisor asked you to use a piece of equipment that you aren’t familiar with or trained to use, question him as a reminder that you haven’t been trained on that machine. You need training to be able to perform efficiently and safely.
- ❖ **Respect the Machinery** – If you put an obstacle in the machine’s way, 2 things can happen. Both are bad. It’s either going to cause a problem with that obstacle, or it’s going to cause a problem with the machine. The other side of that coin is the fact that injuring one or both of these items might cause a safety problem with you. Don’t overestimate your abilities with unknown capabilities to act rationally and safely. Remember to de-energize a machine before getting into the point of operation.
- ❖ **Use your Own Initiative for Safety Protection** – You are in the best position to know when potential problems might arise that would put you or a fellow worker in “Harm’s Way,” so don’t be afraid to ask for either help or access to the proper protection or employee assistance to reduce the potential for a hazard.
- ❖ **Ask Questions** – The question that you are afraid or ashamed to ask for fear of embarrassment is the one that might be just the one to keep you or a fellow worker safe. Don’t assume – Don’t I think - Don’t I guess — **ASK** to be sure.
- ❖ **Use Care and Caution When Lifting** – Most muscle and spinal injuries are caused by overexertion or over straining. Know what you can lift and don’t exceed it. Be patient, ask for help and wait until they arrive. A few minutes of waiting might save you weeks of pain and maybe loss work days.
- ❖ **Practice Good Housekeeping** – Disorganized work areas are the breeding grounds for accidents. Help the team to keep all the work areas clean, orderly and hazard-free. Be a safe leader and not a hazard statistic.
- ❖ **Wear Proper and Sensible Work Clothes** – Wear sturdy and appropriate footwear. The feet should be fully enclosed. Loose clothing, dangling jewelry and long hair are potential hazards; so tailored clothing, no jewelry and long hair tied back in a ponytail will help in reducing possible injury from one of these items.
- ❖ **Practice Good Personal Cleanliness** – Avoid touching the eyes, mouth, or face with dirty hands or gloves that could be contaminated as well as dirt-laden. Most rashes are the result of poor hygiene.
- ❖ **Be a Positive Part of the Safety Team** – Be a leader by following the safety rules and looking out for potential hazards that might harm you or one of the other fellow workers.

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WORKING TOGETHER GETS THE JOB
DONE SAFELY
~~LEAD THE WAY WITH SAFETY
TODAY~~
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**ALERT TODAY – ALIVE
TOMORROW!!**