



MAFES Dawg Tracks

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*Safety Tips: How to
Avoid Accidents*



A serious accident can happen in a split second. It is risky thinking when you say that accidents only happen to other people, not me. The other fallacy of accidents is the person who rushes to get the job done faster but has an accident trying to make the short cut.

WHY DO ACCIDENTS OCCUR?-

- ✓ Accidents can happen in a split second and can result in a very serious injury or even death.
- ✓ Getting into an accident can result in a long term physical pain, emotional pain, reduced income, high medical bills and the inability to perform your job.

There are many reasons that accidents occur. Following are some of the reasons:

- Careless and not paying attention to the task at hand.
- Taking short cuts because you're rushing to get the job down.
- Recklessness.
- Being distracted – having your mind on other things.
- Not getting enough sleep or taking adequate breaks.
- Having an attitude that “you’ve always done it this way” or that “accidents can only happen to someone else.”
- Not being adequately trained.
- Stubbornness, including the unwillingness to ask for help.
- Letting stress or other emotions interfere with your job.
- Not using common sense.

Rushing to get the job done-

- ✓ Being in too much of a hurry is a common reason why accidents occur.
- ✓ Not thinking about safety all the time is one reason why accidents occur.
- ✓ It's important that you take a few minutes before you begin a task to think about the potential hazards and how you can protect yourself.
- ✓ Then, tackle the job slow and deliberately- the quality of your work will be better, and you'll get more done.

STRESS CAN LEAD TO ACCIDENTS-

- Accidents are also most likely to occur when you're under stress, whether it is due to problems at home, financial troubles or other reasons.
- Stress is how your body reacts when increased demands are placed on it.
- Following are some tips to help you combat stress:
 - Make sure you have “balance” in your life. Don't work all the time. Take time off from work to have a little fun.
 - Learn to say “No.” Don't take on more than you can handle.
 - Be willing to ask for help when you need it and tell your supervisor when there is a question that you don't understand.
 - Don't deal with stress by medicating with drugs. Drinking alcohol or using drugs will only make the situation even worse.

MORE ACCIDENT PREVENTION TIPS-

- ✓ **Practice safe work habits.** Don't operate hazardous equipment or other equipment unless you have been properly trained. Pay close attention to all safety warning signs. Don't drive any type of “rolling equipment” if you're tired, ill or if you have been drinking alcohol or using other drugs.
- ✓ **Don't engage in horseplay.** “Fooling around” on the job puts both you and your co-workers at risk of getting hurt.
- ✓ **Be especially careful on the road.** Using a cellphone while driving, letting a passenger distract you or keeping loose items under the seat or on the dashboard that can fall or roll around can lead to an accident.
- ✓ **Get enough sleep.** This is important because fatigue is a common reason for accidents. Being overtired can result in not hearing important safety instructions and also slows down your reaction time.
- ✓ **Ask for help when you need it.** Don't take the attitude, “I can do this all by myself.” Times you may need help include when you are lifting heavy pots or other items or when you come to work feeling a little “under the weather.”

**BEING SAFE IS LIKE BREATHING -
YOU NEVER WANT TO STOP !!**

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**GOOD SAFETY HABITS WILL NORMALLY
KEEP YOU OUT OF BAD TROUBLE**