

Army *Safety* Gram

Leading on the Edge for Safety *Excellence*

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13 January 2007

A Safer You In 2007

Tacking up a new calendar in January signifies a chance for change. Last year's mistakes and shortcomings are over and done. This year is a new opportunity to do things better. With the whole new year stretching out in front of you, what can you do to improve the safety aspects of your working life? First, you can plan to be a better driver. Motor vehicle accidents are still the leading cause of job-related fatalities in this country.



To improve your driving safety:

- ♦ Get enough sleep. Studies show working people are chronically sleep deprived, and fatigue is a factor in many traffic crashes. Most adults need between six and nine hours of sleep each night.
- ♦ Wear your seatbelt, even for short trips and even if you are stopping frequently.
- ♦ Cultivate patience and a sense of humor when you are driving. Anger distorts your good judgment and can lead to deadly confrontations on the road.
- ♦ Never drink and drive, and don't operate a vehicle under the influence of drugs which can alter your perception or make you drowsy.

What else can you do to help ensure your survival on the job this year? See if you need improvement in these areas:

Training

Take advantage of any opportunities for continued training in how to do your job safely and well. If you don't understand the hazards and precautions related to your work, ask until you get satisfactory answers. Take part in regular reviews, and insist on updates when equipment or conditions change.

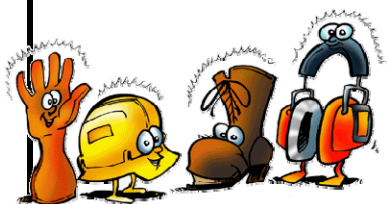
Awareness

Stay alert and know what you are doing at all times when you are on the job. Tune into your surroundings so you won't be surprised by a moving vehicle, an item falling from overhead or someone threatening to assault you.

Communication

Report any hazards and safety concerns to your supervisor. Warn fellow workers of danger. Follow up to make sure safety problems are corrected promptly.

Personal Protective Equipment



Use the recommended gear whenever it is needed – even for quick tasks. Learn how to maintain your protective gear so it will continue to protect you. Safety eyewear, gloves, safety-toed footwear, face shields, fall arrest harnesses, respirators and other protective equipment have proven their value countless times in preventing serious injuries.

When you open your new calendar to January of 2007, resolve to make this a year of better driving and other safety improvements in your working life. Take some time now to consider your personal safety resolutions.