# TAKE SAFETY HOME WITH YOU

#### **WHAT'S AT STAKE?**

We do not live under mushrooms, nor, do we live in vacuums. What's the relevance?? Safety attitudes and habits should be the same at home as they are in your workplace.

#### WHAT'S THE DANGER?

Failing to implement your safety attitudes and good safety habits at home can be costly. Off – the – job injuries affect your steady income, loss of productivity for business, loss of recreational time and a diminished overall life style.

It makes sense, after this analysis, to take seriously the proposition that off – the – job safety directly affects on the job security.

Your skills from on – the job are portable to your off – the – job safety.

## **HOW TO PROTECT YOURSELF**

The following are some sharp useful guidelines to increase your off – the – job safety.

# **Fire Department**

Have your local fire department conduct a home fire inspection for you. They can point out areas that could be a fire hazard.

## **Smoke detector:**

Install smoke detectors in the recommended locations. Make sure you test them regularly and put in fresh batteries when needed.

# Fire Extinguisher:

Keep the correct type of fire extinguisher in your kitchen and other high-risk areas. Learn how to operate the extinguisher and teach everyone in the family.

#### **Escape plan:**

Organize a fire escape plan and practice family fire drills often.

#### Pathways:

keep all traffic pathways, inside and outside, clear of obstacles. Clean up spills immediately to prevent falls.

# **Night lights:**

Place inexpensive night lights in hallways and bathrooms to prevent tripping accidents. Even pets sleeping in hallways can be a hazard.

#### Non -slip:

Install non-slip surfaces in bathtubs, showers and on bathroom floors. Grab bars should be installed to prevent falls in tubs and showers.

#### Stairways:

Keep stairways clean and clear. Don't store items you want to take upstairs later. Surprise obstacles cause many falls!

#### **Toxic substances:**

Store all toxic substances, cleaning products, paints or car products in a locked storage area and in a locked storage area and in their original containers. This will not only reduce accidental poisonings, but if one does occur, the container will have first aid instructions on the label.

#### Flammable liquids:

Keep flammable liquids stored in a well-ventilated area away from sources of ignition such as furnace pilot lights. Flammable liquids should be stored out-of-doors.

#### Power tools:

Keep or electrically powered tools out of the reach of children.

# **Correct tools:**

Always use the correct tool for the job. Makeshift replacements, such as using a kitchen knife as a screwdriver, can cause injuries.

#### Ladder:

Practice good ladder safety habits. Never use the top few rungs. For straight ladders, use the one-to-four rule. Place the ladder at an angle so that the bottom is one foot away from the wall for every four feet of height.

# **Ground Fault Circuit Interrupter:**

Have a Ground Fault Circuit Interrupter installed for electrical outlet locations that are near moisture. This includes bathroom, kitchen and outdoor electrical outlets.

## Plugs cords:

Keep plugs and electrical cords in good condition. Don't forget that extension cords should only be used as temporary source of power. Don't use them as a permanent replacement for wiring.

# **Sports:**

When you participate in sports on your days off, make sure you use the correct PPE (Personal Protective Equipment) for the activity. Eye goggles, helmets, life jackets, shin-pads or gloves may be necessary.

## **Equipment:**

Keep your sports equipment in good condition. Well-maintained equipment will last longer, save you money and reduce your risk of injury.

## Drugs, alcohol:

Avoid using drugs and alcohol when you have to concentrate or be alert. You wouldn't drink at work, so why do it when you are using a powered tool at home?

#### **Seat Belt:**

Buckle up before starting your car. Keep your car in good mechanical repair to avoid accidents. Observe all road warning signs and speed limits.

#### **FINAL WORD**

Safety awareness is a twenty-four hour a day job. Don't leave your safety attitude at work when you punch the time clock at the end of your shift.

# QUIZ

- Off the job habits and routine do not impact or affect your on – the – job performance or prospects.
  - o True
  - False
- 2. What you learn and do about safety in the workplace can be used in your off the job safety routines.
  - o True
  - False
- 3. It is ok to have a beer while you are mowing the lawn on a hot summer day.
  - o True
  - o False
- 4. Extension cords can be used as permanent replacement for new wiring.
  - o True
  - False

## WHAT WOULD YOU DO?

You like to have a few beers while you are operating your favorite power weeder in your back yard and have a relaxing time. Your wife is opposed to you when you do this with the power weeder. What would you do?


BEFORE THE TALK - TIPS	AFTER THE TALK- CHECKLIST
<ul> <li>Safe work practices and policies passed around pertaining to maintaining and transferring on – the – job safety habits and attitudes to off the job routines.</li> <li>Reporting procedures related to injuries, near misses / close calls, incidents, hazards and concerns about off the job habits and safety attitudes.</li> </ul>	PROVIDED FOLLOW-UP TO WORKERS THAT DID  POORLY ON THE QUIZ  NAME:  DATE:  OBSERVED WORKERS  TASK(S):  DATE:
<ul> <li>Lead a discussion why it is important that off – the – job safety is as important as on the job safety.</li> <li>Emphasize the importance to wear proper and well-maintained sports athletic equipment in recreational sport.</li> </ul>	REFRESHER TRAINING TOPIC(S):  DATE:  OTHER (DESCRIBE): MEETING DATE: LOCATION:
NOTES	

# **ANSWERS:**

- 1. False
- 2. True

- 3. False
- 4. False



ATTENDANCE		
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INSTRUCTOR:	DATE:	
SAFETY TALK:		