

# Safety Talk

APRIL 2023



## BACK INJURY PREVENTION

One of the most frequent employee injuries is a back injury. They can come about from different situations, but there are a few fundamental best practices to follow to help prevent them. Below are some tips on how to prevent a back injury while on the job.

- Plan your lift and have a safe route in mind for when moving an object.
- Never lift more than you can easily handle and ask for help when needed.
- Avoid twisting your body when lifting or carrying an object, and instead use your feet to change your direction.
- Squat down, keep your back straight, and lift from your legs when picking up objects.
- Use lift assist equipment whenever available to decrease the strain on your body and chances of injury.

### LIFT CORRECTLY



## PREVENTING TICK BITES

### Before work

#### Cover up as much as possible.

- Limit the amount of exposed skin! A tick can't bite you if it can't find anything to bite. Wear closed-toed shoes, shin-high socks and long pants.
- Tucking your pant legs into your socks can be one of the most effective and easiest ways to prevent transmission.

#### Potentially treat your clothing with permethrin

- Permethrin is an insecticide that repels ticks and prevents them from grabbing onto your clothing. It can be sprayed on clothing, shoes or even gear such as backpacks!
- This step does take some planning ahead, as it does take a few hours for the clothing or gear to dry after being treated. That being said, it lasts for 3-4 weeks, so you can easily prep ahead of time!

### After work

#### Check your clothing for ticks.

- Ticks love to hang onto clothing and can be brought into your home this way. Carefully inspect all outer layers of clothing and gear for ticks.
- To kill any ticks found on clothing, you can put them in a tumble dryer for 10-15 minutes, and the heat should overwhelm them. If the clothes are dirty, wash them in hot water. Make sure the water's hot, because cold or lukewarm water will not kill the ticks!

#### Do a tick check.

- Inspect every part of your body for ticks, they can be as small as a poppy seed!
- Make sure to check between joints (behind the knees, elbows, armpits), behind your ears and anywhere covered in hair (behind the neck) as ticks love warm, dark places.

#### Take a shower.

- At your earliest convenience you should take a soapy shower. It's also an easy way to wash off any unnoticed ticks, and a perfect time to do a tick check.

## SPRINGTIME DRIVING TIPS

You've heard the saying, April showers bring May flowers, right? Well April is here, so be ready for the showers! Below are some things to keep in mind while driving in the wet weather this spring.

- Check to make sure that your vehicle's equipment (windshield wipers, headlights, etc.) are operational, and that there is enough tread on your tires to provide you with traction in the rain.
- Make sure to turn on your headlights when driving in the rain to increase visibility for you and others on the roadway, and don't forget to use your windshield wipers.
- Slow down and maintain a safe distance between you and the cars around you.
- Watch out for, and avoid, standing water, when possible, to avoid hydroplaning. If you do start to hydroplane, avoid making sudden turns or slamming on your brakes.



## NATIONAL WORK ZONE AWARENESS WEEK

**April 17-21, 2023 is National Work Zone Awareness Week.**

**"Work zones are a sign to slow down."**

- Each year, hundreds of people are killed in roadway work zones. Most of them are the drivers and their passengers trying to travel through the work zone. That means it's critical for everyone to pay attention.
- Work zone crashes killed 842 people in 2019, including 135 roadway workers. Most of the people killed were drivers and their passengers. So slow down and stay alert as you approach and pass by a work zone.



## APRIL 2023 QUIZ

**TRUE or FALSE**

1. Rain on the road can cause hydroplaning.
2. Back injuries are common in the workplace.
3. Ticks do not cause health problems.
4. When entering a work zone, a person should increase their speed.
5. Very few public drivers are injured in work zones.

**Answers**

1. True 2. True 3. True 4. False 5. False