

Make Your New Year's Resolution One About Safety!

As we move forward into the New Year, many of us are looking to make positive changes in our lives, including in our work environments. How about making workplace safety a top new year's resolution for 2016?

1. Wear the Right Personal Protective Equipment (PPE) – Protection is vital to safety within your workplace. Take the time to ensure that you have the personal protective equipment for your job - gloves, eye protection, hearing protection or whatever you may need to keep you safe. Make sure you wear it and keep it in good condition. Tell your supervisor if your protective equipment is missing or is no longer in good condition and needs replacing.
2. Keep the Safety Conversation Going – You have participated in safety training; but one of the most compelling building blocks is putting into practice what you've learned. Make the effort not to take short cuts. Also, encourage others to do the same.
3. Make Suggestions –You are on the front line when it comes to safety. Make sure you know the process to report hazards, unsafe processes or conditions. Your input will keep everyone safe.
4. Think Like an OSHA Inspector – OSHA recently published a list of the most common safety violations (https://www.osha.gov/Top_Ten_Standards.html). Put yourself in an OSHA inspector's shoes for a day and see if you can spot any of these violations. If you do, notify your supervisor or appropriate district personnel to correct the issue as soon as possible.
5. Know the Rules – Make sure you actively encourage and follow safe work practices, i.e:
 - a. Use ladders, not step stools
 - b. Use the right tool for the job
 - c. Get help when lifting over 50 pounds
 - d. Don't remove or modify safety equipment



There's always room for improving the safety culture within your organization. Start by developing good safety habits. Studies show that it takes 21 days to master a new habit (American Society of Safety Engineers). So, start your new habits for a "Safer You" today!