



SAFETY SNAPSHOT

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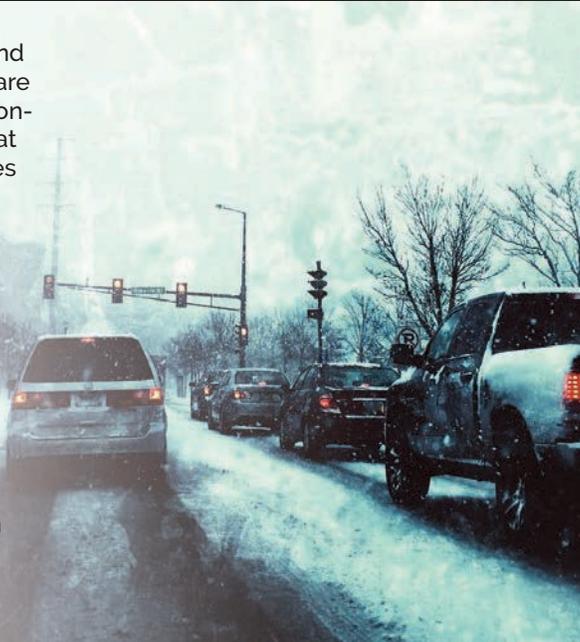
Safety on the Job...

Share the road.

Increased traffic in populated areas around the holidays should be anticipated. Prepare for this by leaving earlier to safely arrive on-time at your destination. Keep in mind that as the holidays near, schools and colleges will release for holiday break, and young drivers will flood the roadways as well.

Follow the below defensive driving practices this winter:

- Increase your following distance, especially in icy, rainy, or snowy conditions.
- Communicate with other drivers on the road. Make eye-contact and use hand signals when you are unclear of what another driver plans to do. When in doubt, use your horn to get other drivers' attentions.



Holiday Distractions

At the jobsite:

It goes without saying that the holidays are cause for distractions – everybody has a lot going on. Stay focused, and keep an eye on your peers. Do not be afraid to challenge one another if you believe there may be a safer way to perform a task.

On the road:

Keep your wits about you when driving to and from the jobsite or office – do not drive in 'auto-pilot'.



Keep moving.

During your daily brief discussion, stretch, and warm up to prepare for physical activity throughout the day. Movement allows for improved blood circulation and increased body temperature, helping you to be more flexible while working and reduce your risk of strains and sprains.



811 Know what's below. Call before you dig.

Remember to always verify Lindblad JULIE/Digger tickets before digging – make sure locates are visible if snow has fallen. Subcontractors, if digging, must have their own accurate JULIE/Digger ticket on site prior to excavation on any Lindblad jobsite.

Dress for the cold.

- Dress in layers so that you may remove clothing if you are too warm. Layer your socks to keep your feet dry and warm. Carry additional clothing in your vehicle in case it is needed. Remember, if you are required to wear FR – the outermost layer must be FR, and the base layer must be FR, cotton or wool.
- Wear warm gloves and put on a new pair if yours become wet.



- Lindblad provides balaclavas, helmet liners, gloves, and non-slip footwear. Contact Safety if you or your jobsite is in need of PPE.

DOT Requirements

Remember, if you are going to drive a Lindblad truck that has a license plate letter 'D' or higher, you need to have a valid medical exam certificate. To tow any Lindblad trailer, or to drive the F550, you need to have a valid CDL, with the appropriate class designation (i.e., A, B, C), and medical exam. CDL drivers that will work outside of the state of Illinois must have their medical exam certificate on file with the state of Illinois. If you would like to obtain study materials for the CDL exam or have any questions regarding DOT requirements, please contact Safety.

'Salt' (magnesium chloride) is available at the Lindblad shop, and should be used on the jobsite as needed to control icy ground conditions. Contact Mark Opyd, Jovanny Ordaz or Safety for salt. Keep in mind that some clients may not allow salt on their sites. If you are unsure of what is required, speak with your foreman or client representative.

...and off the Job...

Happy "Paw"-liday!

Tips to celebrating the holidays with your furry family members – safely!



Holiday plants such as poinsettias, holly, pine needles, mistletoe, and lilies have varying levels of toxicity to pets. For example, lilies are toxic to cats, and cause kidney failure. Mistletoe is toxic to cats and dogs, and causes stomach problems, difficulty breathing, low heart rate, and may cause low blood pressure. Note: for a list of toxic plants and their effects on cats, dogs and horses, visit [https://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants/](https://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants/pet-care/animal-poison-control/toxic-and-non-toxic-plants)



Consider pet-friendly 'salt'/de-icing chemicals on walkways. If a pet-friendly alternative is not an option, booties and paw balm/wax are available at many pet stores and online; there are also many DIY recipes for balm on the internet. If all else fails, keep a towel handy to wipe down paws when your pets come inside, and try to keep walks and your pets' time outside short.



Holiday parties can cause stress to animals, and be overwhelming. Make sure that your pets have a safe, quiet space to retreat to. You know your pet best, consider how your pet may react to crowds, noise, and children. Inform your guests of foods that your dog should not eat before they feed from the table.



Christmas tree décor – such as tinsel, low hanging ornaments, and garland – may seem enticing to pets. Try to avoid using decorations that may be ingested. If you have a live Christmas tree and treat the water at the base with any gardening additives, do not let your pets drink from the base container.



'Noise-makers' such as horns, party-poppers, and kazoo's, may trigger anxiety in some pets. Consider how your furry friends may react to these party favors when ringing in the New Year!



What are some foods to avoid giving your pet that are abundant around the holidays? Chocolate & candy, nuts, anything high in fat, onions, grapes, and bones that may splinter, such as turkey bones.



Sources:
www.asPCA.org
<https://vet.osu.edu/cvm/holiday-safety-tips-pet-owners-0>