



SAFETY SNAPSHOT

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Safety on the Job...

Driving During the Pandemic

With fewer people on the road, you may find yourself spacing out or speeding. You may be tempted to pick up the cell phone since the roads are less congested. Remain focused while out on the road; if these habits and temptations are affecting you, they are likely affecting others on the road. Drive defensively.

- ✓ Check blind spots before changing lanes.
- ✓ Verify cross-traffic is stopping before continuing through intersections.
- ✓ Maintain a safe following distance from the vehicle in front of you.



Pressure to Work When Sick

According to a poll conducted on the behalf of the medication, Robitussin®, four out of five American adults feel pressured to work while ill. Ironically, 82% of the individuals polled said that they would be annoyed if a coworker came to work appearing sick (i.e., coughing). Now, more than at any point in recent history, it is important to recognize that if you are sick, you need to stay home. Watch out for yourself and others on the jobsite; if a colleague exhibits symptoms of illness, ask them about their symptoms and potential exposure to communicable illness such as COVID-19 and the seasonal flu.

Inspect Your Fire Extinguishers!

Lindblad Safety Day – which includes fire extinguisher training and exchange – has been postponed. Lindblad Safety is working with the Shop employees and extinguisher vendor to cycle out extinguishers that are in need of inspection or replacement. Inspect your extinguisher, if it is expired or expiring please contact Safety or Shop. Remember to inspect your fire extinguisher at least monthly.

Your monthly inspection should include:

- Verifying that the extinguisher is unobstructed and accessible – can you easily get to it if there is a fire?
- Checking for rust, dents, and damage to the hose and cylinder.
- Inspect the pressure gauge to be sure the extinguisher is functional, and the pin is in place.
- Examine the inspection tag; always write the date of the most recent inspection on the tag.



KN95 Masks in Stock

Lindblad Safety has received KN95 masks, suitable for use when social distancing of 6' or greater cannot be maintained. Please contact Safety if these masks are needed for your crew. KN95 masks may be used for several days if they are removed and stored properly between uses. Always wash your hands before touching your face. These are only to be worn to protect individuals from transferring COVID-19; not for protecting workers from exposure to chemicals and dust.

June is National Safety Month

The National Safety Council (NSC) is focusing on the following weekly topics:

June 1-7: Emergency Preparedness

When a medical emergency occurs, time is of the essence. Knowing and performing first aid and CPR can drastically increase a victim's chance of survival.

June 8-14: Driving

Motor vehicle crashes are the leading cause of death in the workplace. Whether you drive for your job or just for your commute, responsible roadway habits can keep everyone safe.

June 15-21: Ergonomics

Poor ergonomics can lead to overexertion, the leading cause of preventable workplace injury. Listening to your body and properly setting up your workstation can reduce your chance of injury.

June 22-30: Employee Engagement

Complacent employees may be unaware of the hazards around them. Getting employees engaged can improve an organization's safety culture and performance.



Source: www.nsc.org/work-safety/get-involved/national-safety-month

...and off the Job...



Poisonous Plants & Pets

The ASPCA website contains a list of poisonous plants that are commonly found around homes. It is important to know which plants can have adverse effects on your pets' health. Even if your pet eats flowers or plants that are not characterized as poisonous or toxic, your four-legged friend may still experience gastrointestinal issues. If you believe that your pet has consumed a toxic or poisonous substance, contact your local vet or an animal poison hotline.

Source: www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants



What is re-opening in May 2020?

- Nurseries, greenhouses and gardening centers throughout the state will be considered essential and be open to the public.
- Some retail stores will allow for curbside pick-up for phone and online orders.
- Some Illinois state parks will be re-opened – hiking, fishing, and boating will be permitted with no more than two participants. A full list is available at wgntv.com/news/coronavirus/need-some-fresh-air-these-state-parks-are-reopening-in-illinois-on-may-1
- Golf courses will allow twosomes to play without a golf-cart.
- Pet grooming will be permitted under revised Stay at Home Order.

Although the state has allowed for the above entities to re-open, call or verify online that your destination is open; the final decision to open-for-business is up to owners' discretion.



May is National Bike Safety Month

With fewer people in cars, and kids out of school, the amount of bicycling has noticeably increased in many areas. Before hopping on your bike, consider these safety tips:

- ✓ Inspect your bicycle before using: Check the integrity of your brakes, chain, tire pressure, and that spokes are in-tact.
- ✓ Always wear a helmet when biking, but also consider wearing hi-viz or other bright clothing to make yourself more noticeable to vehicle drivers.
- ✓ Stay alert – do not use your phone while on a bike and do not drink alcohol before or while riding.
- ✓ Always obey traffic laws.

Grilling Safety

As the weather improves and we continue to stay home more, you may want to fire up your grill. Keep these safety tips in mind when cooking out:

- Grease fires can arise quickly, clean the grates of your grill to prevent large flames.
- Keep a fire extinguisher on hand at home.
- Always cook meat thoroughly; the internal temperature should reach 165°F for chicken, 145°F for beef, seafood, and pork.
- Wash utensils when handling raw or undercooked meats; disinfect all surfaces touched by raw meat.
- Wear oven-mits or use long-handed utensils.
- Do not attempt to light a gas grill with the lid closed. Always turn away from the grill when ignition takes place.
- When lighting charcoal, if starter fluid is used, apply the starter fluid first, then use a match – always turning your head away from the flame. Never add lighter fluid to lit briquettes.



Suggestions for content you want to read about in the **July-August 2020** issue?

Contact the Safety Department.