



# SAFETY SNAPSHOT

MARCH-APRIL 2021 • VOLUME 19

## Safety on the Job...

### Carjacking Awareness

Due to the nature of our work, and the areas in which we work, it is important to always remain alert when on the roads, and where we park near jobsites.

- ✓ If your jobsite requires you to park on or near public roadways or alleys, ensure valuables are hidden to prevent break-ins and theft.
- ✓ Even when driving, keep items such as smart phones, iPads, and laptops out of view as much as possible.
- ✓ Lock your doors – even when you are in the vehicle.
- ✓ Always leave yourself an 'out' when pulling up to intersections with stoplights and stop-signs to allow you to maneuver away from the car in front of you if you are approached by a person potentially seeking harm. Keep this in mind when parking too.



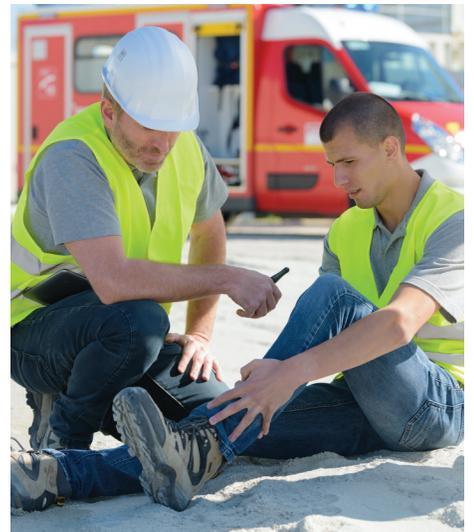
### Spotter Use

Spotters are required to wear Class II hi-viz vests when assisting with equipment movement on Lindblad jobsites. Spotters need to make spotting their sole duty and priority; no cell phones, ear-buds, or engagement in conversations. If a spotter loses sight of the operator, or operator loses sight of spotter, all equipment movement must stop immediately. Remember that back-up alarms may indicate to crew members that moving equipment is nearby however, it does not indicate the potential to strike nearby structures or client property. *Lindblad Safety Manual Procedure 48: Spotter Use & Training* as well as client requirements must be adhered to at all times. If you have questions, ask your supervisor or Safety for assistance.

### Slips, Trips, and Falls

Slips, trips, and falls are always a hazard of concern on jobsites. As we move into spring – consider changing ground conditions as the world around you thaws, and snow and ice subsides. In 2018, 2019 & 2020, six Lindblad employees experienced injuries due to slip, trip and fall hazards.

- Walk with measured steps; plan your routes around the jobsite to avoid hazards whenever possible.
- Watch where you are walking; avoid distractions such as cell phone calls and texting while on the move.
- Wipe off boots before entering buildings and vehicles.



### Potential OSHA Policy Changes

Safety & Health Magazine has speculated several changes to OSHA under the new presidential administration. Changes and shifting areas of focus is always anticipated when leadership changes, some of the potential directives are below:

- Emergency temporary standards regarding COVID-19 transmission prevention. *Lindblad Construction's current COVID-19 response exceeds orders enacted by President Biden in January 2021.*
- Potential changes to existing OSHA standards as well as proposals for new legislation in regards to tree care workers, heat stress, ergonomics, emergency response/preparedness, and workplace violence in healthcare settings.
- Updating of HAZCOM procedure to better align with Globally Harmonized System (GHS).
- Increase and potentially doubling the number of OSHA inspectors employed nationwide was a campaign talking point prior to election



# ...and off the Job...

## Smile – Even When You Don't Want To!

According to NeuroscienceNews.com, forcing a smile even when you are not happy can trick your brain into positive emotions. The University of Southern Australia recently published research that determined facial muscular activity not only alters the recognition of facial expressions but also body expressions, with both generating more positive emotions. The study was conducted by having individuals hold a pen between their teeth to trigger muscle movements of smiling. The hopes of scientists and health professionals is that the practice of forcing a smile may be used to combat mental health illnesses and mood disorders.



Source: [neurosciencenews.com/smiling-mind-positive-16813/](https://neurosciencenews.com/smiling-mind-positive-16813/)



## High Flavanol Diet & Cardiovascular Disease

Researchers have recently found that eating a diet containing high levels of flavanol – an antioxidant found in various foods – can positively impact one's blood pressure and ultimately lead to a reduced risk of cardiovascular disease. High flavanol containing foods include fruits such as berries, citrus fruits, tea, onions, and cocoa. Adopting a diet rich in flavanol containing foods is considered to have similar positive effects to one's cardiovascular health as the Mediterranean Diet and DASH diets.

Source: [everydayhealth.com/hypertension/high-flavanol-diet-linked-to-lower-blood-pressure/](https://everydayhealth.com/hypertension/high-flavanol-diet-linked-to-lower-blood-pressure/)

## Call JULIE (811) Before You Dig.

Spring gardening is right around the corner – before breaking out your shovel and watering can call 811 to have utilities in your yard located. Residential cables and utilities may not be buried more than mere inches beneath the ground.

Remember, locators need at least 48 business hours notice in advance. If planning weekend projects, call your JULIE in on Monday or Tuesday to allow plenty of time for the locate to be fulfilled.

## Spring Break: Is Traveling Worth the Risk?

After a year of pandemic precautions and COVID-19 related restrictions, a spring break family vacation sounds great. Before jet-setting for some family fun, consider the below variables that may impact your travel.

- ✓ Does your child's school, your work, or your community have any travel restrictions in place that may require testing or quarantine upon return?
- ✓ Does your destination have travel restrictions for incoming visitors?
- ✓ Verify local rules and safety guidelines of where you will be.
- ✓ Practice good hand hygiene when traveling. Carry hand sanitizer, disposable gloves, and wash hands with soap and water often. Wash hands when you enter your hotel room and before eating or touching your face.

## Secure Heavy Furniture in Households with Children

According to a report from the US Consumer Product Safety Commission (CPSC), approximately 45 children are killed and over 11,000 are injured by falling furniture each year. The majority of the deaths in recent years have involved televisions.

Tips provided from CPSC include:

- Anchor TVs, dressers, hutches, and other sizeable furniture to walls.
- If anchoring is not an option, place TVs on low, sturdy base.
- Do not store toys up high which may tempt children to climb.
- Store heavy items on lower shelves of large furniture, consider decorative accents and lamps that will be placed upon furniture. All items that could fall or be pulled down should be out of reach.
- Keep TV and cable cords out of the reach of children.



Source: [safetyandhealthmagazine.com/articles/print/20804-tv-and-furniture-tips-overs-kill-of-children-every-year-report-shows](https://safetyandhealthmagazine.com/articles/print/20804-tv-and-furniture-tips-overs-kill-of-children-every-year-report-shows)

Suggestions for content you want to read about in the **May-June 2021** issue?

**Contact the Safety Department.**