



National Work Zone Awareness Week is April 26 to 30.

On the Road Again

Roadside workers can't always rely on drivers to be aware — there are too many distractions. So, if you work on the roadside, take these precautions:

Follow the traffic safety/control plan that was developed by your employer or local authorities and remember that all tasks must be adhered to in accordance with this site-specific plan.

Install proper traffic barriers — cones, barricades, barrels — to protect yourself.

Set up signs ahead of the work site to assist drivers.

Wear highly visible, reflective clothing and proper PPE while on the job. Depending on your situation, use safety garments labeled as Class 1, 2, or 3 designated by OSHA.

Know the routes construction vehicles will use.

Watch out for overhead cables and wires.

Understand hand signals used on the worksite if you are an equipment operator or a signal person.

Make sure you are properly trained and certified if you are a flagger.

Plan an escape route in case a vehicle crosses into the work zone.

Store equipment and supplies in a safe, easily accessible area.

Note any pedestrian or bike traffic around your work area and clear a path so people can travel safely.

Consider the weather and road conditions.

Note light conditions and the location of the sun that could affect drivers' visibility.

Work facing oncoming traffic as much as possible so you can see.

Keep focused throughout the workday and take scheduled breaks.



SAFETY CORNER

Window Safety Week is April 20 to 26.

Window Security

There are many ways to ensure your windows aren't entryways for burglars or trespassers. Keep your home secure with these steps:

Make sure windows are locked. For an extra security measure, install pin locks and secure windows and sliding doors with secondary blocking devices, such as a dowel or wood block.

Install window alarms and glass-break sensors.

Use motion sensor lights around the exterior of your home.

Keep landscaping (hedges, bushes) below and away from your windows. You should have a clear view of your property outside your window.

Install security bars or grills across basement or street-level windows.



April Showers Can Bring May MOLD

Rain, leaks and dampness are all a part of the spring season but can contribute to mold formation. Dampness and leaks can exacerbate the growth of mold if they go unchecked. Do your part to avoid the unhealthy effects of mold by following these recommendations.

- >> **Remove** standing water and moisture with a wet-dry vacuum. Use fans to assist in drying.
- >> **Purge** all porous items that have been wet for more than 48 hours.
- >> **Wear** an N-95 respirator to avoid breathing mold spores during cleanup.
- >> **Place** mold-damaged materials in a plastic bag and discard.
- >> **Clean** mold from hard surfaces with detergent and water and allow surfaces to dry thoroughly. Then, disinfect with a ¼ cup bleach and one-gallon water solution.



April is National Youth Sports Safety Month.



Using Your Head: 6-Step Return to Play

While concussion protocol in sports has vastly improved through the years, there is still a risk to individuals who have head injuries. After a head injury or concussion, and several days of rest, the CDC recommends the following **6-Step Return to Play** protocol for athletes:

- 1 **Resume** regular activities, such as school or work; no aerobic activity.
- 2 **Light** aerobic activity, such as walking, light jogging for five to ten minutes.
- 3 **Moderate** activity to increase the athlete's heart rate. This can include jogging, moderate-intensity stationary biking and moderate-intensity weightlifting.
- 4 **Heavy**, noncontact activity, such as running, sprints, weightlifting, stationary biking and non-contact drills.
- 5 **Controlled** practice and full contact.
- 6 **Return** to competition.



Note: The time each step requires varies with each individual and depends on the severity of the head injury and should be monitored by their health care provider. An athlete should only move to the next step if they don't have any new symptoms at the current step.



HANDHELD SAW SAFETY

Handheld saws can be powered or manual. Powered models have a greater potential to be dangerous. According to OSHA, when operating a powered handheld saw, make sure you take the following precautions:

- Inspect the saw for damage before use.
- Inspect the wood for knots, metal pieces, nails or screws before sawing.
- Ensure the material is securely in place.
- Use the proper type and size blade for the job.
- Wear the appropriate eye, face and hand protection to safeguard yourself from flying particles.
- Direct the blade away from any people who may be nearby.
- Use the blade guard if it is available on the saw you are using.
- Maintain sharp blades and store them safely.

SPRING CLEANING: Using Chemicals Safely

Since the COVID-19 pandemic, it's safe to say we've all used household cleaning products more often. However, some cleaning products have hazards all their own. To stay safe while making your home clean, take this advice:

Use natural, environmentally safe products as an option. **Note:** Products labeled **green** do not always mean they are safer. Learn more at epa.gov/saferchoice.

Wear gloves and masks (if needed) when working with cleaning chemicals.

Follow instructions on labels.

Use only the recommended amount of bleach in a well-ventilated area.

Avoid mixing acids with bases.

Tip: Never mix bleach with other cleaning products, especially ammonia, which can produce a toxic, possibly fatal gas. Even a seemingly harmless mixture of hydrogen peroxide and vinegar can produce a potentially toxic acid that can irritate the skin, eyes and respiratory system.

Call 911 if you or someone else starts showing serious symptoms, such as trouble breathing, seizures or unconsciousness, from inhalation or ingestion of something poisonous. Or if you start feeling ill and exhibit minor symptoms, such as headache, sweating, blurred vision, stomachache, tearing eyes or burning eyes, throat, chest and skin, call poison control (800-222-1222) for immediate assistance.

Note: If you've been exposed to toxic gas, move to fresh air immediately. If your clothing or skin is exposed to a chemical, take off clothing and flush your skin immediately with large amounts of water.

Lock all cleaning products out of reach.



The **Smart Moves Toolkit**, including this issue's printable download, **Tips for 10,000 Steps**, is at personalbest.com/extras/21V4tools.

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