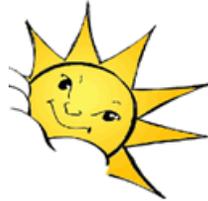




Fun in the Sun



The sun's shining. It's warm and beautiful outside. It's your day off, and you're planning to get out and have some fun. Great idea! June is the perfect time for enjoying some outdoor recreation. However, whatever activities you have planned, just don't forget to take along your safety sense.

Remember to use your PPE. Personal Protective Equipment for summer recreational activities might include sunglasses, sunscreen, a hat, a helmet if you're biking, or a life jacket if you're boating.

Don't overexert. Take it easy. Especially if you're a little out of shape or it's a really hot day. Don't underestimate the effect of the heat and the sun.

Follow the safety rules. Most activities, even recreational ones, have some safety rules. For example, if you're hiking, stay on marked trails and avoid wild animals. If you're boating, avoid alcohol, watch out for swimmers, and don't overload your boat. If you're swimming, watch out for strong currents and boaters, make sure you know the depth of the water before diving, and don't swim if you're tired or have had too much to drink.

Don't forget to drink water. Drink fluids all day to replace what you lose, and take frequent breaks in a cool, shady place to prevent heat stress.

Asleep at the Wheel

If you're planning a road trip, give careful thought to the advice of the National Road Safety Foundation, which says, "Drowsiness is a condition most drivers fail to recognize, and it can be as dangerous as driving drunk."

Drowsiness is a factor in a substantial number of crashes and points to studies that say **60 percent of motorists have driven while feeling fatigued and more than one third admit to having fallen asleep at the wheel during the past year.** Here are some signs that you need to stop and rest:

- Difficulty focusing, with frequent blinking
- Daydreaming or not remembering the last few miles driven
- Head-nodding
- Repeated yawning or rubbing your eyes
- Drifting out of the lane, tail-gaiting, or hitting shoulder rumble strips

If you recognize any of these signs while driving, pull over at the next exit and take a 20-minute nap. The foundation also recommends drinking coffee or other caffeinated beverages and avoiding alcohol or medications that makes you drowsy when you're going to be driving. For more safe driving tips, visit the foundation's website at www.nationalroadsafety.org.



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action.

Safety Is No Accident

Test your knowledge about preventing workplace accidents by choosing T (True) or F (False) for these statements:

- | | T | F |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Most accidents are caused by unsafe conditions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If you see a hazard you can't fix, report it when you have a break or at the end of your shift. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If you're not sure how to do something, try to figure it out yourself before asking. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. It's safe to take occasional shortcuts if you've been doing a job for a long time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. It's best not to think about what could go wrong as you work; have the confidence that if you're careful, nothing will go wrong. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If you've been on the job for a while, you shouldn't have to ask a lot of safety questions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. It's management's responsibility to prevent workplace accidents, not yours. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. You can prevent most accidents by keeping alert to hazards and paying careful attention to your work. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Being involved in an accident at work is really a matter of chance—being in the wrong place at the wrong time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. It's a good idea to inspect your work area, materials, and equipment each day before you begin working to make sure they're safe. | <input type="checkbox"/> | <input type="checkbox"/> |

Answers:

- (1) False. Most accidents are caused by unsafe acts.
- (2) False. Report it immediately and take steps to warn co-workers of the hazard.
- (3) False. When you're not sure of the correct and safe way to proceed with your work, check first with your supervisor.
- (4) False. It's never safe to ignore established procedures and take shortcuts.
- (5) False. You *should* think about what could go wrong so that you can be prepared to avoid trouble at any time.
- (6) False. Always ask when you're in doubt about anything related to your safety.
- (7) False. You share responsibility for keeping the workplace safe.
- (8) True.
- (9) False. Accidents are caused by unsafe acts and unsafe conditions—both of which are preventable.
- (10) True.