

MAFES Dawg Tracks



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10 Commandments of
Good Safety Habits



As we have digressed in the past, agriculture operations rank as one of the most dangerous industries in the USA.

- ✓ Between 2003 and 2011 – 5,816 agricultural workers died from work-related injuries in the USA.
- ✓ 2011- 570 agriculture workers died from work-related injuries.
- ✓ The fatality rate for agricultural workers was 7 times higher than the rate for all workers in private industry. Agriculture workers had a fatality rate of 24.9 deaths per 100,000. The fatality rate for all workers was 3.5.
- ✓ The leading cause of deaths for farm workers between 1992 and 2009 was tractor overturns- accounting for 90 deaths annually. Rollover Protective structures (ROPS) will prevent these types of deaths. But in 2006, statistics show that only 59% of tractors used on farms were equipped with them. (The statistics came from the Bureau of Labor Statistics recorded for agriculture, forestry, fishing and hunting industries.)

Following are some safety habit suggestions that can help offset the potential for injury, if we incorporate them in our everyday work life:

- **SET YOUR OWN STANDARDS** – Don't let negative ideas from fellow employees influence you. As an example - Assume that safety glasses are required – they aren't wearing them – you form the same habit of omitting wearing them.
Think! - The blindness you may suffer is yours alone to live with.
The answer! - Don't let outside negative habits influence.
- **OPERATE EQUIPMENT ONLY IF YOU'RE QUALIFIED** – This self-explanatory. If your supervisor asks you to use a piece of equipment that you aren't familiar with or trained to use, question him as a reminder that you haven't been trained on that machine. You need training to be able to perform efficiently and safely.
- **RESPECT THE MACHINERY** – If you put an obstacle in the machine's way two things can happen. Both of them are bad. It's either going to cause a problem with the obstacle or the machine. The other side of the coin is that an injury to either of these items could mean a safety problem to you.
- Don't overestimate your abilities with unknown capabilities to act rationally and safely. Remember to de-energize a machine before getting into the point of operations.
- **USE YOUR OWN INITIATIVE FOR SAFETY PROTECTION** – You are in the best position to know when potential problems might arise that could put you or a fellow worker in "harm's way," so don't be afraid to ask for help or access to the proper protection or employee assistance to reduce the potential for a hazard.
- **ASK QUESTIONS** – The questions that you're afraid or ashamed to ask for fear of embarrassment is the very one that might keep you or a fellow worker safe. From experience, I feel that asking a question might sound like ignorance from me to the manager, but the one you don't ask may be the one to keep you out of trouble. Don't assume – Don't guess – **ASK to be sure.**
- **USE CARE AND CAUTION WHEN LIFTING** – Most muscle and spinal injuries are caused by overexertion or over straining. Know your lifting limits and don't try to exceed it. If the load is outside of your "lifting limits," ask for help or get a lift and wait patiently for help to arrive. A few minutes of waiting could very well save you weeks or months of pain and possibly lost work days.
- **PRACTICE GOOD HOUSEKEEPING** – Disorganized work areas are the breeding grounds for accidents. Help the team to keep all the work areas clean, orderly and hazard free. **Be a safe leader; not a hazard statistic.**
- **WEAR PROPER AND SENSIBLE WORK CLOTHING** – Wear sturdy and appropriate footwear. The feet should be fully enclosed. Loose clothing, dangling jewelry and long hair are all potential hazards. So, tailored clothing, no jewelry and long hair tied back in a ponytail will help reduce the possibility of an injury from one of these potential hazards.
- **PRACTICE GOOD CLEANLINESS** – Avoid touching the eyes, mouth, or face with dirty hands or gloves that could be contaminated as well as dirt laden. Most rashes are the result of poor hygiene.
- **BE A POSITIVE PART OF THE SAFETY TEAM** – Be a Leader by following the safety rules and looking for potential hazards that might harm you or a fellow worker.

**PUT SAFETY FIRST AND
A BETTER DAY IS SURE TO FOLLOW!!!**

**<><>SAFETY <><>
IT CAN CHARM YOU OR ALARM
YOU!!**