

# JUNE 2019 (Injury Prevention)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30. <b>Fire Extinguisher:</b> As what PASS stands for</p>						<p>1. <b>Hydration:</b> Water, not Monster Drinks. Ask someone to show you a water bottle.</p>
<p>2. <b>Knife Safety:</b> Talk about approved knives and ask how can you be cut during your job today?</p>	<p>3. <b>Tell me about overhead door injuries/hazards and how to reduce risks</b></p>	<p>4 <b>Red Flags:</b> Give two red flags that a trailer pull procedure is not being followed.</p>	<p>5. <b>Hand Injuries:</b> Tell me about a hand injury that could affect you today.</p>	<p>6. <b>Demo Proper Lifting:</b>and ask for 2-3 safe lifting alternatives for typical problem areas (wider stance for entering low tiers, walking to pallet sides instead of reaching/ pulling far from front.)</p>	<p>7. <b>Red Flags:</b> Tell me two red flags to look for when working on heights.</p>	<p>8. <b>Body parts in Danger:</b> Talk about body parts in running lines and not putting them into moving parts areas</p>
<p>9. <b>Ask open-ended question:</b> How can sweat affect you while you are working? What are some ways to minimize the risk?</p>	<p>10. <b>Blow your Horn-</b> Start your meeting blowing a horn. Ask about be aware of your surroundings and identify yourself with Horns, voice, clothing</p>	<p>11. <b>Intersections- GO TO AN AISLE OR INTERSECTION AND TALK ABOUT INCIDENTS AND WHAT NEEDS TO BE DONE TO ACHIEVE ALARP</b></p>	<p>12. <b>Use the test</b></p>	<p>13. <b>Knife safety-</b>Bring an approved knife and ask how can you be cut during your job today?</p>	<p>14. <b>Proper Hydration.</b> Drink 20 ounces water 2-3 hrs. before work, then 8 ounces 20-30 minutes before work. Maintain minimum of 8-10 ounces for every hr. of work or exercise.</p>	<p>15. <b>Dock Door Hazards</b> Ask open ended questions about hazards with dock doors, Ropes, door creep down,</p>
<p>16. <b>Ways to Prevent/ Reduce Muscle Soreness</b> (Move more, Drink lots of water, Massage tense muscles, increase protein intake, Warm soaks, Alternate warm/ ice applications.)</p>	<p>17. <b>SLAM-</b>Ask for explanation of SLAM- Continuous situation assessment: areas change all the time, wet spots, debris, two bay rule etc.</p>	<p>18. <b>Three Points of Contact:</b> Have a demonstration</p>	<p>19 <b>Demonstration:</b> Ask an ee to demonstrate the proper way to dismount their equipment and discuss hazard if dismount improperly.</p>	<p>20. <b>Ask open-ended question:</b> How can sweat affect you while you are working? What are some ways to minimize the risk?</p>	<p>21. <b>TALK ABOUT DATA PLATES AND KEEPING ALL BODY PARTS WITHIN RUNNING LINES OF EQUIPMENT</b></p>	<p>22. <b>Blow your horn-</b> Start your meeting blowing a horn. Ask about be aware of your surroundings and identify yourself with Horns, voice, clothing</p>
<p>23. <b>Trailer Pull Procedure:</b> Ask for three things that would prevent a trailer pull</p>	<p>24. <b>Back to Basics:</b> Seat Belts, 4 Point Contact and coaster. Have an employee do a demonstration for the group.Fork lift talk about exiting/getting on equipment.</p>	<p>25. <b>2-Bay rule-</b> Demonstrate 2 bay rule; show what can happen when not used.</p>	<p>26. <b>USE THE YELLOW ALERT BOOK AND HAVE A DEMONSTRATION.</b></p>	<p>27. <b>Body parts in Danger.</b> Talk about body parts in running lines and not putting them into moving parts areas</p>	<p>28. <b>Hand injuries-</b> Have a demonstration on how a hand injury can happen.</p>	<p>29. <b>2-Bay rule-</b> Demonstrate 2 bay rule; show what can happen when not used.</p>