

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

November 2021

Working Outdoors

Outdoor conditions result in many hazards, with slips and falls being among the most common.

When walking outdoors keep your feet under you, take small steps and do not overextend when taking steps. Make sure that when carrying items that you have a hand free to steady yourself, should you have to move across difficult terrain or changing grades. Using stairs requires the use of a handrail, and you should make sure that you do not overload yourself or have both hands full when accessing stairs. Serious injury can result from failing to follow these basic safety principles.

Outdoor hazards associated with weather can be challenging as well when accessing ladders or scaffolding. Use only dry gloves when accessing ladders, as wet gloves and the steel rungs of ladders are a deadly combination. Do not try to carry items up a ladder when there is an opportunity to use other means to get these items to elevation. Use buckets, ropes or the use of a partner to get these items to the level of your work.

Scaffold decking is a surface that you must make sure is clear as well. Is the deck surface wooden, or steel? Is there snow, ice or water present? If so, notify your supervisor and do not access the scaffold until such time as the deck can be cleared for you to use. Make sure that you read the scaffold tag and the scaffold has been inspected daily, prior to any access or evaluation for work suitability.

Over 540,000 hospital visits happen each year due to slip and fall hazards. Make sure that you are not one of them. Plan your route, watch your step, and don't overload yourself. Move at a deliberate pace and be aware of your surroundings.

Think about this when you go "Home Safe" and watch your step. Slips, trips, and falls are not limited to the workplace.

SAFETY REMINDER: It took over 400,000 engineers and scientists to achieve the Apollo moon landings. It takes all of you to accomplish what Apollo Mechanical does each day. Everyone is important.

Discussion Points/Quiz Questions:

1. How should you carry items while accessing stairs outdoors?
2. How many slips and fall injuries result in hospital visits each year?
- 3.