
WEEKLY TOOLBOX TALK: SAFETY IN YOUR LIFE 2019

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MAREK hopes you had a great holiday season with your love ones. It is now time to look at our road ahead and it is important to remember that safety is our top priority. We need to remember that we are not getting any younger and that an injury can not only put us out of work, but can also jeopardize your family's well being.

In fact, according to the National Institute of Safety and Health (NIOSH), researchers using U.S. Bureau of Labor Statistics (BLS) data found that older workers are more severely injured and die with greater frequency from work-related injuries than younger workers. Older workers also have longer recovery periods than younger workers. BLS uses workers age 55 and older in its calculations, although the rates rise sharply for those workers over age 65. Other agencies and organizations define the term as age 50 or 55 and up. The Department of Labor uses age 40 as a starting point for "older worker."

There's lots at stake for you in working without injury or damage. You have much to gain by keeping safe and unhurt. Other people who count on you for happiness and financial support also have a big stake in your safety as a construction worker.

Think of all the things you're able to do now that give you earning power; then think of trying to do these same things if you were minus a hand, an arm, a leg, or your eyesight. It's much harder – if not impossible – for a disabled worker to attain many of his personal goals.

Therefore, always remember the following general safety rules:

- ? Always wear proper personal protective safety equipment
- ? Don't take chances or use dangerous shortcuts
- ? Always watch out for the safety of others
- ? Help others learn new safety practices
- ? Plan ahead. Plan to work Safely
- ? Concentrate on the task at hand. Don't daydream. Don't engage in horseplay

- ? Report all injuries to you supervisor immediately
- ? Don't run through the work area except in an emergency
- ? Be alert for tripping hazards and head injury hazards. Obey signs and tags
- ? Keep the work area clean
- ? Don't use drugs or alcohol

Tags:

safety

Toolbox Talk:

Accident Prevention

Hazard Recognition

Personal Protection Equipment
