

*The grand essentials to happiness in this life are something to do, something to love, and something to hope for. – Joseph Addison*

That sounds simple enough and to many of us it means a job; a spouse, significant other or pet; and hopes of retirement. **Now isn't that why we should ALL be working safely!?**

### **Remind workers...**

**-Get injured, off the job, and you could lose your job** (if you are unable to work for an extended period)

**-Get injured, at work and you could lose a portion of your income** (possibly for a long time) if the injuries are serious. And, you could face disciplinary actions too - if you did something stupid (like cut corners, took an unnecessary risk, chose not to wear the proper PPE)

**-Get injured and your family** (loved ones and/or pets) **suffer in a whole host of ways** -- reduced income means fewer options for the family (less toys, less entertainment, less fun, more disappointment). You laying around in a hospital or on the couch is a major downer for the family (it cramps their style). Oftentimes, the injured person gets angry and blames those closest to him/her. That strains relationships!

**-Get injured and you can see many of your hopes and dreams diminish.**

Some injuries last a Lifetime...and affect you both on and OFF the job!

A loader operator I used to work with fell out of his tree stand while deer hunting one year. He was off work for over a year. Doing what he loved (without tying off) cost him most of his savings, caused him to delay his retirement plans and damn near killed him.

**So what CAN You Do to avoid injuries on and off the job?** Here are a few tips:

**-Get a good night's sleep and go to work each morning prepared to do the job. Show up ready to work!**

**-Develop a gameplan and follow it. Communicate the plan to all affected persons.** Co-workers need to communicate effectively. **Assuming can lead to accidents and injuries.**

**-Conduct a Job Safety Analysis.** It's true, **the risk increases when performing non-routine tasks.** But, complacency can lead to injury when we get too comfortable doing our routine tasks - **So follow sound safety practices always and Avoid cutting corners!**

-Check yourself and each other (you and your co-workers should function as a team).  
**Have each other's back!**

-Be prepared! Make sure that everyone has the proper tools, information and PPE. **Is everybody wearing their PPE properly and does each team member understand the gameplan.**

-Focus on the task you are doing when you are doing it - **Be in the game, Mentally!** That goes for driving, too. Focus on driving when you are on the road (to work, home, or anywhere) - **When you drive - Just Drive!** YOU can't focus on driving and talking on the cell phone at the same time. **If you have to take the call - PULL OVER!**

-Be aware of body positioning. It is important to lift and bend properly to avoid injury, but don't stop there. **Be consciously aware of you surroundings and Stay out of the Line of Fire!** Every year, people suffer serious injury or death because they got caught between, crushed by, or pulled into some machine or equipment.

**Choose to *Make time for Safety!*** Consider it a wise investment in your future! Life is for living fully and that means avoiding injury!