

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!