

August 2021

Hello RETRO Members,

August is **Impaired Driving Month**. The National Highway Traffic and Safety Administration has launched its *Drive Sober or Get Pulled Over* campaign, which also brings attention to driving under the influence of any substance. Please discuss this important topic with your employees and how it pertains to the workplace as well. Working under the influence of any substance can jeopardize their safety and the safety of others. Additional information can be found at; National Highway Traffic Safety [Drunk Driving | NHTSA](#) and [Traffic Safety Marketing](#).

Back Safety – Back pain can result from various causes, including poor physical fitness, lack of flexibility, stress, poor posture, lack of rest, and participation in certain recreational activities. Any of these factors combined with poor lifting practices are sure to cause a harmful back injury. But the primary cause is not lifting with the proper technique.



Safety Meeting Resources:

- [RS SafetyTV](#) has a couple of videos you could present.
 - [Ergo App](#) is a free tool that utilizes the camera in your smartphone to capture your posture and ergonomics while lifting and indicates both good and bad techniques in real-time. ErgoApp is a great tool to make your safety meetings interactive!
 - **SAFEME** Essentials has a [Lifting](#) safety lesson as well as a [Material Handling](#) lesson.
 - RS Safety Library - [PowerPoint presentation](#) on lifting posture.
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Near Misses – Don was in a hurry to retrieve a product from the stock room. He used a ladder to reach the product but wasn't able to properly get it into a safe position because a pallet was in the way. As Don climbed back down, he sensed the ladder's feet begin to slide to the right but was quickly able to transfer his weight, preventing it from sliding further. Luckily, he made it safely down to the ground.



Don's incident is what might be referred to as "a close one," or what safety people call a "near miss." Scenarios like this happen in different ways, in different environments, and often involve power equipment. Even though he prevented an accident, the stockroom layout needs to be addressed to help prevent future accidents. Encourage employees to report *near misses* so that improvements can be made.

Also, train your employees to take the time and effort to perform their job correctly and safely. Safety measures are in place for a reason, so employees like Don can return home safe at the end of their shift rather than a hospital or, worse yet, become permanently impaired. Review past near misses and evaluate what modifications to the workplace can be implemented.

Safety Meeting Resources:

- With your smartphone, you can do use this [free tool](#) to help with near miss reporting
- [RS Safety Library](#) for handouts on this subject
- [RS SafetyTV](#) for safety videos

Power Tools - Your shop is likely equipped with a variety of power tools ranging from air, electric and hydraulic. New employees need instruction on how to operate the tools used in your operation safely. When working with a specific tool, employees are expected to use the proper protective equipment such as eyewear, gloves, noise suppression as required for safe operation. You also need to update your Accident Prevention Program to include safe operating procedures for this equipment.



If you are introducing a new tool to your operation, make it be one of your safety meeting topics, perhaps having the manufacture representative give a use and safety presentation. (Be sure to ask them to bring doughnuts for your crew!)

Safety Meeting Resources:

- **SAFEME** [Automotive](#) as two power tool lessons that would make for an easy safety meeting
- [The RS Safety Library](#) has some general power tool handouts in this section
- [RS SafetyTV](#) safety videos under the Auto Group section

Contact me if you need help or materials for your safety meetings.

Think safe. Act safe. Be safe.

Rick Means

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