

August 2023

Hello RETRO Members,

August is **Impaired Driving Month**. The National Highway Traffic and Safety Administration has launched its *Buzzed Driving is Drunk Driving* campaign to bring attention to driving under the influence of any substance.

Please discuss this important topic with your employees and its relevancy to the workplace. 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](#).

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**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 common causes of back injuries at work.

Lifting with the proper postures is the best way to prevent back injuries. **You only get one back, so use it wisely!**



Safety Meeting Resources:

- [RS SafetyTV](#) has a couple of videos you could present.
- [Ergo App](#) is a free tool that uses the camera in your smartphone to capture your posture and ergonomics while lifting, and shows both good and bad techniques in real-time. Ergo App 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.

**Do You Feel Lucky?** – Jim needed to get a box from one of the shelves in the stock room. With a pallet in the way, he could not position the ladder correctly. Since he was in a hurry, he went up the ladder anyway. As Jim descended with the box in one arm, he felt the ladder sliding to the right. Luckily, he corrected his balance and stopped the ladder from sliding further, making his way down safely. Most people refer to this as “a close one” or what safety people call a “near miss.”



Scenarios like this happen in a variety of ways and environments, and often involve power equipment. What is *close* to becoming an accident needs to be addressed beforehand, so it does not happen again. Encourage employees to take that little extra effort to perform their job safely and with pride in their decisions. **Safety measures are in place for a reason, so employees go home safely and do not end up in a hospital or have an impairment for life.**

Take a closer look at near misses that have happened at your workplace, evaluate them, and make the necessary adjustments to your safety plan to make sure they do not become an accident! “Near misses” is also an excellent topic for your next safety meeting and can help take the stigma out of near-miss reporting.

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

Think safe. Act safe. Be safe.

**Rick Means**

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