



Helping to make your workplace a safe place
www.MySafetyPoint.com

ISSUE HIGHLIGHTS:

Promoting Workplace Safety

Workplace conditions are constantly changing, so if you let your guard down and become complacent, a hazard might develop where you least expect it. As an employer, you are the person employees look to for guidance. You're the one they rely on to provide safety training. It's a big responsibility, but these simple suggestions could help.

In addition, be sure to check out the "Resources" tab on our website to assist with making your job easier. Here you will find a "Code of Safe Practices", a Loss Prevention Program", "Safety Checklists" and much more

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Creating a Safer Workplace

Workplace safety is more than knowing the nearest fire exit. From slips and falls to repetitive motion, work injuries can arise at any time. Under federal law, employers are mandated to provide a workplace free of known health and safety hazards. Following these steps can help lead to a safer, injury-free workplace.

Be Aware of Surroundings. Did you know that slips, trips and falls are one of the leading causes of nonfatal work injuries? Pay attention to where you are walking and maintain a clear line of vision at all times. Walking through the garage with your head down while texting can be just as dangerous as slipping on an oil spill.

Become Familiar with the Fire Plan. Having routine fire drills will remind employees of the accessible emergency exits and meeting spots in the event of a fire. Make yourself and coworkers aware of all standard fire procedures.

Identify First Aid Kits. First aid kits should be well-maintained. The supplies must be adequate, should reflect the kinds of injuries that could occur, and must be stored in an area where they are readily available for emergency access.

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Lifting Equipment Safely. When manually handling heavy equipment, do so safely. Never carry boxes/equipment that block your vision or feel too heavy. Take a balanced stance and when lifting something from the floor, squat close to the ground to get a good grip with your whole hand—not just your fingers. (* For more information on proper lifting, please see Newsletter Archives – January 2017.)

Prevent Tipping of Filing Cabinets and Shelving Units. Be sure to open one drawer at a time to prevent tipping. Ensure that all filing cabinets are secured to each other, the wall or both and *never* climb on shelving units to get something— that’s what step stools and a ladder are for.

Clear Out Clutter. Empty trash receptacles, remove empty boxes and dispose of any materials that are no longer needed. Keep passageways clear at all times.

Take Action against Stress. Stress affects a large number of people in and out of the workplace each and every day. Whether you include mindful practice in your day or take a brisk walk during your breaks – try making your time active. Finding something you truly enjoy can help lower stress and increase productivity.

Following these tips can help alleviate work safety issues, while working to decrease work injuries and form a safer workplace.

References: MySafetyPoint News Archive - IWP The Patient Advocacy Pharmacy

Create a Want-To Safety Culture

Try to create a safety culture in your shop in which employees do the safe thing not because they have to, but because they want to, because they want to avoid injuries so that they can go home to their families in one piece at the end of the workday. Help employees see the value in making the safe decisions.

Remind them how many safety-related decisions they make every day and how one bad decision is all it takes to get hurt.

Safety Training

Place emphasis on identifying hazards and accident prevention. Follow this up with monthly safety meetings. Take time to clearly explain all rules and regulations thoroughly. Rules are less likely to be broken or ignored when employees understand why they were established and how they protect workers from injuries and illness.

For more information on Health and Safety related issues affecting workers, visit

MySafetyPoint at
www.MySafetyPoint.com

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