# Take Safety With You Off The Job




## WHAT'S AT STAKE?

We should be concerned about our safety whether at work in the plant, construction site or office environment or in off- hours. Getting hurt through accidents at work lowers your quality of life generally. Safety training you have received on – the – job is portable into safety for many situations off – the – job.

## WHAT'S THE DANGER?

The test for all workers is to utilize the on – the – job  safety training carried over to safety situations off – the – job.

It would be a hollow victory if a worker who followed religiously the safety protocol at work but did not apply on – the – job  training to his or her non – work life.

## HOW TO PROTECT YOURSELF

The following are some reminders how to stay safe and healthy when you are away from work.

- Wear your seat belt any time you are in an automobile.
- Most accidents happen close to home and at low speeds, so don't just save your seat belt for travelling on the highway.
- Never drive while you are under the influence of alcohol or any other drugs. Remember that other factors can also impair your ability to drive, such as fatigue, anger and rage.
- Keep your home free of fall hazards. Don't leave objects on the stairs. Repair any broken flooring or torn carpeting. Keep traffic areas free of clutter and obstructions. Do not allow objects to accumulate on sidewalks and steps. Maintain adequate lighting.
- Put up smoke detectors, and maintain them regularly by changing the batteries and keeping them clean.
- Organize regular fire drills so that all members of your household know how to escape from the house. Be sure to include where to meet outside.
- Install fire extinguishers in both your home and your vehicles. Learn how to use them, and keep them correctly maintained.
- Conduct regular home inspections for fire hazards. These may include accumulations of combustible materials and flammable liquids, electrical malfunctions, and incorrectly placed heating devices.

- Be alert to possible dangers of electrical shock. Keep electrical equipment in good condition, and never attempt makeshift repairs. Do not handle electrical appliances with wet hands. Use Ground Fault Circuit Interrupter (GFCI) anytime electrical equipment is used outdoors or around moisture, such as in the kitchen, bathroom and basement.
- Personal Protective Equipment (PPE) is important off-the job. Be sure to wear safety eye wear when using power tools such as woodworking equipment and even the lawn mower. Wear safety toed footwear and gloves where the situation calls for this sort of protection. Your hard hat even has uses around home – during weekend construction projects, for instance. And don't forget to wear the appropriate PPE for sports too.
- Store and handle chemicals and other dangerous substances with care. Keep them properly labeled and stored in the correct containers. Flammable liquids must be stored in an area where there is good ventilation, away from any potential source of ignition.
- Learn to swim so you can save your own life. Never mix alcohol and water sports such as swimming and boating. And never dive into unknown waters.
- Find out how to protect your personal security. Avoid dark, deserted areas where you might become a victim of crime. Keep your household doors and windows secure, and have your home well-lighted to discourage intruders.

## FINAL WORD

Remember to take safety with you off – the – job.