



SAFETY BRIEFS

Slips and Trips

INJURIES

Slips and trips commonly cause injuries to the knee, ankle and back.



STATISTICS

- **28%** of MEM's lost-time claims were because of slips, trips and falls
- Slip, trip and fall claims cost about **35%** more than the average claim
- The **most severe** injuries resulted from falls from heights
- The **most common** were incidents occurring on the same level

PREVENT SLIPS AND TRIPS

DO:

- Wear proper footwear for your environment
- Place warning signs in wet areas
- Secure items such as rugs and cords
- Use ice melt and remind employees to walk on it
- Scan ahead for hazards in your path



DON'T:

- Run through a job site
- Leave hazards in walkways
- Carry large loads that obstruct your view
- Ignore wet or cluttered floor surfaces



Find more slip, trip and fall resources at mem-ins.com.



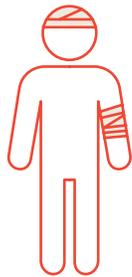
SAFETY BRIEFS

Falls From Heights

FACTS

Slip, trip and fall claims cost about **35%** more than the average claim.

The most severe injuries resulted from falls from heights.



PREVENT FALLS

Falls are the **#2** cause of on-the-job fatalities after vehicle crashes.

Ways to avoid falls:

- Always use fall protection and know your company's fall protection policy
- Have an emergency action plan to retrieve someone suspended from a fall arrest device
- Never stand on chairs, crates or other objects not designed to hold your weight
- Maintain three points of contact on ladders
- If a situation seems unsafe, stop work and talk to your supervisor



LADDERS LAST

Safe ladder alternatives:

- Scissor lifts
- Aerial lifts
- Scaffolding
- Rolling stairs
- Stair towers
- Pod lifts
- Single basket lifts



If you **MUST** use a ladder:

- Check the ladder's load rating
- Never stand on the top two steps of a ladder
- Secure the top of an extension ladder to the object it is leaned against



Find more slip, trip and fall resources at mem-ins.com.



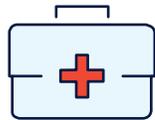
SAFETY BRIEFS

Safe Lifting

OVEREXERTION

Injuries are common in:

- Healthcare
- Hospitality
- Emergency services
- Construction



STATISTICS

- Overexertion is the #1 cause of on-the-job injury
- Sprains and strains are the most common type of workplace injury
- Workers experiencing sprains miss a median 11 days of work



5 TIPS FOR SAFE LIFTING

1

Use a machine when possible (skid steer, loader, pickup truck, dolly).

2

When supplies are delivered, have them unloaded as close as possible to where they're needed.

3

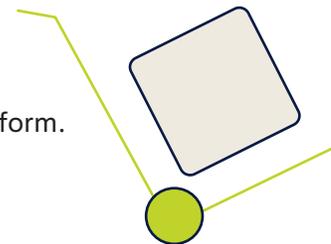
Break down bundles into smaller loads.

4

Lift with proper form.

5

Team lift – ask a coworker to share a heavy load.



Visit mem-ins.com for safe lifting posters and Tool Box Talks.



SAFETY BRIEFS

Ergonomics

WORK SMART

33% OF ALL

work-related *injuries and illnesses* are musculoskeletal disorders.

THE 20-20-20 RULE

Every **20 minutes**, look at an object at least **20 feet** away for **20 seconds**.



WHAT YOU DO ALL DAY

If you sit at a computer:

- Drink water throughout the day to keep your body hydrated and healthy
- Take breaks to stand and stretch throughout the work day
- Ensure your desk is set up for optimal ergonomic performance
- Place all your commonly-used objects no farther than an arm's length away.



If you're on the move:

- Stretch thoroughly before physical activity
- Follow safe lifting practices
- Drink plenty of water to stay hydrated



Find stretching exercises and more at mem-ins.com.



SAFETY BRIEFS

Distracted Driving



SAFE DRIVING TIPS

- Wear your seat belt
- Put your phone down
- Control your speed
- Scan 10-15 seconds ahead on the road

PREVENT MVAs

Avoid three types of distractions:



Visual: taking your eyes off the road



Cognitive: taking your mind off driving



Manual: taking your hands off the wheel

MOTOR VEHICLE ACCIDENTS

Vehicle crashes are the **number one** cause of on-the-job fatalities.

In the past five years, more than **40%** of fatal claims involved an MVA.

From 2011 – 2016, the **frequency** of MVAs **increased by 5%**, though overall claim frequency decreased by 18%.

MVA claims cost **100%** more than the average claim due to severity.

At least **27%** of crashes involve the use of a smartphone.



Texting and driving causes all three types of distractions. Put your phone away while driving!





SAFETY BRIEFS

New Hire Safety

SEASONED EMPLOYEES

- Pay attention to new hires joining your team
- Introduce yourself and ask if they have any questions
- Explain processes to new hires as you work
- Accompany new hires on dangerous tasks



STATISTICS

1 in **3** work comp claims involves a new hire.

An average new hire lost-time claim costs **\$54,000**.

A severe claim could increase work comp premium by as much as **20%**.

Completing **4 hours** of safety training can prevent new hire injuries.

OFF TO A GOOD START

Tips for new hires

Complete **ALL** required safety trainings.

Make sure you know:

- When protective gear is required
- How to safely operate equipment
- Lockout/tagout procedures
- What to do in an emergency
- How to report an injury



If you feel unsafe or unprepared for a job, stop work and contact a supervisor.

Tips for employers

- Perform a post offer drug screening
- Implement **Post Offer Employment Testing (POET)**
- Conduct thorough safety training for new hires
- Encourage new hires to ask questions
- Pair new hires with a seasoned mentor
- Conduct a safety training review after **30, 60** and **180** days on the job



Download the New Hire Safety Toolkit at mem-ins.com.



SAFETY BRIEFS

Drugs and Alcohol at Work

ASK FOR HELP

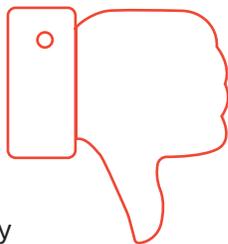
Review your company's substance testing policies. Many companies have an Employee Assistant Program (EAP). If you or a family member needs help, *ask about your options.*



THE EFFECT

Alcoholism and drug dependence can cause problems at work such as:

- Tardiness
- Hangover/ withdrawal
- Preoccupation
- Poor decision making
- Loss of efficiency
- Lower coworker morale
- Higher turnover



STATISTICS

Substance abuse spans a variety of industries including retail, food service, healthcare, construction and education.



1 in 4 adults binge drinks



1 in 10 adults uses illicit drugs
70% of illicit drug users are employed



Learn more at ncadd.org.



SAFETY BRIEFS

Lawn Mowing Safety



ZERO TURN MOWERS

Although they can be more efficient, zero-turn mowers can be extremely dangerous. Like other large mowers, they pose rollover and tip-over dangers to riders, especially on uneven surfaces or hills.

STATISTICS

301,000 people treated for lawn mower injuries annually

10,500 injured are children under age 18

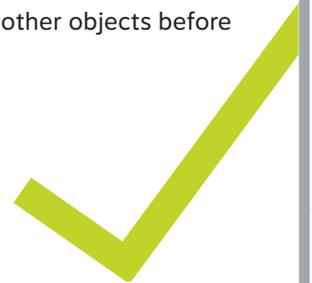
100,000 are serious enough for an ER visit



TIPS FOR SAFE MOWING

DO:

- Clear yard of sticks, stones and other objects before mowing
- Follow mower safety guidelines for operating on an incline
- Always use eye and ear protection
- Inspect mowing equipment before starting it



DON'T:

- Cut grass when wet or damp
- Wear open toe shoes or shorts
- Let children under 12 operate push mowers
- Let children under 16 operate riding mowers
- Mow in reverse without looking behind you



If you ever feel conditions are unsafe, stop your equipment and contact a supervisor.



SAFETY BRIEFS

Back to School Safety

LOOK BOTH WAYS

Every day, more than

40 KIDS
are hit by a vehicle
in the United States.

KEEP KIDS S.A.F.E.

When boarding and exiting the bus, remind children to be SAFE:

Stay five steps away from the curb.

Always wait for the bus driver to tell you when to board.

Face forward after finding a seat on the bus.

Exit the bus when it stops, look left-right-left, and take five steps away from the bus toward the curb.

ROAD SAFETY TIPS

Drivers, Look Out For:

- Students waiting for the bus
- Cross walks and crossing guards
- Students walking or riding their bikes
- Students distracted by their phones while walking
- Flashing red lights on the bus



Pedestrians:

Good Tips for Kids!

- Be aware of your surroundings
- Look both ways before crossing the street
- Do not text and walk, or walk with ear buds in
- Do not approach the bus until it comes to a complete stop
- Always wear a helmet when on a bike



Find more school safety tips at safekids.org.



SAFETY BRIEFS

Fire Prevention



HAVE AN ESCAPE PLAN

An escape plan includes:

- Two exits from every room
- Working smoke alarms
- A meeting place outside
- A call to 911

HEADS UP: Heating equipment

Heaters are one of the leading causes of home fires during winter.

Keep anything that can burn at least three feet away from heaters.

Maintain equipment with cleanings and inspections.



LOOK, LISTEN & LEARN

Most fire deaths happen at home, and today's home fires burn faster than ever. Prepare your family to prevent fires and act if one does happen.



Look for places where fire could start.



Listen for the sound of a smoke alarm.



Learn two ways out of each room.



Once you hear the alarm, you may have as little as **one to two minutes** to escape.



For more fire prevention tips, visit [nfpa.org](https://www.nfpa.org).



SAFETY BRIEFS

Severe Weather

DON'T PANIC



**Seek shelter,
seek information**

STATISTICS

- The United States experiences more tornadoes than any other country
- Tornadoes are most common in April – June
- Tornadoes are most common in the Midwest and Southeast

IN CASE OF SEVERE WEATHER



At home:

Go to a secure location, safe from damaging wind or large hail. Take your pets if time allows.



At work or school:

Know your procedure. Stay away from windows. Avoid large, open rooms like cafeterias or auditoriums.



Outside:

If possible, seek shelter inside a sturdy building. If not, lie flat on the ground and protect your head.



In a vehicle:

Stay buckled in the car. Drive to a secure shelter if time allows. If not, crouch and cover your head.

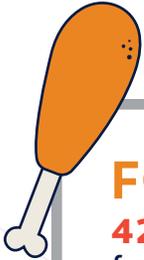


Review your company's emergency response plan. Where should you take shelter in case of severe weather?



SAFETY BRIEFS

Holiday Safety



FOOD SAFETY

420,000 people die each year from eating contaminated food.

Keep your holiday meals safe by:

- Washing your hands frequently
- Separating meat from other food
- Refrigerating food within 2 hours

ON THE ROAD

Vehicles have the **HIGHEST** fatality rate of any major form of transportation.

Make it to your destination safely by:

- Designating a driver
- Buckling up
- Putting the phone down
- Preparing for weather



KEEP YOUR HOME SAFE

Prevent home fires

December is the **PEAK** month for home fires

- Decorate carefully
- Use a cooking timer
- Turn decorations off before leaving
- Clear kitchen of fire hazards
- Inspect your furnace and chimney



Secure your home while traveling

1 in 3 home burglars enters through an unlocked door

- Lock all doors and windows
- Keep your travel plans offline
- Notify a neighbor
- Hide gifts and packages
- Leave delivery instructions



Take extra precautions to keep your holidays merry and bright!