



## August is Focus on Working Safely Month!

**August is historically a higher injury month, so here are some guidelines to help curb injuries.**

- 1. Get Enough Rest-** Higher temperatures can make you drowsy easier and it's harder to focus. Proper sleep also helps to keep emotions and attitudes in check.
- 2. Keep Hydrated –** It seems obvious to say, but when the temperatures heat up, it's very easy to forget to be drinking water while on the road. The last thing needed when dealing with a vehicle issue is adding heat stroke or worse to that issue. A good rule of thumb is to drink half your body weight in ounces every day, so if you weigh 200 lbs., try to drink 100 oz. of water. We know that stopping for restroom breaks as often as that may require, isn't ideal, but it's better than the alternative.
- 3. Stretch BEFORE Unloading-** Sitting for long periods can tighten muscles, so it is **very important** to stretch them before delivering. When muscles are tight, they can be strained or injured easier.
- 4. Lift Properly-**
  - Make sure to brace your feet and bend at the knees to lift with your large muscles, not your back.
  - Keep the object close to your body to prevent arm/ back strain.
  - Tighten stomach/core muscles and raise your head as you lift.
  - Don't twist while bending and lifting.
  - **People usually get injured lifting lighter items, rather than heavy, because people prepare better for heavy items.**
- 5. Push Instead of Pull-** Pushing uses the large muscles of the legs, pulling puts more strain on the back.
- 6. Wear Proper Footwear-** Comfortable footwear is essential when you're on your feet for longer periods. Steel-toe boots protect your feet from injury, due to dropped objects and foot strikes.

**Focus-** On getting the job done **SAFELY**, not "doing whatever it takes!"

**Anticipate-** Falling freight, high temperatures, more volume and heavier loads.

### **Correct-**

- **Prepare for your day! Make sure you know where you are headed and equip properly.**
- **Pay attention to the task at hand. Don't be distracted by talking on the phone while unloading, driving and any other essential functions!**
- **Clean up and spills/ debris to prevent slips and falls and clear walkways for easy movement.**

**Talk-** Communicate store delays/ issues to Dispatch and report necessary repairs to Transervice.