

# MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

10 Basic Rules  
How to Avoid Accidents

An accident is an undesirable incident and unplanned event that could have been prevented had circumstances leading up to the accident been recognized, and acted upon, prior to its concurrence. Serious accidents can happen in a matter of seconds.

It's a risky proposition to think on the theory that accidents can only happen to someone else. Obviously, this isn't true, but none-the-less, this thinking comes out many times.

## We want to discuss why accidents occur and how to avoid them.

### Why so Accidents Occur?

Accidents can happen in a split second, and can result in life or death. Being the victim of an accident can cause long term pain, emotional pain, high medical bills, reduced income and the inability to do your job.

### So how do these accidents occur?

- Carelessness and not paying attention to your work, or in modern lingo, not focusing on your work.
- Taking shortcuts because you are rushing to complete the job.
- Just plain being reckless.
- Being distracted – having your mind on other things.
- Not getting sufficient sleep or taking adequate breaks.
- Having the attitude that “we’ve always done it this way.”
- As mentioned above “It can’t happen to me.”
- Stubbornness – Not willing to ask for help.
- Allowing stress or emotions to come into play on your job.
- Not using common sense or as the old saying goes, “horse sense.”
- Not consciously thinking about safety all the time.

### Rushing to get the Job Done-

- Being in too much of a hurry to do the job right is a common reason why accidents occur.
- It is most important, before you start a job, to take a few minutes to think about the potential hazards and how will you protect yourself.
- After you have practiced #2 above, tackle your tasks slowly and deliberately – I believe you will see and agree that the quality of your work will be better and safer for you.

## DO'S AND DON'TS - IN AVOIDING ACCIDENTS\*\*

### DO:

- Take the time before you start a work assignment to think about the safety on the job.
- Pay close attention to safety warning signs and follow all safety instructions.
- Watch out for your co-workers and work together as a team- looking out for each other.

### Stress can lead to an Accident-

- Accidents are more likely to occur when you're under stress, resulting from home problems, girlfriend problems, financial problems or maybe death in the family.
- Stress is how your body reacts when increased demands are placed on it.

### Tips to Avoid Stress-

- ✓ Make sure you have some balance in your life. Remember the old saying, “All work and no play makes Johnny a dull boy.”
- ✓ Learn to say “No” when you are loaded.
- ✓ Be willing to ask for help when you feel you need it. When you are confronted with a problem and no answer be sure to ask your supervisor.
- ✓ Don't deal with stress by medicating yourself. Stay off drugs and alcohol, either of these can make matters worse,

### More Accident Prevention Tips-

- ✓ **Practice safe work habits** – Don't operate hazardous equipment or machinery unless you have been properly trained. Pay close attention to all safety signs. Don't drive or operate a vehicle or other machinery under the influence of drugs or alcohol.

**Get Enough Sleep** – Fatigue is a common cause of accidents. Being overly tired can result in not hearing important safety instructions and in slowed reaction time.

- ✓ **Ask for Help when you need it** – Don't take the attitude that “I can do this job by myself.” There will be times when you have loads that are too much for you to handle alone. There may be a time when you come to work feeling a little “under the weather” or overly tired. Ask for help instead of going around “Half-cocked” and causing an accident that might hurt you or a fellow employee.
- ✓ **Be especially careful on the road** – Using a cellphone when driving, allowing a passenger to distract you, or keeping loose items under the seat or on the dashboard that can roll around, are reasons that could possibly cause you to have an accident.

### DON'T:

- Engage in “horse play” or other risky behavior at work.
- Operate hazardous machinery or equipment if you are overly tired or sick.

*Take breaks and slow down if you feel that you are beginning to be fatigued.*

**PRACTICE SAFETY IN ALL  
YOU DO-  
EVERYONE DEPENDS ON  
YOU!!!**

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**ALERT TODAY < > ALIVE TOMORROW**