

# MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

10 Commandments of  
Good Safety Habits

In most of our endeavors, it's human nature to look for ways to make jobs or tasks faster and more efficient. At the same time, we need to realize that these short-cuts may not be the best answer. At some point, we begin to do these practices as a part of our schedule level. We can use these legitimate short-cuts to our advantage, assuming that they don't put ourselves or our co-workers in "harm's way." We can incorporate these practices into good safety habits.

Following are ten safety habits that we should learn to live by:

## **SET YOUR OWN SAFETY STANDARDS-**

Don't be influenced by others around you to be negative on safety issues. Be a leader, watching out for your fellow employees. The habit, whatever it might be, can hurt you if you don't use extreme care and watch out for your co-workers.

## **OPERATE EQUIPMENT ONLY IF YOU ARE QUALIFIED-**

It's your responsibility to let your supervisor know if you aren't trained on equipment that he may have assigned you to for a project. It's better to inform him on the front end than for you to tackle the project with little or no knowledge of the proper operation for that piece of equipment.

## **RESPECT MACHINERY-**

Be careful of where you might be sticking your hands or fingers. As you know, farm machinery has pulleys, drive shafts, pinch points, ladders for entry, and other parts that can cause serious injury, if you aren't careful in your inspecting and/or repair. Remember to de-energize the equipment before you begin to check or do repairs.

## **USE YOUR OWN INITIATIVE FOR SAFETY PROTECTION-**

You, personally, are in the best position to see potential hazards by being on the front-end of the job. When you see a potential problem or hazard, report it immediately to your supervisor.

## **ASK QUESTIONS-**

If you are confused on an issue or, for whatever reason, your path of instruction is "cloudy," ask your supervisor for advice or for more information. The real fallacy is to be confused and afraid or embarrassed to ask for more information. The question that you don't ask is the one that you might really need for more information.

## **USE CARE AND CAUTION WHEN LIFTING-**

Most back and muscle injuries are from overexertion or strains. Be careful that you don't overload yourself and, when you have a load, be sure that you have a clear path and clear vision to your destination. That few extra minutes that it takes to get help from a fellow employee or for a mechanical unit could very well save you days of missing work and a lot of pain.

## **PRACTICE GOOD HOUSEKEEPING-**

Disorganized work areas, with clutter on the floor and tools and appliances out of place, are potential hazards ready for an accident or an incident to happen. Additionally, a disorganized work area presents a totally negative attitude for visitors and management figures.

## **WEAR PROPER AND SENSIBLE CLOTHES-**

Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry, and be sure to tie back long hair to avoid an entanglement in the machinery.

## **PRACTICE GOOD PERSONAL CLEANLINESS-**

Avoid touching your eyes, mouth, or face with your gloves or dirty hands. Wash well and use barrier creams when necessary. Most rashes are the result of poor hygiene.

## **BE A POSITIVE PART OF THE SAFETY TEAM-**

Be positive and willing to follow the safety rules. Encourage your co-workers to do the same. Your attitude can play a major role in the prevention of accidents and injuries.

Ted Gordon-Risk Mgmt. / Loss Control Mgr.  
MAFES/MSU-ES (662) 566-2201  
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JOB DONE SAFELY  
DON'T WORK ALONE <> WATCH  
OUT FOR YOUR CO-WORKERS!**