



## Off-the-Job Safety

Many of the safety rules that you use at work should be observed at home also.

- ☛ **Make sure to use your defensive driving skills in your personal vehicle; not just when you are at work.**
  - Over 40,000 people are killed every year on the nation's highways.
  - Always wear your seat belt, even on short trips.
  - Don't tailgate.
  - Allow yourself plenty of time to get to your destination so you don't have to speed.
  - Never drive intoxicated. Use a designated driver or call a cab.
- ☛ **When using ladders at home you should follow the same safety rules that you use on the job.**
  - Make sure the ladder is tied off and extends three feet above the top of the roof.
  - Remember to set the base of the ladder one foot away from the wall for every four feet in height.
  - Always set the safety feet on firm ground.
  - For step ladders, make sure that the legs are fully extended and that the braces are locked into place, and remember not to stand on the top step.
  - Inspect your ladders for cracks or other defects.
  - Always be extra careful around power lines, especially with metal ladders.
- ☛ **Personal Protective Equipment is important whenever you're doing home projects.**
  - Wear safety glasses when using your power tools.
  - Gloves, clothing, and shoes should be suited to your job.
  - If you are working in area where there's tree-trimming or any other overhead work going on, then a hard hat is appropriate.
  - It's a good idea to wear safety glasses even when cutting the grass, to protect your eyes from flying rocks.

There are almost as many hazards at home as there are at work. It's important to recognize them so you can protect yourself and your family. Make sure you read the instructions and the manufacturer's recommendations before beginning any new projects.

### Off-the-Job Safety Training Tips

- Ask what kinds of equipment people have in their homes, and what sorts of precautions they typically use.
- Encourage discussion about the kinds of short-cuts people take at home, that would not be tolerated on the job.
- Ask what sorts of "around the house" accidents people have had?