



Northeast Public Power Association Safety Corner

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100 Days of Summer



The 100 Days of Summer campaign provides critical information to raise awareness and assist in mitigate the risks associated with the most common on and off-duty mishaps. The industry call this the **100 Days of Summer from Memorial Day to Labor Day** there are **60% more accidents during this time**, it's very easy to become complacent. The weather is nice, the days are longer, and employees take vacations.

Then trouble happens and we all have been there, it's Friday afternoon, and you're thinking of your upcoming time off, and a trouble call comes in. We arrive at the scene, and it's an easy fix, or is it. Don't take a shortcut to get the job done quickly. Before you engage with the task at hand, stop for a minute and do a visual observation, ensure everyone is on the same page. **Assess and eliminate all the hazards (if feasible) associated with the job before proceeding.** This is when we all need to watch out for each other, and if you see your brother or sister about to take a shortcut, say something to mitigate any unwanted mishaps. These unwanted mishaps can happen at work or at home, always be aware of your surroundings and always say "what if" try to anticipate the next move.

Tips to Stay Safe in the Summer Months

- **Stay Hydrated.** Drink plenty of fluids, even if you don't feel thirsty.
- **Stay Protected.** Avoid strenuous or high-energy activities.
- **Watch for Signs of Heat Stress or Heat Stroke**, watch out for each other. Communicate, Communicate, Communicate...
- **Lather on the Sunscreen**
- **Be aware of bees, wasps, hornets, ticks**, or anything else that might bite or sting you.
- With the volume of Summer Traffic increasing, **Set-up your work zone properly**

Please be aware of the risks associated with your summer activities and take steps to mitigate that risk. Always have a well-thought-out plan; that old adage of "Fail to plan, Plan to fail" has merit.



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