

NBSIA Member Services Safety Bulletin

November 2014

SAFETY TIPS FOR THE RAINY SEASON

As the cooler temperatures blow in and the rainy season begins, it is important to exercise caution to prevent injury or illness. Follow these tips to keep yourself, and those around you, safe this season.

Dress Appropriately for the Task at Hand

- If you work outside, wear clothing that is warm, protective and appropriate for the job.
- Dress in layers so that if the weather changes, you can too. Even indoor spaces that have regulated thermostats often leave some people feeling cold while others are hot.
- Wear slip-resistant shoes that have good tread.

Be Cautious When Working Outdoors

- When operating electrical equipment outside, only use GFCI regulated outlets.
- Only use extension cords and tools that are labeled as safe to operate during wet weather.
- Wear personal protective equipment such as masks, safety glasses, slip-resistant shoes, hard hats, hearing protection and gloves to give you a safe grip.

Prevent Slips, Trips and Falls Indoors

- Make sure there are floor mats where needed. Mop up water immediately. Do not allow water to become puddled in entry ways or an accident might happen.
- Make sure that floor mats lay flat—curled edges are a trip hazard.
- Store umbrellas in containers, such as empty trash cans, to prevent puddles on the floor.

Protect Your Health

- The rainy season is also flu season; wash your hands often to prevent catching or spreading germs around the workplace.
- Maintain or begin a regular exercise program to strengthen your immune system and stay healthy.



Be a Defensive Driver

- Before entering your vehicle, inspect your tire tread for wear-and-tear. Make sure your windshield wipers are working properly and that all of your headlights and tail lights are functioning.
- Stay alert! Cold weather and dark days often go hand-in-hand. While you're trying to stay toasty in your vehicle, be careful of becoming drowsy. Pull over if necessary.
- Be cautious of slippery driving conditions, rain often makes roadways slippery at the beginning of the season.
- Be patient with other drivers. It is both normal, and legal, to drive slightly under the speed limit during inclement weather. Remember: it is better to arrive late than to never arrive at all.

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Keep a copy of this bulletin in your Injury and Illness Prevention Program (IIPP) binder and be sure employees receive a copy.