



Weekly Safety Meetings

Safety Training for the Construction Industry

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Standard Subscription

COMPANY NAME: _____

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Motor Vehicle Safety

Anytime you operate a motor vehicle, whether on or off the job, you have a responsibility to operate it safely. There are many factors you need to consider in order to operate a vehicle safely. Some of these include the vehicle's condition, your state of mind, vehicle maintenance, and buckling up.

Inspect: Before you get into your vehicle, take a few moments to inspect it. Check the windshield for cracks. Clean your windows and windshield if they seem too grimy to see through. Check your headlights, parking lights, brake lights, and turn signals. Make sure all your mirrors are adjusted properly. Once you're inside the vehicle, honk the horn to make sure it works. Check your fuel gauge to make sure you have enough fuel to get where you're going.

State of mind—Check in: Before you start the engine, do a safety check on your mind. Your mental and emotional states can affect your driving, so make sure you are sober, clear-headed, and calm. Drunk driving is one of America's most often-committed and deadliest crimes. If you are planning to drink alcohol with friends, designate a sober driver before you go out, and give that person the keys. If you didn't plan ahead and you are impaired, call a cab, ride the bus, or call a friend to get you home safely.

State of mind—Aggressive driving: This can include taking out your frustrations on other drivers, tailgating, whipping in and out of lanes to get ahead of others, entering intersections at yellow lights, and speeding. To avoid aggressive driving,

allow extra time for your commute. Take an alternate route that may be longer but that is less congested. Listen to relaxing music in your vehicle. If you start to get frustrated when you're running late, just decide to be late. It's better to be late than dead—or jailed for manslaughter. If you really can't stand the thought of getting behind the wheel, take the bus or find another way to get to your destination.

Maintain: Keep your vehicle well maintained. Check your tires regularly to make sure they are properly inflated and have enough tread. Newer testing says to put a quarter, not a penny, in the tread groove with Washington's head toward the axel. If you can see the top of George's head you need to think about replacing the rubber. You should also check the fluid levels in your engine. Running low on oil or other fluids can damage your vehicle's engine. Make sure you have working windshield wipers. You don't want to wait till you get caught in a rainstorm to realize your wipers don't work.

Strap up: Wearing your seat belt is the most effective thing you can do to protect yourself in a crash. Seat belts are the best defense against aggressive, distracted, or drunk drivers.

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SAFETY REMINDER
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Avoid distractions while driving. Don't try to text, check e-mail, or talk on the phone while driving. Turn off ringers and keep your phone out of reach until you get to your destination.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED MSDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____

MEETING DATE: _____

SUPERVISOR: _____

ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.