

Safety FOCUSED

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Driver Safety After Dark

The approach of autumn brings less daylight, which results in an increase in traffic deaths. Follow these tips to stay safe during your evening commute.

5 Common Reasons for Injuries to New Employees

Almost one-third of workplace injuries involve workers who have been on the job for less than one year. Learn the most common injuries to new employees and how to prevent them.



The risk of traffic deaths increases by nearly 33 percent after sunset.

A monthly safety newsletter from



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Driver Safety After Dark

The approach of autumn brings less daylight, which results in an increase in traffic deaths. In fact, since drivers aren't used to the decreased visibility, traffic deaths are three times more common after the sun goes down than during the daytime—both for drivers and pedestrians.

Studies suggest that it can take several days to adapt after daylight saving time ends. Although the extra hour of sleep is often celebrated, many people still feel fatigued. Whether you drive for your job or commute home from work in the evening, it is important to remember the following safety tips:

- Test your headlights, and turn them on one hour before sunset and one hour after sunrise so other drivers can see you easily.
- Do not look directly at oncoming headlights. Look toward the right side of the road, following the white line with your eyes.
- Increase your following distance by four or five seconds to give yourself more response time.
- If you have vehicle trouble, pull off the road as far to the right as possible. Set up reflector triangles near your vehicle and up to 300 feet behind it. Turn on your flashers and your dome light, and call for assistance.

5 Common Reasons for Injuries to New Employees

Thirty percent of all work injuries involve employees who have been on the job for less than a year, according to the Bureau of Labor Statistics. The following are the most common reasons for injuries to new employees, as well as ways to prevent them.

1. **Unfamiliarity with workplace hazards**— Even if you will be doing the same job as you did elsewhere, don't assume you're aware of all potential job hazards and hazardous substances in your new environment. If you have questions, ask.
2. **Fear of asking questions**—New employees may be too intimidated to ask questions. Remember that there is no such thing as a silly question when it comes to your safety. Also, be sure to use constructive criticism as a learning experience.
3. **Improper use of personal protective equipment (PPE)**—Your past employer may have been lax with its PPE requirements. Don't bring any bad

habits to your new role. Feel free to ask for proper PPE training.

4. **Employer's assumption of expertise**— Some employers may be accustomed to dealing with employees who have been on the job for years and fail to realize the need to properly train new hires. Although your resume may be impressive, don't assume that you're qualified to do the job without proper training.
5. **Poor safety communication**—A common cause of employee injuries is the inability to understand urgent safety messages. Make sure you're familiar with emergency safety protocols and that you understand not only what to do in an emergency, but also the method your employer will use to communicate the safety message.



30% OF ALL WORK INJURIES INVOLVE EMPLOYEES WHO HAVE BEEN ON THE JOB FOR **LESS THAN A YEAR.**

