



## Safety Message of the Day for IMEA Members



### Essential Safety Tips for Utility Workers Safety Message

Safety is a top priority in the utility industry. Workers face numerous hazards on the job, but they don't have to risk getting hurt every day. These essential tips are a great place to start building a safer work environment.

#### 1. Prioritize Health and Fitness

One of the easiest ways to stay safer on the job is practicing good health and fitness habits. Utility workers do a lot of heavy lifting, pushing, pulling and hauling every day, and that strain can take a toll on the body. The back and joints, in particular, are at high risk of injury from manual labor tasks.

#### 2. Practice Slip, Trip and Fall Safety

One of the most common causes of injuries for utility and construction workers is slips, trips and falls. Lack of proper fall protection is the most cited OSHA violation. Fall-related injuries impact thousands of workers every year, and most of the time, they can be prevented. Wearing the proper PPE and safety gear on the job is an essential first step.

#### 3. Watch the Weather

The weather can have a significant impact on safety for utility workers. Rain creates severe electrical dangers. Intense winds can also increase electrical risks, as well as the potential for falls.

#### 4. Emphasize Electrical Safety

Among the most common and severe dangers utility workers face are electrical hazards. Being mindful of them is important in any job, but the risks of injuries are amplified for line employees. Remain cautious of common electrical hazards as well as those specific to certain sites. Make sure to wear your PPE when needed.