

Installation Safety Newsletter

United States Army Garrison, NTC and Fort Irwin January 2017



WHAT'S YOUR NEW YEAR'S SAFETY RESOLUTION PLAN?

It's that time of year again. How are you going to resolve to make the workplace safer, and what will you do to ensure your resolution sticks?

The vast majority of Americans fail to achieve their resolutions, according to various studies, and many of them fail before the end of January. The reasons vary, but often it comes down to unrealistic goal-setting or trying to do too much.

“Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on Jan. 1, can help you reach whatever it is you strive for,” Lynn Bufka, an associate executive director for the American Psychological Association, said in an APA resolution guide.

With that in mind, here are some tips from APA on setting New Year's resolutions, and tips on how to apply them to workplace safety:

- Start small. Rather than simply trying to make the entire worksite safer, focus on one particular hazard of concern.
- Change one behavior at a time. Similar to the previous tip, you can't change behavior or safety culture overnight. Instead, focus on the actions that most likely contribute to the hazard.
- Talk about it. A goal set in a vacuum won't be achieved. Effectively communicate both the goal and the plan to achieve it. Don't forget to include input from employees as much as possible throughout the development of this process.
- Don't beat yourself up. Mistakes may happen, but that doesn't mean the resolution is blown. Figure out why an incident occurred, and take the appropriate steps to correct it.
- Ask for support. Safety can't improve without support from management. Sell safety to employers to get support for your resolution.

<http://www.safetyandhealthmagazine.com/blogs/1-on-safety/post/13498-whats-your-new-years-safety-resolution-plan>

**GARRISON SAFETY
TEAM**

**GARRISON SAFETY
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HEALTH
SPECIALISTS:**

Mrs. Kim Garcia

Mr. Dale Domek

Mr. Mark Reeves

SAFETY TRAINING:

<https://imc.army.mil/airs/default.aspx>

Please call 380-7708
for more
information

**Building Manager
Training**

18 Jan 17

15 Feb 17

15 Mar 17

19 May 17

21 Jun 17

16 Aug 17

20 Sep 17

18 Oct 17

15 Nov 17

Please call 380-6845
to register

**CDSO/ADSO
TRAINING**

14-16 March 17

25-27 April 17

5-7 September 17

Please call 380-6982
to register.

A poster titled "SAFETY RULES" in large, bold, black letters. To the right of the text is a silhouette of a worker wearing a yellow hard hat, safety glasses, a yellow high-visibility vest, and yellow safety boots. The poster is framed by a black and yellow diagonal striped border. The rules are listed in a numbered list from 1 to 10, each preceded by a yellow diamond containing a black number.

**SAFETY
RULES**

- 1 You are responsible for your own safety and safety of others.
- 2 Wear personal protective equipment necessary for the job.
- 3 Always use equipment/tools/machinery safely and properly.
- 4 Lift properly using your legs and not your back.
- 5 Keep your work area clean.
- 6 Wear appropriate and safe work clothing and footwear.
- 7 Report any unsafe conditions.
- 8 Clean up spills immediately.
- 9 Report all injuries.
- 10 No alcohol or drugs to be used or allowed on company property.

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Your Garrison Safety Director is Mr. Mark Harvey. He can be reached at (760) 380-1347 or mark.a.harvey3.civ@mail.mil.