



**National Fireworks Safety Month:**  
Let the professionals light the fireworks.

## Preventing Backovers

**A backover happens when a worker is struck by a vehicle that is backing up.** Fortunately, they are preventable. These mishaps can occur for several reasons, including distracted workers, drivers' blind spots, faulty or inaudible backup alarms and drivers who assume the path is clear without checking before they shift to reverse. OSHA suggests these ways to prevent backovers in a work zone:

### Spotters

- Spotters and drivers should agree on hand signals before backing up.
- Spotters should always maintain visual contact with the driver while the vehicle is backing up.
- Drivers must stop backing up immediately if they lose sight of the spotter.
- Spotters should not use personal phones, personal headphones or any item that could pose a distraction while they are spotting.
- Spotters should wear high-visibility clothing.



### Cameras

- Check all backup cameras on all vehicles before moving in reverse. Some vehicles may require more than one backup camera.

### Proximity Detection Systems

- Use these systems to alert the driver with a visual or an audio warning.
- Use the system that works best for the situation; there are radar, ultrasonic and tag-based systems.

### Internal Traffic Control Plans (ITCPs)

- Use ITCPs to coordinate traffic flow to minimize or eliminate the need for vehicles to back up.

## Home Alone

**Working remotely?** As of 2022, 26% of U.S. workers worked remotely and 16% of companies were fully remote. That number is expected to keep increasing. Here are some tips on how to stay safe while remaining productive at home.

**Set up a designated, ergonomically correct office space at home.** Don't use your sofa, kitchen table or bed as a desk. See [osha.gov/etools/computer-workstations/checklists/evaluation](https://www.osha.gov/etools/computer-workstations/checklists/evaluation) for a computer workspace OSHA eTool checklist designed to ensure correct ergonomic guidelines.

**Remember to move.** One of the hazards of working remotely is sitting too long in your workspace. Select a work schedule and take breaks at least once every hour to stretch and move around. If you often forget, set an alarm on your phone to remind you to get up.

**Keep your work area clutter free.** Accidents can happen when papers, books or other things pile up and if walkways and doorways are obstructed. Take five minutes at the end of the workday to clean up.

**Choose appropriate lighting.** Make sure your lighting works for tasks and that your monitor faces away from the windows to avoid glare.

**Avoid cybersecurity threats and risks.** Use a secured VPN and Wi-Fi. Keep current on company-approved computer updates. Avoid phishing scams.

**Locate and check your home safety tools regularly.** Make sure smoke alarms, carbon monoxide detectors and fire extinguishers are working and that you have a stocked first aid kit.



## SAFETY CORNER



### Pay Attention

“Being present” is a phrase that many of us use casually. However, it means so much in the world of safety. Distraction plays a major role in workplace accidents and injuries. Make it a point to stay focused on the job:

**Put away your phone or set it to Do Not Disturb during work hours.** Only check your phone during breaks or lunch. **Tip:** Provide a different number for people to reach you in case of emergency — for example, your company’s main line.

**Set boundaries with coworkers.** Don’t converse with coworkers while performing a tedious task.

**Avoid multitasking** especially if you need to maintain safety.

**Work smart.** Complete your most challenging tasks early in the day when you are the most alert.

**Take breaks.** If you’re losing focus, take a short break to rejuvenate.

## Buying a Used Car Safely



If you’re looking to buy a used car, it’s important to watch out for dishonest sellers and scams. The following steps can help you avoid most scams to protect yourself and your money:

**1 Get the vehicle history report.** If the seller doesn’t provide one, visit the website of the state department of motor vehicles (or licensing) where the vehicle is registered. Once you have these, look for red flags, such as: several previous owners, title not in seller’s name, missing registration years, previous damage title (also called rebuilt title) indicating accidents or water damage, outstanding recalls, former rental car, rebuilt vehicle, many repairs or a recent major repair.

**2 Have a mechanic inspect the vehicle.** Vehicle inspections run between \$100 and \$200, but it’s money well spent for peace of mind. Inspections can potentially save you thousands on a major repair.

**3 Pay with a cashier’s check.** A cashier’s check requires the legal name of the seller, so if you end up getting scammed, you will have the proper information. Avoid cash sales because there is no paper trail.

## Golf Cart Caution

Golf carts aren’t just used at golf courses anymore. People often drive them in beach and retirement communities to get around. While golf carts are fun to drive, you also need to keep in mind that they can be dangerous if not handled properly. Here are some tips to help:

- **Read** the owner’s manual for operation details before driving.
- **Check** your state laws about driver’s license requirements.
- **Obey** and follow all traffic laws.
- **Don’t** exceed the number of passengers allowed. Everyone riding should have (and wear) a seatbelt.
- **Slow** down at turns and intersections.
- **Yield** to pedestrians.
- **Don’t** text and drive.
- **Never** drive while under the influence of drugs or alcohol.
- **Adapt** to your terrain; drive slower on steep slopes and avoid rough surfaces.
- **Engage** the parking brake and remove the key before leaving the cart.



## Keeping the Kids Out of Harm’s Way on Vacation

Being on vacation doesn’t mean relaxing your supervision when you travel with children. Before you leave:

**Check that car seats are up to date and installed correctly.**

**Tip:** Take your own car seat on trips and take the time to make sure they fit properly in your rental car once arriving at your destination.

**Check car seat laws** at your destination; they may differ from your area.

**Always supervise and keep attention on children.** A parent’s worst nightmare can happen while in unfamiliar territory. Consider investing in a child’s wearable tracking device for when children aren’t with you, but don’t rely on

**While on vacation:**

**Review your plans with children** (if they are old enough) once you arrive. Instruct them on what to do if separated from you: whom to talk to (a police officer, security guard or another parent).

them. Make a separation plan with older kids for emergencies and never let younger children out of your sight.

**Pack a first aid kit.** Include prescriptions, if necessary.

**Create an information card** for each of your children. Include your name, number and where you are staying.

**Keep children up to date on vaccines,** and if traveling internationally, ask your health care provider if they need additional vaccines or preventative medications.

**Be vigilant about supervising your children.** Put your cell phones away and pay attention.

**Keep your itinerary child-friendly.** Kids can tire easily (even if they seem to have boundless energy).



The **Smart Moves Toolkit**, including this issue’s printable download, **At Risk: Heat-Related Illness**, is at [personalbest.com/extras/23V7tools](https://personalbest.com/extras/23V7tools).

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