

Your Mom Was a Safety Coordinator



Lidia Dilley, Safety Coordinator with STAR Energy Services, LLC

Sometimes, safety is full of reminders of all the things we need to do. The articles, posters, and messages tell us to wear our safety glasses, don't block the exits, use the seat belt, etc. It reminds me of what I tell my own kids. In fact, I often feel like a mother of 244 children instead of only 4, as I remind the employees of the rules.

And, after I have given a reminder about the rules, they look at me like they have never heard of that rule before, almost childlike (hmmm, who am I talking about here – my children or the employees?).



That look isn't foreign, though. It is the same look you gave your mother when she asked, "who got into the cookie jar?" You

see, the safety rules are mere expansions of what we have heard since we were wee little ones growing up in our homes. Yes, your mother was a safety coordinator and you didn't even know it!

Let's review.



Safety Rule #1 – Employees shall take reasonable steps to maintain a clean and orderly work environment.

Mom's Rule – Clean up your room!



Safety Rule #2 – Good personal hygiene shall be practiced to reduce exposure to hazardous substances.

Mom's Rule – Wash your hands!



Safety Rule #3 – Employees who exceed the OSHA

permissible noise exposure levels shall participate in an approved hearing conservation program.

Mom's Rule – Turn down the music!



Safety Rule #4 – Personal headsets, earphones, or other entertainment devices shall not be worn or used while on the job.

Mom's Rule – No I-Pods at the dinner table.



Safety Rule #5 – Every employee has the additional responsibility of assisting in the safeguarding of other employees.

Mom's Rule – Watch your sister!



Safety Rule #6 – Only licensed, authorized and properly trained employees shall be permitted to operate a company vehicle.

Mom's Rule – No, you can't have the car tonight.



Safety Rule #7 – Exit routes shall be kept clear of all obstructions.

Mom's Rule – Who left their book bag, shoes and coat on the floor near the door?

June is Safety Month –
don't forget to
thank your Mom!



Safety Rule #8 – Empty containers and waste shall be disposed of according to manufacturers’ recommendation and regulatory requirements.

Mom’s Rule – It’s your turn to take out the garbage.



Safety Rule #9 – When two or more employees are required to lift, pull or push together as a team, their efforts shall be coordinated. The person in charge shall provide signals for the group.

Mom’s Rule – You all have the count of three to get out here and help me with groceries or the TV is shut off.



Safety Rule #10 - Only work gloves that are in good condition, free from holes, tears, rips, and fraying shall be worn.

Mom’s Rule – Is that the best pair of mittens you have – what happened to the new ones I bought you yesterday?



Safety Rule #11 – An employee may wear a respirator on a voluntary basis as long as compliance with current regulations is maintained.

Mom’s Rule – Yes, you have to eat your vegetables. Just plug your nose and then you can’t taste them.



Safety Rule #12 – Employees shall take reasonable steps to protect the safety of the public at large by warning the public and restricting their access and exposure to hazards associated with the Cooperative’s equipment, facilities, and operations.

Mom’s Rule – If you ever yell “fire” in church again, so help me I will ground you for a year!



Safety Rule # 13 - Employees should avoid engaging in unnecessary conversation while performing live-line tool work.

Mom’s Rule – No talking while you are doing your homework.



Safety Rule #14 – Where hazardous conditions exist, barricades, barriers and/or warning signs shall be used to warn employees, visitors, and the public of the dangers.

Mom’s Rule – Grandma is coming to visit this weekend and she will be staying in your room.

And finally, for the best rule of all . . .



Safety Rule #15 – Where the rules and procedure of this entity are more stringent than OSHA or other regulations, the entity’s rules and procedures shall apply.

Mom’s Rule – Because I said so!

We often say the safety rules that apply at work can be applied at home; but, maybe we should turn that around. The rules we learned and heard at home as little ones can still be applied at work, when it comes to safety! Thanks Mom!



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