



Training Solutions, Delivered!

TAKE SAFETY HOME: *Preventing Off-Job Injuries* **(Concise)**

**Leader's Guide, Fact Sheet
& Quiz**

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

**3956 TAKE SAFETY HOME:
Preventing Off-Job Injuries (Concise)
FACT SHEET**

LENGTH: 10 MINUTES

PROGRAM SYNOPSIS:

After working 25 years as a firefighter and paramedic, Martin Lesperance has treated thousands of injuries and medical emergencies. Now retired, Martin is a popular safety speaker, sharing his experiences with workers in order to prevent injuries. As a former EMT, Martin knows that the majority of injuries occur off the job and conducted this presentation in front of a live audience to encourage all workers to “take safety home.”

Martin recalls many true stories of off-job incidents resulting in injuries and deaths to illustrate the importance of such critical safety issues as thinking about the repercussions of your actions, heeding warning signs and labels, the importance of PPE off the job, preventing motor vehicle collisions and house fires and avoiding slips, trips and falls. Other topics include the “weekend warrior” syndrome, taking it easy on long weekends and holidays and the correlation between alcohol consumption and the amount of off-job injuries and fatalities.

PROGRAM OBJECTIVES:

After watching the videotape program, the viewer will be able to identify the following:

- What the repercussions of your off-job actions can be;
- Why it is crucial to heed the warning signs and labels of equipment used away from the workplace;
- Why wearing PPE off the job is just as important as wearing it on the job;
- Why we shouldn’t undertake recreational activities as if our lives depend on them;
- How drinking alcohol correlates to the number of off-job injuries and fatalities.

INSTRUCTIONAL CONTENT:

SAFETY IS NOT JUST A WORKPLACE ISSUE

- Martin tells the story of a group of friends who went out to a bar. After leaving the bar, they ended up on the 11th floor of an apartment building standing next to a garbage chute.
- When one of the friends asked who wanted to ride down, another “takes up the challenge and down he goes. His friends raced to the bottom. They get to the bottom and there’s his friend; he’s dead,” says Martin.
- “I don’t know how safe of a worker he was at work, but his poor decisions that day not only cost him his life, but devastated the lives of his loved ones,” adds Martin. “You see, preventing this type of needless tragedy has everything to do with safety. You see, safety is not just a workplace issue.”

WHY WE HAVE SO MANY OFF-JOB INJURIES

- Martin says that a lot of people don’t make it into work because of off-job injuries. “Now in 25 years working as a firefighter and a paramedic, I know I’ve attended more off-the-job injuries than on-the job injuries.”
- “It’s easy to understand why. We spend more time away from work than we do at work,” he notes. “Also, at the worksite, there’s certain safety rules and regulations that we follow or at least we should be following, but at home, anything goes. And, after all, who’s going to come down on you?”
- “You see, at the worksite, you could take a person who would refuse to use a ladder because of it’s unsafe condition; but yet, that same person may be the person who goes home, drinks six beers, fires up the chainsaw, stands on top of a stool and attempts to cut branches down in the tree in his backyard,” Martin says.
- At work, we wear our personal protective equipment; when we drive company vehicles, we wear our seatbelts; and, when we’re at work, we follow the proper safety procedures that are in place, according to Martin. “But on Friday afternoon, we take off our hardhats, our steel-toed boots and our safety knowledge, we close that locker, we go home and it’s never to be seen or used again until we’re back at work Monday morning.”
- After dealing with a lot of injuries, Martin says he knows that a broken leg hurts just as much if you fall off a ladder at home when you’re reaching for something as it does when you fall off of a ladder at the worksite.

- “If you cut off three fingers with a circular saw, it’s going to cost and it’s going to disrupt your life just as much if it happened at the worksite compared to if it happened at home,” says Martin. “And heaven forbid, if you make a poor decision and you get yourself killed, it really doesn’t matter to your family if it happened on the job or if it happened off the job. The problem is it happened; you’re dead and that’s going to hurt a lot of people.”
- There seems to be a gap between the safety attitude and safety practices, between on-the-job and off-the-job, according to Martin. “Let’s try to narrow that gap; let’s try to close that gap.”

REPERCUSSIONS OF YOUR ACTIONS & WARNING SIGNS/LABELS

- “Now I think one of the reasons people get hurt off the job is that they fail to think of the repercussions of their actions and they fail to pay attention to warning signs and labels,” says Martin.
- He adds that one of the best tips he can give is to stop and think about the repercussions of your actions. “Think about what could happen in the event something goes wrong. Now if you’re not sure what could happen or if you’re unfamiliar with what you are about to do, pay close attention to the warning signs and labels and read the operator’s manual, especially the section that deals with safety.”
- “It doesn’t matter what you plan on doing. If you’re going to take your ATV for a ride, if you’re going to use a hand or power tool or if you’re going out hunting or fishing, every activity has safety rules that must be followed,” Martin concludes. “So take a few seconds to understand what those rules are and to think about what could happen in the event something goes wrong. Thinking things through when it comes to safety; it’s a great way to prevent injuries.”

WEARING PERSONAL PROTECTIVE EQUIPMENT

- Another reason for the gap between on-job and off-job injuries is people failing to wear their personal protective equipment, according to Martin. “We wear our PPE while on the job, but yet, how many of us wear it off the job? And if we don’t, why not?” he asks.
- Personal protective equipment has to be worn all the time, but so many times people think they just don’t need it. Martin uses an example of an ambulance call he did several years ago to illustrate this point.
- After tuning up a motorcycle, a guy was going to ride it around the block. Without putting on his helmet which was sitting beside the back, he rode down the street and went around a corner. His front tire hit some gravel and sand, the bike went down and he skidded across the road.
- He hit his head on a street light and died in front of his neighbors and his kids. “Now I can’t say for sure if he would have survived if he had been wearing his helmet, but his helmet was right there. All he had to do was put it on,” says Martin.
- A motorcycle helmet is personal protective equipment just as much as your hardhat in the workplace, adds Martin. “Just as much as a life jacket is when you’re boating or a safety strap when you’re in your tree stand when you’re hunting or a seatbelt when you’re in your car.”

THE ‘WEEKEND WARRIOR’ SYNDROME

- We need to beware of the “weekend warrior syndrome,” in which we may try to overdo it when we participate in recreational activities, according to Martin.
- For several years, Martin worked as a paramedic for an ambulance service based inside the emergency department of a mid-sized hospital. He says he was amazed to see how many people (mostly guys) would come into the emergency department who had been injured while participating in recreational activities.
- He says he would see people in their baseball uniforms and their baseball injuries in the summertime and see them in their hockey uniforms and their hockey injuries in the wintertime. “I’m not saying that you shouldn’t play hard, but keep things in perspective. How many people in this room make their living playing professional sports?” asks Martin.
- You don’t have to play as if your livelihood depends on it, he says. “The Pittsburgh Steelers are not going to call up a 52-year-old guy who’s 60 pounds overweight, chain smokes, really likes his beer and hasn’t been off the couch for the past six months. They’re not going to call you; get over it.”
- So have fun, don’t over do it and don’t play as if your livelihood depends on it,” he tells the audience.

DRINKING ALCOHOL & DOING STUPID THINGS

- While Martin says he likes his beer as much as anyone else, he’s noticed that a lot of the serious injuries and fatalities he’s attended included alcohol. “There’s a direct correlation between the amount of alcohol consumed and the amount

of injuries and fatalities.”

- Martin wonders if the guy who took the trip down the garbage chute have done that sober? I doubt it, but that day some parents lost a son. They don't care if he was drunk; they lost a son. He's dead,” he says.
- “But if you think that's stupid, what about the guy who drinks seven beers and puts his kids in the car and drives home?” Martin asks. “And that happens a lot more often than someone taking a trip down the garbage chute.”
- Alcohol can affect our judgment, according to Martin. “Maybe that's why 40 percent of boating deaths include alcohol; maybe that's why 36 percent of motor vehicle collision fatalities involve alcohol. Maybe that's why so many people die in snowmobile and ATV crashes because of alcohol.”
- “There's a saying that goes like this: ‘Friends don't let friends drink and drive.’ Let's add something to that. Let's say, ‘Friends don't let friends drink and do stupid things,’” Martin says.

CONCLUSION

- Another good reason you should be safe on the job is because your children and grandchildren are going to be watching you, according to Martin. “They are going to imitate you; they look up you. So teach them to do the safe things, and you can do this by setting a good example.”
- “Whatever you do, don't teach them how to hurt themselves; don't teach them how to kill themselves. Teaching a child to be safe is the best life skill you can ever teach one,” concludes Martin.

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ANSWERS TO THE REVIEW QUIZ

1. d

2. a

3. a

4. b

5. b

6. e

7. d

8. b

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REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. Which of the following may be a reason there are more off-job injuries than there are on-the-job injuries?
 - a. We spend more time away from work than we do at work
 - b. There are certain safety rules we have to follow at work but no rules at home
 - c. We often indulge alcohol, which affects our judgment
 - d. All of the above

2. Whose responsibility is it to keep you safe?
 - a. It's your own responsibility
 - b. It's your boss's responsibility
 - c. It's your parent's or spouse's responsibility
 - d. It's your friends' responsibility

3. An injury that occurs at home hurts you and disrupts your life just as much as an injury that occurs at work.
 - a. True
 - b. False

4. Using a tool, chemical or machine in a manner other than for which it was designed is okay, as long as you heed all the warning signs and instructions in the manual.
 - a. True
 - b. False

5. Personal protective equipment should only be worn when you think you're going to need it.
 - a. True
 - b. False

6. Which of the following is a type of PPE that is used off the job?
 - a. Seatbelts
 - b. Helmets
 - c. Gloves
 - d. Life jackets
 - e. All of the above

7. What advice does Martin give to "Weekend Warriors?"
 - a. Don't overdo it
 - b. Keep things in perspective
 - c. It takes longer to recover from bumps and bruises as we get older
 - d. All of the above

8. Drinking and driving is dangerous, but combining alcohol with other activities such as boating, playing with firearms, or using chain saws is okay.
 - a. True
 - b. False