

# April 15th TBT

## **Spring Fever Safety TBT 4-15-2024**

The recent positive change in the weather has injected “spring fever” into many of us. While we all start to feel more energetic and eager to get out and about, we must also be aware of the extra activity around us.

### **Springtime safety factors include:**

Change of season adjustment

More activity happening in our surroundings

- o Easy to be distracted

ROAD CONSTRUCTION SEASON OPENS!!!

- o April is also “Distracted Driving Awareness Month”

Longer days are usually more fatiguing

Home and recreational projects take more of our energy

### **Warmer weather safety reminders:**

Stay hydrated, even though its not extremely hot, hydration lessens fatigue, helps to prevent colds and reduces allergies

Be careful not to overeat at lunch time to avoid the “post lunch dip” where you become sleepy in the afternoon

Dress for success! Wear breathable clothes and other garments to help with comfort. (under your HI-VIS of course!)

Balance your diet – avoid greasy foods and junk foods

### **Fatigue Management**

Be aware that prolonged sleep deprivation can cause micro-bursts of fatigue during waking or working hours

Try to stay on a fixed sleep / wake schedule. Don't try to "catch-up" on your sleep. It never works!

Find a quiet place to sleep, avoid interruptions like phones and TVs or other electronic devices

### **Defensive Driving Reminders**

Keep looking well ahead, now what you're coming up to

Pay attention to your surroundings

Stay off your phone! Use a hands-free device if its necessary to talk, otherwise PULL OVER and take the call.

Use your running lights, especially in foggy or low light conditions

Watch out for motorcycles, bicyclists, and pedestrians. Warmer weather brings out more activities

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