

# Anayahait

To Be Safe



## Safety Tip of the Month



### Think Safety in the Fall as the Weather Changes

As the seasons shift, so do the risks around us. Cooler mornings, shorter days, and unpredictable weather make it important to stay alert and adjust your routines.

#### Watch the Weather

Fall brings sudden changes—frosty mornings, wet leaves, and rainy days. Wear proper footwear, dress in layers, and be cautious on slick walkways or roads.

#### Driving Safely

With less daylight, many commutes happen in the dark. Check your headlights, wipers, and tires. Allow extra time and stay alert for wildlife, which is more active in the fall.

#### Around the Home & Workplace

Clear leaves to avoid slip hazards, and use ladders safely when cleaning gutters or hanging decorations. Indoors and outdoors, watch for wet or muddy surfaces that can cause slips, trips, and falls.

#### Workplace Awareness

Fall also kicks off flu season. Wash hands often, cover coughs and sneezes, and consider a flu shot to help protect yourself and others.

*Stay aware, stay prepared, and think safety as the weather changes this fall.*



**AUTUMN RAKING SAFETY TIPS**  
 On the weather, take extra steps that you take when you're raking! Here are the most common ones to help you stay safe.

- WASH UP**  
Warning up with a few gentle stretching exercises and a short walk around the block can warm you up and prevent injury. Take it slow and steady!
- USE PROPER TOOLS**  
Before you use your raking equipment, read the manual. Use the right tool for the job. If you're using a rake, make sure the head is straight and the handle is in good condition. Use proper technique to avoid injury.
- AVOID A WORK HIT**  
Don't make your back do all of the work. Use your legs and arms to lift and move heavy objects. If you're using a lawnmower, make sure you're wearing your seat belt and that the blade is properly maintained.
- CENTER IT UP**  
People tend to bend over and pick up leaves or debris. To avoid injury, use proper lifting technique. Keep your back straight and your feet shoulder-width apart.
- PROTECT YOURSELF**  
Wear your seat belt and take regular breaks every 15-20 minutes. Stay hydrated and take breaks to rest your muscles.

**MORE RAKING TIPS AND FACTS!**

- People who exercise are 30% less likely to have a heart attack.
- Workers who wear gloves are 30% less likely to have a hand injury.
- More than 25,000 people are medically hospitalized each year for injuries related to common garden tools, lawnmowers, and chainsaws.
- According to MPT Research, a 175-pound person can feel the effects of dehydration in as little as 15 minutes.
- You might not realize how hard your body is working in the heat. Make sure you have a lot of water before, during, and after your workout.

\*Safety. Health. Safe Use of Pesticides and Herbicides. University of California Agriculture and Natural Resources. Plant and Public Health. October 2015. Retrieved December 18, 2016. <http://www.nrcs.usda.gov/wps/portal/nrcs/detail/1527/j?cid=1527>

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# Hurricane Season 2025

## Hurricane Season Forecast and Safety Tips

The National Oceanic and Atmospheric Administration (NOAA) forecasts an active 2025 hurricane season, running from June 1 to November 30. Experts predict **13 to 19 named storms**, with **6 to 10 potentially developing into hurricanes**, and **3 to 5 becoming major hurricanes** (Category 3 or higher).



**Potential Impacts:** Coastal areas—particularly the northern and eastern Gulf Coast and the Carolinas—face a higher-than-average risk of direct hurricane impacts this season. Even a single hurricane making landfall can cause significant damage to communities, underscoring the importance of preparedness.

**Factors Influencing Activity:** Warmer-than-average sea surface temperatures and ENSO-neutral conditions (neither El Niño nor La Niña) are expected to create favorable conditions for hurricane formation and intensification.

### 2025 Hurricane Safety Tips:

- **Stock Up on Essentials:** Keep a supply kit with non-perishable food, water, and other necessities for at least three days.
- **Create a Hurricane Plan:** Plan evacuation routes, establish communication methods, and assign roles for family members.
- **Fortify Your Home:** Secure windows, reinforce doors, and check that all openings are properly sealed.
- **Stay Informed:** Monitor local weather reports and hurricane forecasts to stay prepared as storms approach.
- **Prepare for Power Outages:** Charge devices and have backup power sources ready, as storms often disrupt essential services.

Staying informed and prepared can make a critical difference this hurricane season. Take proactive steps now to protect yourself, your family, and your property.

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# National Preparedness Month

September marks **National Preparedness Month**, an annual campaign to remind everyone that preparing for emergencies can protect families, communities, and workplaces. Emergencies can create a variety of hazards for workers and residents alike. Planning ahead ensures that everyone knows what to do, where to go, and how to stay safe when disaster strikes.



## Steps for Effective Preparedness:

1. **Assess Your Needs:** Identify risks in your area and determine what you will need during an emergency.
2. **Make a Plan:** Develop a comprehensive emergency plan and kit tailored to your unique needs, including provisions for pets.
3. **Engage Support Networks:** Build a strong support system and involve them in your planning.

## General Preparedness Procedures for Homes and Worksites:

- **Document Property:** Take photos and inventory your property to aid in insurance claims and demonstrate precautions.
- **Protect Windows and Doors:** Secure glass, entryways, and other vulnerable areas.
- **Secure Loose Objects:** Bring in or anchor outdoor items that could be damaged or become hazards.
- **Update Emergency Contacts:** Maintain an up-to-date list of supervisors and key contacts.
- **Clean and Clear the Site:** Remove debris, trash, and hazards from both interior and exterior spaces.
- **Develop a Preparedness Kit:** Include essentials such as food, water, flashlight, and first aid supplies.

## Resources for More Information:

[OSHA Emergency Preparedness](#)

[National Weather Service: Prepare](#)

[Protect Your Property from Severe Winds](#)

[What Do You Need in a Survival Kit | American Red Cross](#)

Preparing now helps reduce risks and ensures that individuals, families, and workplaces can respond effectively when disasters occur.

# National Air Quality Alert

## Air Quality Alerts Across the U.S. Due to Canadian Wildfires

Wildfires raging in Canada are sending large amounts of smoke southward, prompting air quality alerts across at least 10 U.S. states. The thick smoke has created hazy, gray skies over major metropolitan areas and is expected to reduce visibility and impact airport operations. Residents in affected areas are being urged to take precautions to protect their health.



In Pennsylvania, the Department of Environmental Protection has declared a “Code Orange Air Quality Action Day” for more than 40 counties, including Philadelphia. A Code Orange designation indicates that air quality is unhealthy for sensitive groups, including children, older adults, and individuals with heart or lung conditions. Prolonged exposure can lead to coughing, throat irritation, and difficulty breathing for those most vulnerable.

The smoke from the Canadian wildfires is not limited to Pennsylvania. States across the Northeast, Midwest, and even parts of the Southeast are experiencing hazy skies, reduced visibility, and elevated levels of fine particulate matter in the air. Experts warn that air quality may fluctuate rapidly depending on wind patterns and fire activity.

For those living in affected areas, public health officials recommend:

- Limiting outdoor activity, especially strenuous exercise.
- Keeping windows and doors closed to reduce indoor smoke infiltration.
- Using air purifiers if available, particularly in bedrooms and common areas.
- Wearing N95 or similar masks if outdoor exposure is unavoidable.
- Checking on vulnerable neighbors or family members, including children, seniors, and those with respiratory conditions.

For **real-time air quality updates**, visit [AirNow.gov](https://www.airnow.gov). The site provides current conditions, forecasts, and tools to check air quality at specific locations nationwide.

While the smoke is temporary, taking proper precautions can reduce the risk of short-term health issues and ensure that sensitive groups remain safe until air quality improves.

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# Back-to-School Safety

## Back-to-School Traffic & Pedestrian Safety

As schools reopen, roads become busier with buses, young pedestrians, and parents dropping off or picking up students. This seasonal change increases the risk of accidents and requires extra caution from all drivers.



### Why It Matters

According to the National Highway Traffic Safety Administration (NHTSA), most school-age pedestrian fatalities occur just before and after school. Children are less predictable than adults, may not always use crosswalks, and can be hard to see—especially near buses or parked vehicles.

### Safety Reminders for Drivers:

- **Obey School Zone Speed Limits:** Slow down and stay alert; limits are often 15–25 mph.
- **Stop for School Buses:** When red lights flash and the stop arm is extended, all traffic must stop.
- **Expect Sudden Stops:** Keep a safe following distance near buses and parent vehicles.
- **Avoid Distractions:** No cell phones or multitasking when driving near schools or bus stops

### Pedestrian Awareness:

- Watch for children crossing between parked cars or running to catch buses.
- Always yield to pedestrians in crosswalks.
- Be extra cautious near playgrounds, residential neighborhoods, and after-school programs.

### For Parents & Guardians:

- Use designated drop-off/pick-up zones.
- Teach children to look both ways, use sidewalks, and cross at crosswalks.
- Remind children to wait until the bus stops completely and follow the driver's signal before crossing.

### The Bottom Line

Back-to-school season is a shared responsibility. By slowing down, staying alert, and respecting traffic laws around schools and buses, we can protect students, families, and the community.

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# Vehicle 360 Walk-Around

## A Key Safety Inspection

### Training

Performing a Vehicle 360 Walk-Around is essential to ensure safety before operating any vehicle. Follow these six steps:



- 1. Pre-Trip Visual Inspection:** Check the vehicle's overall condition and survey the surrounding area for potential hazards.
- 2. Complete Circle Check:** Walk all the way around the vehicle to confirm there are no obstacles, and check top and bottom clearances.
- 3. Look for Hazards:** Identify any objects or vehicles that could be in your path, such as parked cars, poles, or debris.
- 4. Assess Clearance:** Ensure sufficient space for safe movement, paying attention to overhead or low-lying obstacles.
- 5. Safety Assurance:** Verify that the vehicle and surrounding area are secure and safe for operation.
- 6. Final Review:** Conducting this thorough inspection helps prevent accidents and ensures overall safety while driving.

Taking the time for a complete 360 walk around protects both the driver and others nearby, reinforcing safe vehicle operations.

# Four-Step Reporting Process

## (August/September 2025 Update)

Report ALL bodily injury (workers compensation), property damage (automobile/building), and near misses/close calls. Below are the four steps for reporting an incident:



### EVALUATE

Evaluate the situation & determine if 911 should be called. When in doubt call 911.



### CONTACT

Contact your supervisor. Be prepared to give them the following information:  
**Who, What, Where, and When.**



### CALL

Call your local Health and Safety team member:

Michelle Brickie	(UICGS) (Killeen, TX)	907.677.5219
Carl Nayakik	(UICAOD) (Utqiagvik, AK)	907.852.7469
Mauricio Gueco	(UICCS) (Anchorage, AK)	907.677.5265
Kevin O'Shea	(BT) (Anchorage, AK)	907.677.5292
Kenneth Scott	(UICGS) (Aberdeen, MD)	443.252.7074
Ron Hoon	(UICGS) (Lead, PA)	717.422.6626
Martanaze Hancock	(UICGS) (Springfield, VA)	703.399.9477
Aaron Ludwick	(UICGS) (Springfield, VA)	571.329.6618
Lila Spencer	(UICGS) (Springfield, VA)	703.562.0339
Michael Timo	(UICGS) (Portland, OR)	571.319.9490
Michael Hawkins	(UICGS) (Fac. Mgt.) (Springfield, VA)	703.405.0314
Bernice Oyagak	(UICCS) (UIC Municipal) (W&S) (North Slope, AK)	907.360.5047
Jason Howard	(UICGS) (Crane, IN)	812.854.3523
Christopher Monetta	(UIC) (Springfield, VA)	540.656.0740



### COMPLETE

Complete & return the **INOI** (Initial Notification of Incident) form(s).

*Piyagquntailakta*

*Let Us Go Without Injury*

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