

## Vehicle Safety Plans

Vehicle accidents can occur at any time or place. Being prepared for any type of accident or mechanical problems will save time and possibly a life. Keeping water in a vehicle may be helpful during summer months if stranded.

Before any trip, regardless of the distance, someone should know when you are leaving and when you are expecting to return. It will be very helpful if you become lost or injured.

Every person should consider the following:

- Let someone know where you are going and when you expect to be back.
- Always carry a map, water, jacket and a blanket with you in case you get stranded during your trip.
- Be sure you have an emergency kit in your car that includes road flares, jumper cables and a flashlight.
- Keep a first aid kit in your vehicle.
- Make sure you have enough gas to reach the next town or service station before leaving on your trip.
- Check lights, tire and oil pressure before leaving for any trip.
- Keep up to date on routine vehicle maintenance .
- Get plenty of rest before long trips.

## Safety Resources

For further information or assistance with farm safety or supplies, the following websites are available:

### Arizona Farm Bureau Safety Program

[www.azfb.org](http://www.azfb.org)

### American Farm Bureau Agricultural Safety Awareness Program

[www.agsafetynow.com](http://www.agsafetynow.com)

### National Ag Safety Database

[www.cdc.gov/nasdb](http://www.cdc.gov/nasdb)

### National Safety Council

[www.nsc.org](http://www.nsc.org)

### Southwest Rural and Agricultural Safety Information System

<http://ag.arizona.edu/agsafety>

### Grainger

[www.grainger.com](http://www.grainger.com)



325 S Higley Rd, STE 210  
Gilbert, AZ 85296

Phone: (480) 635-3600  
Fax: (480) 635-3781  
[www.azfb.org](http://www.azfb.org)



## *Vehicle and Back Safety*

*Preventative tips for avoiding back injuries and auto accidents.*

*Arizona Farm Bureau Safety Committee*

# Health and Safety

## Back Protection

Keeping your back healthy is key to worker safety and overall health of employees. Taking shortcuts and jumping ditches instead of using a Ditch Bridge can cause injuries to backs.



**Using ditch bridges protect backs from injury.**

Lifting with your knees prevents muscle and back strains that can cost you or your employee time off from work. Using a back belt to lift heavier loads can also prevent back injuries.

Reduce or prevent injury by:

- Learn to lift with your legs.
- Use a ditch bridge to cross ditches and canals.
- Use a back belt when moving heavy items.
- Inspect Ditch Bridges and replace older boards to prevent them from breaking during use.
- Wear proper shoes when work-

ing in areas that may have slick surfaces.

- Inspecting and placing non-slip surfaces on walkways, steps, loading chutes and docks where possible.

## Distracted Driving

It is estimated 60 percent of the minutes cell phone users spend on the phone is while they are driving.

Cell phones were responsible for more accidents than other accidents where distracted driving was the cause. Drivers who talk on a cell phone are four times more likely to be involved in an accident than those who do not.

- Keep your hands on the wheel and eyes on the road.
- Always wear a seatbelt inside a moving vehicle.
- Keep your phone within easy reach.
- Turn off the equipment if you have to step out of the tractor, cotton picker, or vehicle while talking on the phone.
- Do not answer your phone if you are working on equipment completing safety maintenance or hooking up equipment.

- Know the features of your phone, including automatic redial and memory dial so you can make a call by touching only one or two buttons.
- Memorize and become familiar with the buttons on your phone.
- Avoid dialing a number manually while your car is moving. Try to pull over or have a passenger dial the call for you.
- Never take notes while driving.
- Let your voice mail pick up — you can always check your messages later.
- Be a good Samaritan and dial 9-1-1 to report accidents, drunk driving, or other emergencies.



**Distractions while driving can cause accidents.**