

# SLIPS, TRIPS, AND FALLS

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## DO THE PENGUIN WADDLE!

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When your path is icy-snowy,  
take things nice and slowly!

Point your toes to and fro,  
the penguin waddle is the way to go!

Balance your weight side to side,  
be a penguin, you won't slide!

Keep your hands out while you  
toddle, loose knees will help you  
waddle!

Short steps will keep you goin',  
so don't go a rollin'!



**BETTER LIVES THROUGH BETTER TRANSPORTATION**

**SD**  
**DOT**

# PUT THE FREEZE ON WINTER DRIVING MISHAPS

Please slow down and use "extreme caution" when your visibility or traction are affected, and to stop driving altogether when conditions get dangerous.

## Other rules to keep in mind this winter:

- ★ Pre-trip and post-trip inspection requirements
- ★ State and local laws for snow or ice removal, tire chains, and idling
- ★ The "adverse driving conditions" exception for hours of service



Remember the Rules  
When the Weather  
Turns Cool!

# LIFTING SAFELY

Be smart and reduce your risk of injury by:

- **Assessing the size of the load**
- **Keep the weight close**
- **Do not lift and twist**
- **Lift with your legs**
- **Keep your back straight**

Don't be like this guy,  
Keep yourself safe and lift responsibly.

*\*If you can't lift a certain object be sure to ask a coworker for assistance.*



**SD**   
**DOT**

**BETTER LIVES THROUGH BETTER TRANSPORTATION**



# Beat The Sun This Summer

———— Practice These Sun Safety Tips ————



- 📍 Apply Sunscreen
- 📍 Wear a Hat
- 📍 Put on Sunglasses
- 📍 Seek Shade
- 📍 Cover Up Your Body

**SPEED**

**LIMIT**

**==**

**THE LAW**

**SD**   
**DOT**



**BUCKLE UP!**

**CLICK IT OR TICKET**

**IT ONLY TAKES TWO  
SECONDS TO SAVE YOUR LIFE**

Come Home Safe Everyday

**SD**  
**DOT**

HOW TO:

# AVOID HEAT STRESS



Drink plenty of water



Apply sunscreen



Avoid Caffeine



Don't Consume Sugary Drinks



Wear a hat



Take breaks in the shade



Wear clothes that cover your body

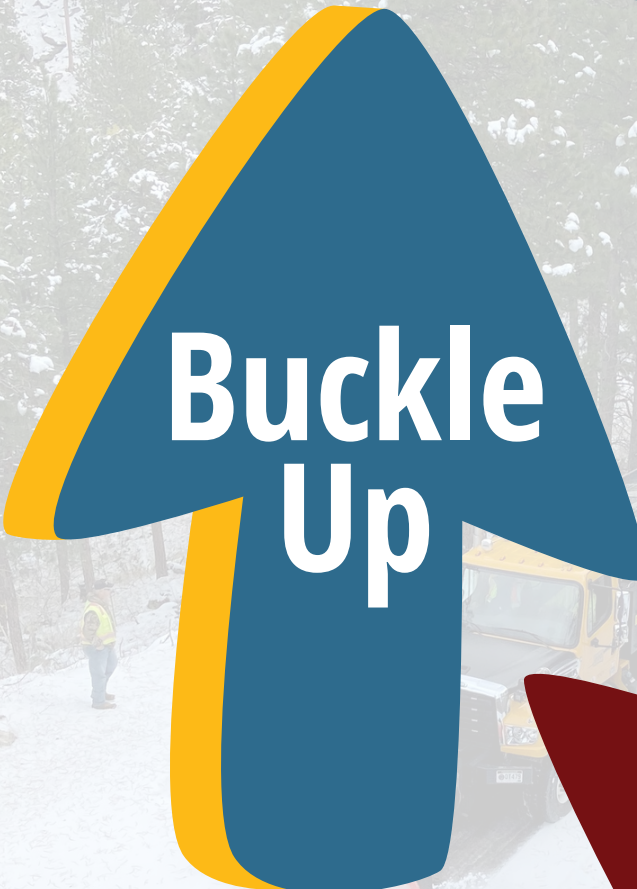


Avoid Alcohol

## IF YOU OR A COWORKER IS EXPERIENCING HEAT STRESS

Get to a cool, air-conditioned space and use a cold compress or shower to cool the body down. If symptoms continue to get worse, call 9-1-1.

# STRIKE THE DISTRACTIONS



**Buckle  
Up**



**Phone  
Down**

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SD   
DOT



# School is Back in Session!

SD  
DOT

School buses act as moving traffic signals. Remember to always look for children crossing the street to board a bus and obey the stop signs and flashing lights on buses.

**NEVER PASS A BUS WITH  
FLASHING LIGHTS!**

3800  
T444E



# WINTER SURVIVAL KITS

BE PREPARED FOR WINTER BEFORE IT STRIKES



## SOME KEY ITEMS TO HAVE IN YOUR VEHICLE:

- ✓ BOOTS, JACKETS, GLOVES
- ✓ BLANKETS
- ✓ CELL PHONE CHARGER
- ✓ FLASHLIGHT AND SPARE BATTERIES
- ✓ JUMPER CABLES
- ✓ BASIC TOOLS
- ✓ PENCIL AND PAPER
- ✓ BOTTLED WATER AND SNACKS

**BETTER LIVES THROUGH BETTER TRANSPORTATION**

HOW CAN I PROTECT MYSELF

# AGAINST ILLNESS?

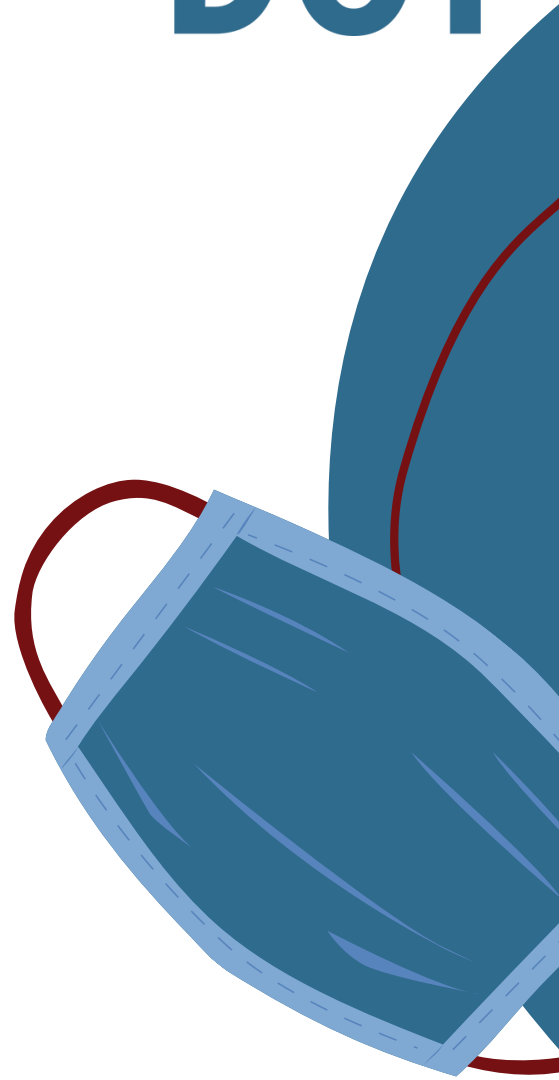
Wash your hands **frequently**

**Avoid touching** your eyes, nose, and mouth

**Avoid crowded places** and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice



# 10 RULES FOR WORKPLACE SAFETY

- 1** You are responsible for your own safety and the safety of others.
- 2** All accidents are preventable.
- 3** Do not take shortcuts. Always follow the rules.
- 4** If you are not trained, don't do it.
- 5** Use the right tools and equipment and use them the right way.
- 6** Assess the risks before your approach your work.
- 7** Never wear loose clothes or slippery footwear.
- 8** Do not indulge in horseplay while at work.
- 9** Practice good housekeeping.
- 10** Always wear PPEs.

