

Safety Tips

Office of Safety and Mission Assurance

April 2001

Parking Garage Safety

Tight clearances, obstructed visibility, cars and pedestrians appearing unexpectedly – all create hazards in the Headquarters parking garage. To be safe:

- Turn on your HEADLIGHTS so other people can see you coming.
- SLOW DOWN. Exceeding the **5 mph speed limit** doesn't give you enough time to see, react to, and avoid obstacles.
- LOOK both ways and check all around for pedestrians before you pull out of a parking spot, then do so slowly.
- Be CAUTIOUS at the corners and on ramps.
- When walking among parked cars, be ALERT for vehicles that might be about to move. Don't assume that the driver sees you.
- When exiting the garage, come to a complete STOP. Watch for pedestrians on the sidewalk.



The Safe Way to Lift

Back injuries are the most common type of work injury, with more than half caused by lifting. Before lifting, pick up one side to see if you can handle the load comfortably. **At Headquarters, call the movers if the object is too bulky or heavy.** Make sure the load is manageable, then:

- Make sure your footing is solid.
- Squat close to the object. Keep your back nearly vertical.
- Pass the object between your knees if possible, or bend to lift it.
- Get a secure grip with both hands. Lift with your legs.
- Hold the object close to your body and watch where you step.
- Turn with your feet. Don't twist your back.
- Set the object down smoothly. Keep your back as straight as possible.



Spring Ahead, and Check It Out - Clocks and Smoke Detectors



Remember to change your smoke detector and flashlight batteries when you turn your clocks AHEAD on April 1st. **As many as half of the smoke detectors in American households are not working because the batteries are old or missing.** Maintaining smoke detectors and flashlights are two of the least expensive, but most effective ways to reduce deaths and injuries from fire.



Direct questions, comments, or tips for a future issue to qnews@hq.nasa.gov.

Protecting the Public, Astronauts and Pilots, NASA Workforce, and High-Value Property and Equipment