Safety Matters

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News & Notes

TAKE THE HIGH ROAD

Anyone can drive aggressively when in the wrong mood or when confronted with trying circumstances such as long traffic jams. Aggressive drivers are unsafe drivers who take unnecessary chances, cause accidents, and get others injured or killed.

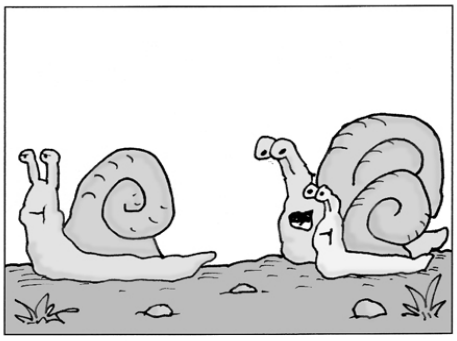
Avoid becoming the victim of an aggressive driver by following these suggestions from the AAA Foundation for Traffic Safety:

- **Don't offend other drivers** by driving slowly in the left lane, cutting them off, tailgating, or making gestures that could be misunderstood or provoke a violent response.
- **Don't engage other drivers.** If you're tempted to become angry, think about the kind of crash angry actions could cause. Give an angry driver plenty of room, avoid eye contact, and get help if you think the other driver is trying to start a fight.
- **Adjust your attitude.** Allowing more time for your trip will help you feel more relaxed behind the wheel. Realize that the reasons for another driver's behavior probably have nothing to do with you.

HOW TO AVOID REAR-END ACCIDENTS

Follow these safety tips:

- ➔ Signal your intentions in plenty of time for drivers behind you to react.
- ➔ Be alert for anybody on your tail.
- ➔ Slow down gradually.
- ➔ Leave room in front of you when stopped—stay far enough back so that you can see the rear tires of the vehicle in front of you touch the street.



"That's right, son. Always stay two to four minutes behind the guy ahead of you."

SAFETY TIP OF THE MONTH

FACT: Cooking is the number one cause of home fires.

TIP: If something requires you to briefly leave the kitchen when cooking, bring a wooden spoon, or pot holder, with you. It will serve as a reminder to return quickly.

Safe Driver Test

Do you qualify as a *defensive* driver?

Take this quiz to find out.

1. Defensive driving means:
a. Not letting other drivers push you around
b. Using the driving techniques of race-car drivers
c. Looking out for yourself and other drivers on the road

2. If it looks like you're going to be in a head-on collision:
a. Slow down and swerve to avoid it.
b. Turn broadside to the oncoming car.
c. Throw your hands in front of your face to protect your head.

3. When following another vehicle, stay:
a. 1 to 2 seconds behind b. 2 to 4 seconds behind c. 5 seconds behind

4. When passing on a two-lane road:
a. Check to see if any traffic is coming toward you.
b. Check to see if anyone behind you is moving out to pass.
c. Both "a" and "b."

5. If your vehicle starts to skid:
a. Turn the wheel in the direction you want the rear end of the vehicle to go.
b. Turn the wheel in the direction you want the front end of the vehicle to go.
c. Keep the wheel straight and apply the brake.

6. When driving after dark:
a. Decrease the distance between you and the car in front.
b. Increase the distance between you and the car in front.
c. Neither "a" nor "b."

7. If you drink, wait to drive for at least:
a. 1 hour for each drink b. 1 hour for 2 drinks c. 1 hour for up to 3 drinks

8. In the United States, motor vehicle accidents are the:
a. Number one cause of accidental death
b. Number two cause of accidental death
c. Number three cause of accidental death

9. If your car is equipped with air bags, the law says:
a. Don't wear a seat belt. b. Wear a seat belt. c. Wearing one is optional.

10. Turn on your headlights:
a. At sunset b. 1/2 hour after sunset c. 1/2 hour before sunset

ANSWERS:

(1) c (2) a (3) b (4) c (5) b (6) b (7) a (8) a (9) b (10) c

RIDDLE OF THE MONTH

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Answer on Page 2 in Safety Bits and Pieces

Safety Bits & Pieces

EQUIPMENT KNOW-HOW

Before you operate equipment, know the answers to these important questions:

- ⇨ What are the key things that could go wrong when operating this equipment?
- ⇨ What safety features are built into the equipment?
- ⇨ What safety policies and rules must I follow when operating this equipment?
- ⇨ How do I load/feed the equipment?
- ⇨ What are the basic operating procedures?
- ⇨ How do I turn it on and off—and does it have an emergency stop?
- ⇨ What signs while operating would warn me of a mechanical problem?
- ⇨ What should I do if I have a problem?

If you don't know the answer to any of these questions—or if you have any other questions about safely operating a piece of equipment—check with your supervisor.

SAFE LIFTING DO'S AND DON'TS

Because of the big job your back has to do every day, it's more prone to injury than any other part of the body. So give your back a break today and…

DO:

- ✓ Plan your lift.
- ✓ Take a shoulder-width stance.
- ✓ Bend your knees and squat.
- ✓ Tighten your stomach muscles.
- ✓ Maintain your back's natural curves.
- ✓ Lift with your legs.
- ✓ Get help lifting heavy, awkward objects or use material handling equipment.

DON'T:

- × Bend at the waist or lift with your back.
- × Twist your body while lifting.
- × Try to lift more than you can handle.
- × Try to recover a falling load.

RELIEF FOR BLEARY EYES

January is **National Eyecare Month,** which makes it a good time to talk about eye strain and headaches caused by spending hours on the computer. Related problems include blurred vision and dry or burning eyes.

Vision experts say these steps can help:

- Rest your eyes for at least 20 seconds every 30 minutes at a minimum.
- Change the distance of your focus during rest periods. For example, look across the room.
- Keep the screen clean and take steps to reduce glare.
- Make sure the screen is at the proper level. Unless you wear bifocals, the top of the monitor should come to approximately mid-forehead.

RIDDLE OF THE MONTH ANSWER:

Yesterday, Today, Tomorrow

Resolve to Be Safe

Safety resolutions for the New Year

Let's resolve to make 2008 a safe and accident-free year for us all. Here are suggestions for workplace safety resolutions that will help protect everyone.

I resolve to:

- **Take advantage of safety training** to learn what I need to know to protect myself from workplace hazards and prevent accidents.
- **Pay attention** while I'm working and avoid distractions.
- **Wear assigned Personal Protective Equipment (PPE)** every time it is required—no exceptions, no excuses.
- **Keep alert for hazards** and correct or report safety or health hazards I see.
- **Talk with my supervisor** when I have a safety-related question or concern.
- **Encourage co-workers to work safely.**
- **Report accidents,** near misses, or other incidents to my supervisor right away.
- **Take care of my health** so I come to work well rested and ready to work every shift.
- **Practice the safety precautions I learn at work at home,** too.

Defensive Driving Tips

Practice these techniques

Motor vehicle accidents are the number one cause of accidental deaths in the United States. A person dies in a motor vehicle accident every 12 minutes. Someone is injured in a crash every 10 seconds, and that results in almost 2 million disabling injuries every year. Behind all these numbers are thousands of shattered lives—people who will never be the same again.

Avoid becoming a statistic by practicing these defensive driving techniques:

- Don't speed.
- Follow traffic rules, signs, and signals.
- Don't drive under the influence of alcohol or drugs—or when you're too tired.
- Stay at least 2 to 4 seconds behind the car in front—and farther back in bad conditions.
- Keep your eyes and attention on the road and other drivers—and keep your hands on the wheel.
- Check rear and side view mirrors frequently for oncoming traffic.
- Adjust your speed and driving to changing weather and traffic conditions.
- Expect the unexpected, and watch for sudden movements such as cars pulling out of cross streets or parking places and bicycles, pedestrians, or animals darting out in front of you.
- Yield to drivers who are determined to get there first.
- Buckle up for safety.

QUOTATION OF THE MONTH

Conscience...
seldom comes to a man's aid while he is in the zenith of health and revelling in pomp and luxury upon illgotten spoils. It is generally the *last* act of his life, and it comes too late to be of much service to others here, or to himself hereafter.

GEORGE WASHINGTON,
in a letter to John P. Posey, Aug. 7, 1782

ON THE LIGHTER SIDE

A salesman called at a house and found a small boy sitting on the front step. "Is your mother in?" asked the salesmen.
"Yes," said the boy.
The salesman rang the doorbell, but there was no answer. He tried again; still no answer. He turned to the boy. "I thought you said your mother was home?"
"She is, but this isn't where I live."

Best Wishes for a Prosperous and Happy New Year!!!