Safety Matters

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What a Pain in the Neck!

Use ergonomics to avoid neck strain

Whether you work in an office, on an assembly line, or in a factory, warehouse, or retail establishment, neck pain is a common hazard. Why? Because neck injuries have a number of common causes that stretch across industries, including:

- Reaching and stretching for items
- Constant twisting while performing job tasks
- Adjusting to inaccurate height of workstations
- Repetition of movements that stress the neck
- Prolonged awkward positions
- Forceful, jarring tasks
- Stressful job situations that cause neck tension

How can you avoid neck injuries caused by these situations?

- **Rearrange your work space** so that items are within reach without stretching, bending, or twisting.
- **Choose the right tool** for the job that minimizes excessive force or awkward positions to complete the task.
- **Alter your job tasks** to avoid constant repetition of potentially injurious movements.
- **Perform neck and shoulder exercises** to keep muscles strong and relaxed.
- **Develop stress management techniques** that work for you—such as exercise, quiet time, relaxing hobbies, or time with family and friends—to stay calm during stressful periods.

Service Station Quiz

Test your knowledge

Circle **T** for True and **F** for False.

1. When refueling, turn off the engine, extinguish any smoking materials, and do not reenter the vehicle during refueling to prevent static buildup. **T F**

2. If a fire starts while you're refueling, leave the area immediately and call for help. **T F**

3. To fill a portable gas can, set it on the ground to prevent static electricity from building up, and then proceed to fill the container. **T F**

4. On hybrid vehicles, the high-voltage cables are colored ORANGE. **T F**

5. Class O-rated rubber gloves can withstand up to 1,000 volts. **T F**

6. The only reason you need a well-ventilated work area is to protect yourself from carbon monoxide. **T F**

Answers:

1. T **2.** T **3.** T **4.** T **5.** T **6.** F. Other harmful gases include oxides of nitrogen in exhaust that is irritating to the eyes, nose, and throat and unburned hydrocarbons, diesel soot, and gasoline vapors that can cause cancer after long exposure.

News & Notes

FAST AND EFFECTIVE FIRST AID

Some medical emergencies are life threatening. Others are comparatively minor. That's why you need to know about something called a "primary survey" and something else called a "secondary survey."

- A **primary survey** is for life-threatening injuries. It involves checking the airway and breathing. In other words, can the victim get air into his lungs, and is he or she actually breathing? If the answer is no, begin cardiopulmonary resuscitation (CPR). Also look for heavy bleeding or shock.
- A **secondary survey** is for other medical and injury-related problems. During a secondary survey, check for vital signs, do a quick head-to-toe check, ask the victim about the accident and other medical problems he or she may have, and apply necessary first aid.

SAFETY TIP OF THE MONTH

Inclement weather presents the greatest challenge for avoiding falls. Take five! Slow down, keep a steady footing and watch where you step.

In snowy and icy areas, shorten your stride to keep your center of balance. Walk like a duck, with your feet pointed slightly outward, creating a stable base and making wider corners.

ACEBOOK

RIDDLE OF THE MONTH

You're much larger than me
and yet from me you flee
am I so really foul
that you must scream and howl
or is it my grey fur
that causes such a stir...
What am I?

Answer on Page 2 Safety Bits & Pieces

Safety Bits & Pieces

HOME HEATING SAFETY

The United States Fire Administration (a division of FEMA) reports that one in three American homes use fireplaces, wood stoves or gas logs as their primary heat source.

Many users are not aware of the dangers involved in heating with wood and other fuels. Each year, heating fires account for 36 percent of home fires in rural areas. Most of these fires were caused by creosote buildup in chimneys and stovepipes.

Whether you live in the country or in the city, creosote can cause a fire.Whether you use your fireplace or gas log as a main heating source, or just to make a winter's evening cozy have your chimney inspected by a certified company every year.

Woodstoves

As energy prices rise, more homeowners who have access to wood, or don't mind chopping it, are installing woodstoves. In some areas, buying wood by the cord is less expensive than heating with oil or gas.

Always buy an EPA-certified woodstove and have it properly installed. Follow these woodstove guidelines:

* Burn only dry, seasoned wood and store it outdoors, stacked off the ground and with the top covered.
* Start fires with newspaper or dry kindling, never with a liquid starter of any kind.
* Burn hot fires. Regularly remove ashes into a metal container and store it outside.
* Never burn anything but uncoated, untreated wood; no particle board, wood with glue, or moldy wood.
* Install and maintain a carbon monoxide detector.

Gas logs

Gas fireplaces require routine maintenance and service by a factory trained professional, who will adjust the millivolt output, clean the embers and fan, and check your carbon monoxide detector.

Unvented logs are always equipped with an Oxygen Depletion Sensor, which is designed to turn off the gas before carbon monoxide reaches a danger level in the room.

Gas logs generate a lot of heat so keep combustibles well away from them. Always turn off the gas log before going to sleep.

RIDDLE OF THE MONTH ANSWER:
I am a mouse...

Work Safe, Keep Safe

8 tips for preventing accidents

Most accidents are the result of three things:

1. **Not recognizing hazards.** People don't take the time to get the information they need to work safely so they're not aware of all the potential hazards.
2. **Not paying attention.** They don't concentrate on what they're doing; they've got their mind on other things so they don't see a problem coming.
3. **Taking risks.** They don't think they're going to get hurt so they take chances, cut corners, and do other risky things like fail to wear required Personal Protective Equipment (PPE).

That means you can prevent accidents by identifying hazards and taking precautions. Remember eight simple tips for preventing job accidents:

W ork carefully and wisely—no rushing, no fooling around, no shortcuts.
O rganize your work and plan each job before you start.
R emain alert for hazards while you work.
K now what to do in an emergency.

S eek the information you need to start and complete the job safely.
A sk if there's anything you don't understand.
F ocus on what you're doing and avoid distractions.
E xamine tools and equipment to make sure they're in good condition.

ON THE LIGHTER SIDE

"Just curious, Lenny. How come you never participate in 'Casual Friday?'"

QUOTATION OF THE MONTH

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are."

Norman Vincent Peale, American Pastor & Author (1898 - 1993)

From the State of Delaware's Office of Highway Safety...
One Text or Call Could Wreck It All

It has been a little over a year since the Hands Free law in Delaware went into effect. How has the law changed the way you view using a cell phone or mobile device while you are driving? OHS would like to see everyone pledge to avoid distractions while behind the wheel of a car. Here are some interesting facts from Distraction.gov:

- Drivers who use hand-held devices are 4 times more likely to get into crashes serious enough to injure themselves.
- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent - at 55 mph- of driving the length of an entire football field, blind.
- Using a cell phone while driving-whether it's hand-held or hands-free delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing. Remember, *one text or call could wreck it all.*

You can find more information about distracted driving at www.ohs.delaware.gov and www.distraction.gov . **Drive Safe. Arrive Alive DE.**