Safety Matters

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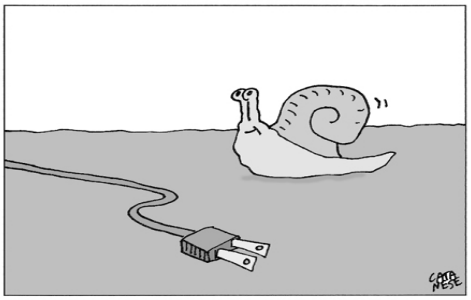
News & Notes

KEEP ON YOUR FEET AT HOME, TOO!

Even if you make all the right moves at work, you're still at risk of slip, trip, and fall injuries at home. According to the National Safety Council, many falls and more than 30 percent of disabling injuries from falls occur off the job. And the leading cause of non-vehicular off-the-job deaths is also falls. So stay on your feet at home by taking these simple precautions:

- ⇨Keep a stepstool handy for reaching high shelves in kitchens and closets.
- ⇨Follow all the same ladder safety precautions you use at work, including choosing the right ladder for the job, inspecting it before use, setting it up securely, and using it properly.
- ⇨Clean up spills in the kitchen and bathroom right away. And remember, not only liquids but also granular materials like sugar or salt could cause a slip.
- ⇨Don't leave clutter on floors or stairs.
- ⇨Make sure electrical cords are safely out of walkways where somebody could trip over them.
- ⇨Fix damaged flooring like frayed carpets or curling tiles before somebody trips.
- ⇨Make sure stairwells are well lit and handrails are secure.
- ⇨Put carpeting on stairs (or rubber treads on cellar stairs) to prevent slips and falls.
- ⇨Keep your yard free of tripping hazards like hoses and garden tools. Put garden equipment away after each use.



Two hours later, Dave tripped and fell.

SAFETY TIP OF THE MONTH

If you use a wire brush to clean your grill make sure to wipe the grill off with a cloth, paper towel or something else before using it. Also, inspect the underside of the lid to make sure no strands of wire are stuck to the underside of the lid. Strands of the wire brush can break off, remain on the grill, and stick to food cooked on the grill. If swallowed the wire strand could puncture the esophagus, requiring surgery to repair. The best practice is not to use a wire brush for cleaning. In place of wire brushes use a paint scraper solely designated for this purpose.

RIDDLE OF THE MONTH

What animal keeps the best time?

Answer on page 2 in Safety Bits & Pieces

Fall-Proof Tips

How to prevent slip and trip injuries

Slips, trips, and falls are among the most common hazards in most workplaces. Any number of injuries can occur as a result. For example, you could get a strain or sprain from a simple slip even if you don't actually fall. The jerking motion when your feet slip and your body reacts to regain balance can cause a muscle strain or a sprain like a twisted ankle. Worse, a fall could tear a ligament or break a bone. Slips, trips, and falls can also result in damage to the back or spine.

Even though it might not be your job, take the time to remove slip hazards to prevent accidents. For instance:

- ✓ **Clean up spills** of water, oil, or other liquids. Paper towels can be used for water. Oil and other chemicals may require special absorbent wipes.
- ✓ **Repair or report liquid leaks** right away. If you can't do the job safely, report the problem and place a barrier around the area to prevent slips.
- ✓ **Pick objects off the floor.** Even a small object like a piece of plastic on a concrete floor could cause a slip.
- ✓ **Sweep up debris** and waste materials. Some granular particles can act just like liquid spills on the floor and cause a slip and fall.
- ✓ **Wear slip-resistant shoes.**

Also take responsibility for trip hazards by following these precautions:

- ✓ **Clean up debris** such as straps and bands from boxes that can become entangled in a person's legs.
- ✓ **Put away electrical cords** and air hoses when not in use. And even when using them, be careful where you place them; make sure they're not located in places where somebody could trip over them.
- ✓ **Don't stack boxes or other items in walkways.**
- ✓ **Keep drawers closed** so that someone doesn't come by and tumble over an open drawer.
- ✓ **Carry objects carefully.** Make sure you can see where you're going, and watch out for obstacles that could cause a trip.
- ✓ **Put away tools** and other equipment after use. Someone could trip and fall over something you left lying around—perhaps even you!

PREVENT FALLS FROM LADDERS

Every year thousands of workers are injured—and some are killed—as a result of falls from ladders. Don't be one of them. Follow these ladder safety tips:

- ⇨Set your ladder on a firm, level surface.
- ⇨Hold on to the rail when you climb, and keep one hand on the rail while you work.
- ⇨Carry tools in a tool belt or shoulder strap.
- ⇨Hoist materials and tools in a bucket.
- ⇨Don't lean too far in either direction - move the ladder.
- ⇨Don't strain to reach a high spot - use a taller ladder.
- ⇨Don't stand on the top two steps of a stepladder or the top three rungs of a straight or extension ladder.

Safety Bits & Pieces

10 GOOD REASONS TO WEAR PERSONAL PROTECTIVE EQUIPMENT(PPE)

If you ever think you don't need to wear your assigned personal protective equipment (PPE), remember that your PPE:

1. Protects you against hazards—sometimes deadly ones
2. Decreases the risk of injury and illness
3. Reduces the severity of injuries when accidents do occur
4. Ensures your continued productivity
5. Allows you to stay on the job and keep bringing home a paycheck
6. Improves your job performance in many cases
7. May ease the strain of your effort
8. Is required by agency work rules
9. Is disposable when damaged—you're lungs, eyes, skin, etc., are not
10. Helps ensure that you go home safe and healthy at the end of the workday

PROTECT AGAINST MRSA

You may have heard about Methicillin-resistant *Staphylococcus aureus*, or MRSA. Although this antibiotic-resistant staph infection occurs most frequently among people who have weakened immune systems in hospitals and healthcare facilities, anybody can become ill when exposed to MRSA. Staph or MRSA infections usually appear as skin infections that look like pimples or boils.

Keep healthy with these tips from the National Institute of Occupational Safety and Health designed to prevent the spread of MRSA:

- Wash hands with soap and water or use an alcohol-based hand sanitizer.
- Clean and cover cuts and scrapes with a bandage until healed.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as uniforms and personal protective equipment (PPE).
- Follow workplace housekeeping rules.

WHAT TO DO IN A TRAFFIC ACCIDENT

Follow this advice:

- Move to the side of the road, if possible.
- Call the police and ask for emergency medical services, if necessary.
- Check on others involved in the accident if possible and perform first aid as needed, if you are trained to do so.
- Once the police are on the scene, collect and provide information such as name, insurance information, driver's license, and so on.
- Avoid discussing fault or blame.
- Call your insurance company from the scene or as soon as you get to a phone.

RIDDLE OF THE MONTH ANSWER:
A watchdog.

Put Safety First

Do you qualify as a safe worker?

June is **National Safety Month,** which is a perfect time to ask yourself if you qualify as a safe worker. Check "Yes" or "No" for the following questions.

Do you:	**YES**	**NO**
✶ Treat safety as a very important job responsibility?	☐	☐
✶ Plan each job before you start, and anticipate potential hazards?	☐	☐
✶ Wear assigned personal protective equipment?	☐	☐
✶ Understand the hazards of the job?	☐	☐
✶ Use labels, material safety data sheets, warning signs, etc., to get the information you need to work safely?	☐	☐
✶ Inspect tools and equipment before you use them?	☐	☐
✶ Follow safety rules while you work?	☐	☐
✶ Focus on your work and avoid distractions?	☐	☐
✶ Avoid taking shortcuts or fooling around on the job?	☐	☐
✶ Practice good housekeeping?	☐	☐
✶ Know what to do in an emergency?	☐	☐
✶ Ask questions when you're unsure of what to do or how to do it?	☐	☐
✶ Work with a buddy when engaged in very hazardous tasks?	☐	☐

If you couldn't honestly check all the Yes boxes, you could be headed for an accident and an injury. Start today to make the safe choice every workday.

Some Driving Statistics...

According to a recent Harvard study:
-30% of all fatal crashes are a result of a driver traveling at an excessive speed and account for an average 1,000 American deaths, every month.
-26% of drivers, in a recent poll, said they run red lights "daily." Use caution at those intersections!
-(At least) 6% of all US car accidents are directly attributed to drivers talking on their cell phone.

Quotation of the Month

"Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk." -- *Doug Larson*

On the Lighter Side...

Every morning a guy took the ferry to work, but one morning his watch stopped and he thought he was running late. He rushed to the dock and saw the boat ten feet away. Taking a run at it, he jumped and, with superhuman effort, just managed to land on the boat. The captain looked at him quizzically and said: "If you had waited another minute, we'd have docked."

Summer Jobs and Safety

Make sure your kids are safe at work

Each summer millions of teens and college students work in summer jobs. Maybe your son or daughter is one of them. For most, the work is a rewarding experience. Unfortunately, a considerable number are at risk of being injured or killed on the job. Statistics released by the U.S. Department of Labor show that each year:

- 70 teens are killed on the job—that's about 1 every 5 days
- 210,000 working teens are injured, 70,000 of them seriously enough to require hospital emergency treatment

With colleges already out and high schools getting out this month, young people will be joining the workforce and facing hazards on the job. To keep them safe, the U.S. Department of Labor (DOL) offers this advice to parents:

- **Talk to your kids** and find out all the tasks they will be performing at work. Tell them about the safety precautions you use in your job.
- **Talk to your kids' employers,** ask about their safety program, and let them know that you're concerned about safety.
- **Educate yourself about child labor laws,** especially if you have a teen under age 18. No worker under age 18 is allowed by law to perform very hazardous jobs. There are also laws covering the hours a teen is allowed to work. For more information, call the Department of Labor.