Safety Matters

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News & Notes

WHY DO ACCIDENTS HAPPEN?

Here are some of the reasons:

- **Complacency.** No matter how many times you've done a job, if you take your safety for granted, you can get hurt.
- **Inadequate information.** If you don't know what to do or how to do it, there's a good chance you'll do it wrong. So listen to job instructions. Read equipment manuals, container labels, and material safety data sheets. And if you're not sure about something, ask!
- **Poorly maintained tools or equipment.** Don't use unsafe tools or equipment. Report them and get a replacement.
- **Not looking where you're going or not paying attention to what you're doing.** To always be safe on the job you have to be constantly alert. You need to keep looking for hazards and anticipating anything that could go wrong.
- **Not taking hazards seriously enough.** All work hazards can hurt you in some way. Even a minor injury can interfere with your work and your life—and cause you a lot of pain.
- **Fooling around.** Protecting your safety is serious. There's no room for horseplay.
- **Carelessness.** Just like not keeping your eyes and mind on the road can lead to a traffic accident, not keeping your eyes and mind on the job can lead to a work accident. So always avoid distractions.
- **Fatigue.** If you come to work tired, you could leave work in an ambulance. So get enough sleep before each workday.

"Climb carefully, everybody, and - hey, is that boiling oil? That ain't safe!"

Riddles of the Month

1).How did the big mountain know that the little mountain was fibbing?
2).What are arithmetic bugs?
3).What do you always leave behind because they are dirty?
4).What is the difference between lightning and electricity?
5).When you take away two letters from this word you get one. What is the word?

Answers on Page 2 **Safety Bits & Pieces.**

Heads Up!

Awareness keeps you safe

Safety awareness is the foundation of a safe workplace. Follow these steps:

- ➔ **Plan** each job before you start. Think about the tools, materials, equipment, and procedures you'll be using and the safety precautions you need to take.
- ➔ **Look** for possible problems. With the right precautions everything should be fine. But consider what could go wrong and hazards you might encounter.
- ➔ **Get** all the information you need to do the job safely. Never begin a job unless you know what to do and how to do it.
- ➔ **Wear** required personal protective equipment (PPE) to keep you safe. Never skip this step. PPE could prevent a serious injury—or even save your life.
- ➔ **Organize** your work area, keeping clean and clear of potential hazards such as things people could trip over, slip on, or bump into; materials that could catch fire; and chemicals that could release hazardous vapors or explode.
- ➔ **Inspect** tools, equipment, and PPE before using to ensure they are in good condition and safe to use.
- ➔ **Follow** safety rules. An important part of safety awareness involves knowing the safety rules that apply to every job you perform and following them at all times. This also means no fooling around and no taking shortcuts.
- ➔ **Focus** on what you're doing. If your mind is on something other than the job, the risk of making a dangerous mistake increases greatly. There's too much at stake for you to give your job anything less than your full attention.
- ➔ **Remain alert** for unsafe conditions and unsafe acts**.** When you encounter unsafe conditions, remove, repair, or report them. When you see unsafe acts, speak up and express your concern to those taking risks.
- ➔ **Be prepared** for emergencies. Know what to do in the event of a fire or other emergency. Make sure you know where fire alarms, extinguishers, and emergency exits are located.

Safety Tip of the Month

During a severe storm remember the following safety tips:

1). If you see a downed power line, call the police. Avoid driving over downed power lines.

2). Do not handle any electrical equipment or telephones because lightning could follow the wire. Television sets are particularly dangerous at these times.

3). Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.

Insurance Coverage Office

Did you know that the Insurance Coverage Office (ICO) issues Workers' Compensation reports to ten selected agencies at the end of each quarter so that the agencies may track their progress in reducing employee injuries and the causes and costs associated with those injuries? Workers' Compensation data reports can be obtained by any state agency which requests them simply by making a written request to the ICO detailing the information required.

Safety Bits & Pieces

GET IN THE SWIM WITH SWIM SAFETY

Follow these Top 10 safety tips from the United States Lifesaving Association:

1. **Swim near a lifeguard.** The risk of drowning at a beach without a lifeguard is almost 5 times as great as drowning at a beach with lifeguards.
2. **Teach children to swim** at an early age.
3. **Never swim alone.** A buddy can help if you get in trouble.
4. **Don't fight the current**. If you're caught in a rip current, swim parallel to the shore until you feel the current relax, then swim to shore.
5. **Swim sober.** Alcohol is a major contributing factor in many drownings.
6. **Leash your board.** This applies to both surfboards and body boards. With a leash, you won't be separated from the board, which can keep you afloat. Also, your board won't get loose and hit another swimmer.
7. **Don't float where you can't swim.** Don't float on an inflatable raft deeper than you can stand unless you're a good swimmer.
8. **Use life jackets on boats.** As many as 80 percent of boating accident deaths are from drowning. Have a life jacket for each passenger, and require children to wear one at all times.
9. **Don't dive headfirst.** Check for depth and obstructions before diving, and then go feet first the first time to make sure it's safe to dive.
10. **Be the lifeguard at home.** Drowning in a home pool is a leading cause of accidental death for young children. Never leave a child alone near the pool.

KEEP SAFE IN THE HEAT

When temperatures soar, perhaps one of the most important things you can do to prevent heat stress is to drink water. Drink water all through the day so that you end up consuming at least 8 to 10 glasses. Drink 2 to 4 glasses of water each hour while exercising or working in the heat.

DID YOU KNOW?

Did you know that lawnmowers can discharge pieces of wood, metal or stones at a speed of 100 miles per hour from the discharge shoot? Always check and clear the area to be mowed of potential projectiles.

RIDDLES OF THE MONTH ANSWERS

1). Because it was only a bluff.
2). Mosquitoes. They add to misery, subtract from pleasure, divide your attention, and multiply quickly.
3). Your footprints.
4). We pay for electricity.
5). Stone

Drive Carefully

And have a safe vacation!

If you're going on vacation this month and planning to take an auto trip, make sure that you reach your destination safely—and get home again safely, too. In order to ensure that you do, remember to take these three essential precautions:

1. **Inspect your vehicle before you hit the road.** Make sure it's roadworthy. Check the fluids and belts under the hood, test the brakes, and check the tires, making sure they have good tread and the proper air pressure. And don't forget the spare! Get any problems fixed before you leave. Even small problems now can develop into vacation-stopping nightmares down the road.
2. **Obey traffic signs.** Traffic signs not only tell you where to go, they also warn of hazards. Speed limits are set according to road, traffic, and other safety factors. So especially on unfamiliar roads, keep to speed limits and be prepared to negotiate hills, curves, and downgrades safely.
3. **Drive as if your life depended on it.** Your life and the lives of your passengers may well depend on your driving. Keep your mind on your driving and your eyes on the road at all times. Stop and rest if you get drowsy. Adjust your speed to changing road and weather conditions. And always expect the unexpected—and be ready to deal with it.

Quotation of the Month

"Knowledge is indivisible. When people grow wise in one direction, they are sure to make it easier for themselves to grow wise in other directions as well. On the other hand, when they split up knowledge, concentrate on their own field, and scorn and ignore other fields, they grow less wise -- even in their own field."

Isaac Asimov(1920 -1992)

On the Lighter Side

A librarian was fast asleep at three o'clock in the morning when the phone rang. The voice on the other end of the line said: "What time does the library open?"

"Nine o'clock," replied the librarian bleary-eyed. "And what's the idea of calling me at home in the middle of the night to ask a question like that?"

"Not until nine o'clock?" said the caller disappointed.

"That's right," was the angry librarian's response. "Why do you want to get in before nine o'clock?"

"I don't want in, I want to get out!"

Safe Grilling Quiz

Are you taking unnecessary risks?

Cooking on a gas or charcoal grill is an easy and healthy way to prepare meals during the summer months. But grilling can also be a safety hazard. Thousands of barbecue-related fires occur every year, injuring people and damaging property. To see if you're using your barbecue grill safely, circle T for True or F for False for the following questions.

1. Gasoline or kerosene is the best starter fluid for charcoal briquettes.	**T**	**F**
2. Your grill should be at least 3 feet away from the house.	**T**	**F**
3. Barbecuing in the garage is a good idea on rainy days.	**T**	**F**
4. Check connections between the propane tank and the fuel line on gas grills once a month.	**T**	**F**
5. The best way to detect leaks on gas grills is with a match or lighter.	**T**	**F**
6. You can continue to use a grill with a minor gas leak.	**T**	**F**

Answers:

(1) F. Only use starter fluid specifically made for barbecue grills. (2) T. Keep it away from other objects, too, including shrubs. (3) F. Never bring grills indoors or use them in any unventilated space. Doing so is both a fire and carbon monoxide hazard. (4) F. Check connections before *each* use to make sure there are no leaks. (5) F. Never use an open flame to check for leaks. (6)F. Immediately turn off a grill with a gas leak, and don't use it until it's fixed.