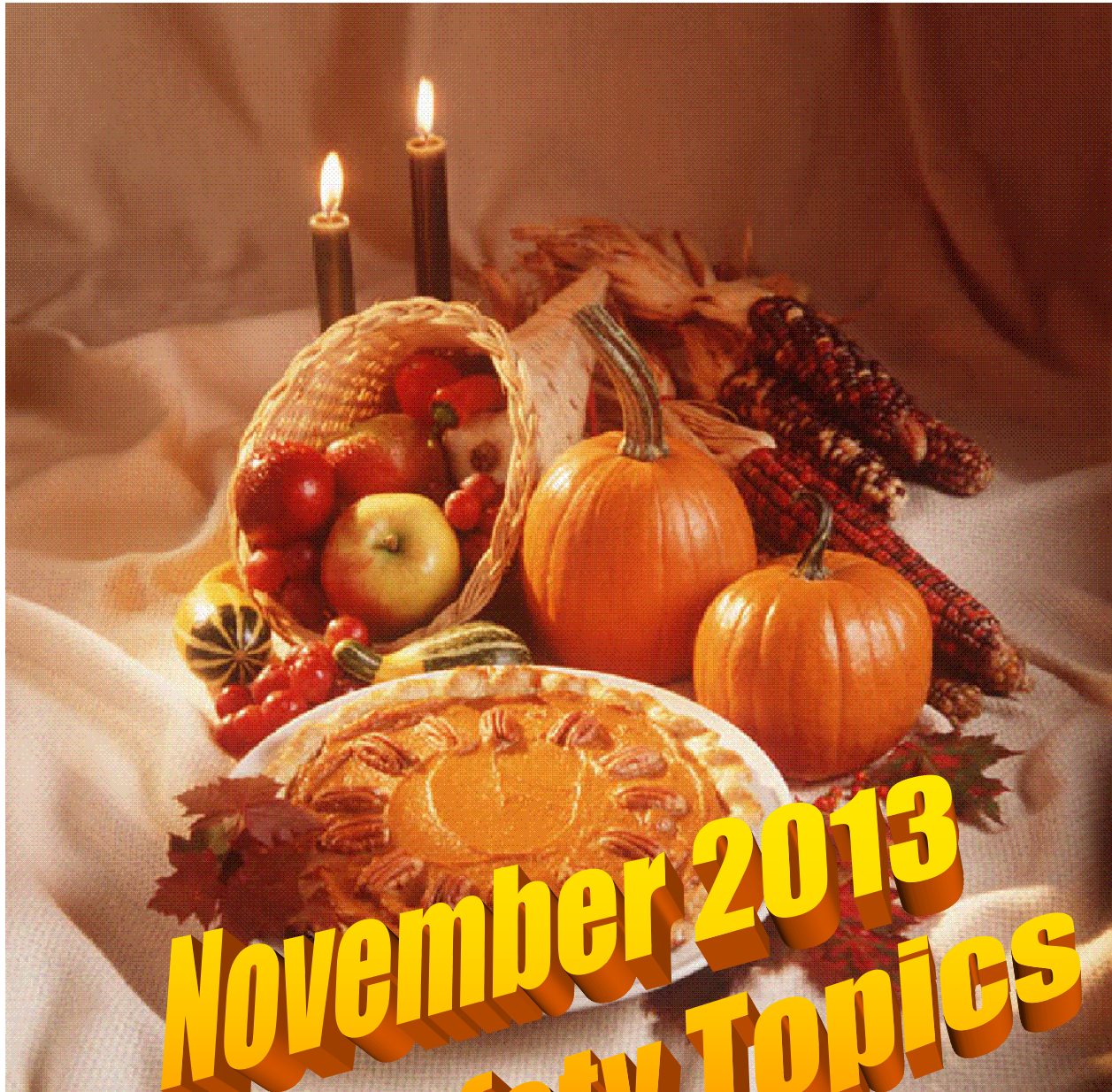


November 2013 Daily Safety Focus



November 2013 Daily Safety Topics

November 2013 Daily Safety Focus

November Daily Safety Topics

November – 1	Indoor Pesticides
November – 2	Carbon Monoxide Can Be Deadly
November – 3	Working Together
November – 4	Why Take A Chance
November – 5	Prevent Cold Stress Injuries
November – 6	Driving Safely in Winter Weather
November – 7	Driving Safely in Traffic
November – 8	Paying Attention and Keeping Focused
November – 9	Black Ice
November – 10	Preventing Slips, Trips, and Falls
November – 11	Safety In Your Home and Workshop
November – 12	Back Safety
November – 13	Accident Prevention
November – 14	Attitude and Behavior
November – 15	Accident Prevention: Why it is Important to You
November – 16	Driving Safely in Traffic
November – 17	Ten Commandments of Good Safety Habits
November – 18	Seven Common Accident Causes
November – 19	Repeaters
November – 20	Personal Ergonomics
November – 21	The One That Almost Happened
November – 22	Be An Extra-Safe Driver
November – 23	One Good Turn Deserves Another
November – 24	Lift it Twice
November – 25	It's Your Decision
November – 26	Carelessness
November – 27	A Single Second
November – 28	After Thoughts and Regrets
November – 29	Back Safety
November – 30	Protection From Winter Sun

November 2013 Daily Safety Focus

Indoor Pesticides

November 1

Where Are They Found?

Pesticides can be an indoor air pollutant in many buildings because they are widely used to reduce many household pests, including those associated with indoor plants, pets, wood and woolen products, and because they are tracked in from the outdoors. Pesticides used in and around the home include products to control insects (insecticides), termites (termiticides), rodents (rodenticides), fungi (fungicides), and microbes (disinfectants). They are sold as sprays, powders, crystals, balls, and foggers. Pesticides are produced specifically because they are toxic to specific organisms. Consequently, they have risks as well as benefits, and it is important to use them properly.

Surveys show that 75 percent of homes in the United States use at least one pesticide product indoors per year. Those most often used are insecticides and disinfectants. However, studies suggest that 80 to 90 percent of most exposures to pesticides occur indoors and that measurable levels of up to a dozen pesticides have been found in the air inside homes. The reason for this discrepancy is pesticides can get into the air in homes from other sources, including contaminated soil or dust that floats or is tracked in from the outside, stored pesticide containers, and household surfaces that collect and then release fumes from the pesticides.

What Are the Health Effects?

The health effects associated with pesticide exposure include irritation to the eyes, nose, and throat; damage to the central nervous system and kidneys; and for some an increased risk of cancer. Exposure to high levels of cyclodiene pesticides, usually due to misapplication, may cause headaches, dizziness, muscle twitching, weakness, tingling sensation, and nausea. Some believe these pesticides might cause long-term damage to the central nervous system and the liver. Since the main ingredients in pesticides can be organic, they can also affect vision and memory.

In 1990, the American Association of Poison Control Centers reported that some 79,000 children were involved in common household pesticide poisonings or exposures. In households with children, almost one-half stored at least one pesticide product within reach of the children.

How Can You Reduce Exposure to Pesticides in Your Home?

To reduce risks when you are using pesticides, take these precautions:

- Buy only legally sold, EPA-registered pesticides.
- Reread the directions on the label each time you use the pesticide and follow the directions carefully. Use only the amount directed, at the time and under the conditions specified, and for the purpose listed.
- Use non-chemical methods of pest control when possible.
- Identify the pest and use a pesticide targeted for that pest.

November 2013 Daily Safety Focus

- Ventilate the area during and after pesticide use.
- Dispose of unused pesticides safely.
- Anyone considering the use of a pest control company should receive satisfactory answers to questions about the company's track record, insurance coverage, licenses, affiliation to professional pest control associations, and the proposed treatment.

November 2013 Daily Safety Focus

Carbon Monoxide Can Be Deadly

November 2

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death. Carbon monoxide is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. Carbon monoxide from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it.

The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of carbon monoxide ingestion can cause loss of consciousness and death. Unless suspected, carbon monoxide poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from carbon monoxide poisoning before ever experiencing symptoms.

Who's at Risk?

All people and animals are at risk for carbon monoxide poisoning. Certain groups -- unborn babies, infants, and people with chronic heart disease, anemia, or respiratory problems -- are more susceptible to its effects. Each year, more than 500 Americans die from unintentional carbon monoxide poisoning, and more than 2,000 commit suicide by intentionally poisoning themselves.

Can It Be Prevented?

Yes, you can prevent carbon monoxide poisoning by taking simple precautions to make sure that:

- all fuel-burning appliances are properly installed, maintained, and operated;
- furnaces, water heaters, and gas dryers are inspected annually by a qualified service technician;
- fireplace chimneys and flues are checked and cleaned every year;
- unvented fuel-burning space heaters are used only while someone is awake to monitor them and doors or windows in the room are open to provide fresh air;
- automobile exhaust systems are routinely inspected for defects; and
- automobile tailpipes are routinely inspected for blockage by snow during the winter months.

Remember:

- (1) never use a gas range or oven to heat a home;
- (2) never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper;
- (3) never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented;

November 2013 Daily Safety Focus

(4) never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside of an open window or door where exhaust can vent into an enclosed area;

(5) never leave the motor running in a vehicle parked in an enclosed or semi-enclosed space, such as a closed garage.

Knowledge is the key to preventing carbon monoxide poisoning. In most cases of unintentional poisonings, victims did not realize that carbon monoxide was being produced or building up in the air they were breathing. Carbon monoxide can be easily and cheaply detected in the home; several relatively inexpensive carbon monoxide alarms are available. Consider placing a carbon monoxide alarm on each level of your homes and in your bedrooms.

A Few Words About CO Detectors

Carbon Monoxide Detectors are widely available in stores and you may want to consider buying one as a back-up --***BUT NOT AS A REPLACEMENT*** for proper use and maintenance of your fuel-burning appliances. However, it is important for you to know that the technology of CO detectors is still developing, that there are several types on the market, and that they are not generally considered to be as reliable as the smoke detectors found in homes today. Some CO detectors have been laboratory-tested, and their performance varied. Some performed well, others failed to alarm even at very high CO levels, and still others alarmed even at very low levels that don't pose any immediate health risk. And unlike a smoke detector, where you can easily confirm the cause of the alarm, CO is invisible and odorless, so it's harder to tell if an alarm is false or a real emergency.

So What's a Consumer to Do?

First, don't let buying a CO detector lull you into a false sense of security. Preventing CO from becoming a problem in your home is better than relying on an alarm. Follow the checklist of DOs and DON'Ts.

Second, if you shop for a CO detector, do some research on features and don't select solely on the basis of cost. Non-governmental organizations such as Consumers Union (publisher of *Consumer Reports*), the American Gas Association, and Underwriters Laboratories (UL) can help you make an informed decision. Look for UL certification on any detector you purchase.

Carefully follow manufacturers' instructions for its placement, use, and maintenance.

If the CO detector alarm goes off:

- Make sure it is your CO detector and not your smoke detector.
- Check to see if any member of the household is experiencing symptoms of poisoning.
- If they are, get them out of the house immediately and seek medical attention. Tell the doctor that you suspect CO poisoning.
- If no one is feeling symptoms, ventilate the home with fresh air, turn off all potential sources of CO -- your oil or gas furnace, gas water heater, gas range and oven, gas dryer, gas or kerosene space heater and any vehicle or small engine.

November 2013 Daily Safety Focus

Have a qualified technician inspect your fuel-burning appliances and chimneys to make sure they are operating correctly and that there is nothing blocking the fumes from being vented out of the house.

November 2013 Daily Safety Focus

WORKING TOGETHER

November 3

Have you ever wondered who writes the rules? The safety rules, that is? Has it ever occurred to you that maybe those people who wrote the rules just don't have a clue as to what's really going on out in the field, or out in the plant or in the world for that matter?

Well let's take a look at these people who wrote the rules: It was the guy we've all heard about who cut two of his fingers off after he wired up the guard on a circular saw. He was helped by the machinist who didn't have the time to go back to the lunch room for her safety glasses and lost an eye when the bit broke in the drill press. They both got advice from the fellow who had his head split open by a falling hammer because he just plain didn't like to wear hard hats.

I think you get my point here. If not, then let me put it another way: Each and every safety rule came about because someone was hurt, maimed or killed. Their misfortune contributed to our knowledge of how accidents happen and how to avoid them. Rules came into being in order to help you avoid a similar accident or injury. Our company is very interested in your safety. We have provided you with the tools, equipment and working conditions that will help you do your best. But in return, the company expects certain thing from you. It expects your cooperation in abiding by the rules, in assisting your fellow workers with a willing attitude, by helping your foreman by following their instructions and by your valuable comments and suggestions. It also looks for your cooperation by maintaining your physical fitness to perform your job, by not showing up sick or under the influence of drugs or alcohol, and by getting the proper rest at night.

Cooperation or working together with the company creates a win-win situation that benefits everyone involved. The most obvious benefit is a safer and more productive work place. A somewhat less obvious, and some would mistakenly say a selfish or greedy benefit, would be more money for the company. Let's take a look at this "money" benefit.

There is no doubt that if a safer and more productive work place is created, then the company stands to make more money. There is less down time due to accidents, operating cost are lower and profits are up. But what happens when profits go up? The company becomes more competitive. Being more competitive means more work for you, more tangible benefits like profit sharing, or raises, paid vacations, holidays. Simply put, healthy employees insure a healthy company and a healthy company means happy employees.

So you see, safety rules benefit everyone. By working together with your company and fellow employees to ensure a safe working environment, you are, in many ways, ensuring your own physical and financial well being. It is not just a tired old phrase to say SAFETY FIRST. In fact it's the only phrase that makes sense when it comes to getting the job done, on time, under budget and, most importantly, a happier, healthier you when it's complete.

November 2013 Daily Safety Focus

Why Take a Chance?

November 4

Have you ever made a decision to break a safety rule? How long did it take for you to reach that decision? What did you gain by taking a chance? It only takes a moment to decide to break a safety rule, yet that one moment could change your life forever. Today's Safety Topic offers you an opportunity to think about your personal safety behavior, both on and off the job. We'll talk specifically about taking safety risks, your personal commitment to safety, and what you can do to keep that commitment strong.

Do you always work safely? Are you 100% committed to the safety of yourself, your coworkers, friends, and family? Are there times when your commitment to safety is not as strong as it should be? Have you been taking risks and getting away with it? Don't expect your luck to hold. No one ever plans an accident. An accident, by definition, is an unplanned event. No one wakes up in the morning and drives to work thinking, "I will have an accident today so I'd better buckle up." No one ever climbs to the very top of a ladder and knows that for sure they won't fall. That's why it's so important to have a personal commitment to safety; a commitment to do the right things to prevent an accident--or minimize the damage done in case an accident does occur.

What is gained by taking a chance? Think about a time when you've risked your personal safety. Have you ever bypassed lockout-tagout procedures? Have you ever driven a car after you had too much to drink? Have you failed to use fall-protection equipment because it was just too much trouble? What did you gain in that situation? A minute of time, or an ounce of convenience? Now honestly ask yourself if those gains were worth it. Is a little bit of time or convenience really worth chancing electrocution, a car accident, or a bad fall? Don't sacrifice your healthy future by taking a chance. Every time you're tempted to take a chance with your safety ask yourself if it's really worth the risk. Your family and friends will thank you for making the right decision.

Keeping a strong commitment to safety is not easy. What interferes with your commitment to safety? Is peer pressure a problem? Do your peers think it's silly to take time for safety? You can set a safe example for your peers. Consider taking a stand for safety. By committing to safety 100% of the time, you can help reverse the peer pressure that sometimes causes unsafe behavior. Keep up this exemplary behavior. Someday you may find that the old peer pressure has given way to something new--the respect of your peers earned by setting a safe example. It's normal for your commitment to safety to fluctuate. Sometimes it's strong, at other times it's weak. Unfortunately, it tends to be strong just after a close call, or perhaps for a few days after you hear of an accident. Then the commitment wanes, only to be strengthened again by another tragedy. Simply recognizing this pattern can help you avoid it. Think about your work habits. Have there been times when you're more likely to take a risk? How about those times when you've been extra careful? Did the strength of your safety commitment depend on an outside event--like another person being involved in an accident?

November 2013 Daily Safety Focus

(Continued)

You can keep your commitment to safety strong by remembering the commitment is for you. If you allow things that happen to other people determine the strength of your commitment, it is likely to fluctuate a lot. You can always learn from things that happen to other people, but to keep your commitment strong all the time, stay focused on your personal safety and the things that you do that affect it.

Having a personal commitment to safety and keeping it strong are more important than any safety program, procedure, or rule. In fact, programs, procedures, and rules depend on a strong personal commitment to safety. Ask yourself where you are with your own safety attitude and behavior. Are you 100% committed to safety, 100% of the time? You are? Great! Need some improvement? Promise yourself to work on it- and keep that promise. You'll be glad you did.

November 2013 Daily Safety Focus

What You Can Do to Prevent Cold Stress Injuries

November 5

Winter weather is just around the corner, but did you know cold stress, or "hypothermia," can occur any time of year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit. People who are exposed to lower temperatures are at risk for injuries ranging from frostbite to serious loss of body heat which could result in brain damage or death. Today's Safety Topic discusses what you can do to protect yourself from cold stress injuries.

Dress warmly, in layers. Preserving an air space between the body and the outer layer of clothing will help retain body heat. Choose fabrics such as cotton or wool which insulate but also allow sweat to evaporate. It is especially important to protect the feet, hands, head, and face. These parts of the body are farthest from the heart and are the hardest to keep warm. Almost half your body heat can be lost through the head, so cover it up as well.

Keep dry. Wetness greatly increases the chance of cold stress. Always have extra clothing available if there's a chance you could get wet. Keep your feet dry, they are very susceptible to frostbite.

Take a break. You may think it's wise to keep on working in cold temperatures. After all, working makes you break a sweat and you feel warmer. But if you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling which can quickly lead to cold stress. When you take a break, be sure to replace lost fluids and calories by drinking warm, sweet, caffeine-free nonalcoholic drinks and soup.

Eat right. A proper diet provides your body with the nutrients it needs to withstand cold stress. A restrictive diet may deprive your body the ability to work well in cold temperatures.

Don't work alone. In cold-stress prone environments, a buddy system should be used. Look out for one another and be alert for the symptoms of cold stress.

Learn what to look out for. The effects of cold stress may not be apparent to its victim. The first symptoms of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows and may become irregular, and the pulse weakens. As the condition worsens, severe shaking or rigid muscles may be evident. The victim may also have slurred speech, memory lapses, and drowsiness. Cool skin, slow, irregular breathing, and exhaustion occur as the body temperature drops even lower. This is a serious condition requiring immediate medical attention.

Frostbite can occur without accompanying hypothermia. Frostbite occurs when the fluids around the body's tissues freeze. The most vulnerable parts of the body are the nose, cheeks, ears, fingers, and toes. Symptoms of frostbite include coldness and tingling in the affected part, followed by numbness; changes in skin color to white or grayish-yellow, initial pain, which subsides as the condition, worsens, and possibly blisters. Frostbite can cause irreversible tissue damage and requires immediate medical attention

If you work in lower-temperature environments, always be alert for the possibility of cold stress. Follow these guidelines to help protect yourself from injury. Remember that it doesn't have to be freezing for cold stress to occur. Take steps to protect yourself.

November 2013 Daily Safety Focus

Driving Safely in Winter Weather

November 6

The leading cause of death during winter storms is transportation accidents. Many accidents could be avoided if drivers took time to learn and practice these tips for driving safely during snowy and icy conditions.

Perhaps the deadliest danger of all is "black ice." Black ice is ice that forms on a roadway, usually due to snow melting and re-freezing. Since it is almost invisible, drivers fail to recognize black ice conditions and may drive at normal speeds-often resulting in very serious accidents. Always be alert to the possibility of black ice when temperatures are near or below freezing. Pavement that looks dry but appears darker in color and dull-looking should alert you to the presence of black ice.

Failing to allow yourself enough time to stop is another major cause of winter driving accidents. During slippery conditions stopping distances can triple. Driving at a slower speed, anticipating stops at traffic lights and intersections, and applying brakes sooner than normal will help ensure accident-free stops. When braking, brake carefully with short, rapid application of the brakes. Always allow plenty of extra space between you and other vehicles to minimize the need for quick stops.

Acceleration, turning, and passing also present dangers during winter. Accelerate slowly to avoid loss of traction and subsequent loss of control. Turn slowly, with caution, to avoid sliding into a stationary object or the path of an oncoming vehicle. Avoid sudden movements. Pass with care because passing lanes are not maintained as well as driving lanes. Again, leave extra space between yourself and other vehicles so there's room to maneuver in case something goes wrong. During a skid, steer cautiously in the direction you want the car to go.

Here are some other tips you should remember for driving safely in winter:

- Always use your seatbelt.
- Turn on your headlights during adverse weather conditions. Overcast skies and falling snow limit visibility. It is important to see and be seen.
- Like all the signs say, bridges and overpasses freeze before the roadway. Use extra caution on these.
- Remember that driving in winter weather conditions causes physical and mental fatigue and reduces reaction times. Get plenty of rest and adequate nutrition. Don't drive while you're sleepy or on medication that causes drowsiness.
- Prepare your vehicle well ahead of time. Check fluid levels, tire pressure, lights, and the battery. Have a mechanic give your vehicle a winter check-up and make any necessary repairs.
- Stock an emergency kit containing heavy clothes and a blanket, traction material such as sand or kitty litter, tire chains, a small shovel, first aid kit, flashlight, jumper cables, and a bright cloth to use as a flag.

November 2013 Daily Safety Focus

Driving Safely in Traffic

November 7

When you are driving in traffic, what are some things you must do to avoid accidents? Avoiding accidents in traffic is a little different than avoiding accidents on the open road. Long-distance drivers know that fatigue is responsible for numerous accidents. But what causes accidents when you are driving around town, making frequent stops? Today's Safety Topic discusses some of the causes of these accidents and what you can do to prevent them.

Many people spend a lot of time on the road as they are working. On any city street you are likely to see delivery vans, couriers, salespeople, and utility persons making frequent stops as they conduct their business. Some people spend many hours in traffic just going to and from work. Even though the mileage may be small, the amount of time spent on the road is very long. Every hour spent on the road increases your chance of having an accident. Certainly speed is a factor in accidents. Many accidents happen simply because the driver is going too fast. City streets usually have speed limits of less than 25 miles per hour, and often you will see posted limits as low as 5 or 10 miles per hour. Speed limits are carefully selected to minimize the chances of accidents. When traffic is heavy, there just isn't very much distance between you and the next vehicle to stop. The slower you're going, the less distance it will take to stop. By going slowly, you will also be able to observe your surroundings more easily, taking note of cyclists, pedestrians, and other vehicles. Observing the speed limit is one sure way to reduce your chance of an accident. On rainy, foggy, or snowy days keep your speed even lower.

When you make stops, park your vehicle carefully. Avoid leaving it in a space that's likely to block traffic or create a blind spot. As you exit the vehicle look both ways before stepping into the road or onto the sidewalk. You'll want to avoid collisions with other vehicles as well as bicycles and passerby. If you must load things into or out of your vehicle, be sure your load does not obstruct your vision. It is better to make several trips with smaller loads than to overload yourself to the point you cannot see other vehicles. It will also help prevent tripping and falling over objects in your path.

Perhaps the main cause of accidents in traffic is a simple matter of **not paying attention**. In traffic, it is easy to become distracted, frustrated, and annoyed. Any of these can cause you to pay less attention than you should, often resulting in rear-end collisions when the vehicle in front of you stops. Running stop lights and stop signs is also a possibility if you are not paying attention.

Sometimes **paying attention to the wrong things** causes accidents, too. Reading addresses on buildings, street signs, and maps while driving can lead to accidents. You will be better off if you find a place to pull over safely while you read signs and addresses. Even better, try to pinpoint the exact location when you plan your trip--before you begin driving.

Fatigue is also a contributor to traffic accidents. After a long day's work, or perhaps a morning when you didn't rest well the night before, you are likely to feel tired. Feeling tired causes you to become distracted easily and also slows your reflexes. Don't take chances driving when you feel too tired to be safe.

If fatigue is a frequent problem, see your doctor. For occasional fatigue, combat it with adequate rest, nutrition, and exercise.

To drive safely in traffic you must keep your speed down, pay attention, and avoid driving when you are tired. Following these precautions could prevent many accidents and injuries. Next time you're in traffic, remember these things and keep yourself safe!

November 2013 Daily Safety Focus

Paying attention and keeping focused behind the wheel

November 8

Inattention or distraction is any action or condition that might divert the driver's attention away from either the road or full control of the vehicle. For example, using a cell phone; applying make-up; or spilling a drink can take your attention away from the road.

Even a driver's emotional state can cause inattention or distraction, such as anger; aggression; or preoccupation with personal, work or family problems.

Driving in poor weather conditions is stressful for drivers, and stress is a distraction. Consider staying off the roads when weather is bad, or if you're already on the road, find a safe spot to pull off.

Fatigue is distracting. Make sure you're well rested before you hit the road, especially if you're driving a long distance. On long drives, make frequent stops to stretch your legs and get some fresh air. If you're tired pull off and rest.

Here are some common sense tips that can help drivers keep their minds and eyes on the road:

- Never apply make-up, or shave while driving.
- Use care if you're drinking hot beverages while driving - get a spill-proof mug. Eating while driving can also be a distraction.
- Don't allow conversations with passengers to draw your attention from what's happening around you.
- If you're looking for an address, or trying to view scenery, pull off the road at a safe location.
- If a stinging insect enters your vehicle, pull off the road at a safe location before you try to remove it.
- For drivers who smoke, use care when lighting your cigarette. If you drop your cigarette, pull off the road at a safe spot before trying to find it.
- Being unfamiliar with a vehicle's equipment and console can be a distraction for drivers. If you're driving a new vehicle, take a few minutes to familiarize yourself with its features. Be sure you know how headlights, windshield wipers, and other safety equipment work before you hit the road.

Cell phones

- Pull off the road at a safe location to use your cell phone, or have a passenger take or give a message on your behalf; even hands-free phones can be distracting.
- Don't dial the phone or try taking notes while you are driving.
- Most cellular phone services provide customers with voicemail; if your phone rings while you're driving, let it go to the voicemail.

A driver's performance behind the wheel can be influenced by mood, state of mind, stress level or other emotional states. Operating a motor vehicle when distracted or preoccupied means you're not fully in control of the vehicle. Drivers need to focus on the task at hand, not what's on their mind, if they want to avoid a dangerous situation.

November 2013 Daily Safety Focus

Black Ice

November 9

Black Ice -- It is not the name of the latest rap group. What it really is, is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road.

"What we call black ice is frozen water -- either sleet or rain or from melted snow -- that freezes as a sheet and is not visible as ice," says Glen Hetzel, safety specialist with Virginia Cooperative Extension at Virginia Tech. "The road looks the same as it always does, which is why it's so hard to detect, especially if you've been driving for awhile."

What can a person do to prepare for black ice?

"My advice is to look for signs of ice other than on the roadway," Hetzel says. That means looking for ice on windshield wipers or sideview mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

Then again, ice may not have formed on anything but the road. For example, it may have been a warm day during which the snow melted and then froze as ice after the temperature dropped at night. In other cases there will be ice in shaded areas, such as cuts through hills and along banks, before there will be ice on the open roads. "If you suspect there could be black ice on the pavement, you may want to test for it by gently wiggling the car a little bit or by applying the brakes lightly to see if there's any change in the feel of the road," Hetzel explains.

Black ice is also one of the winter hazards that four-wheel drive cannot overcome.

"Some of us get complacent because we have four-wheel drive," says Hetzel.

"However, you need to be just as careful as the motorist who has a rear-wheel drive vehicle when it comes to ice on the roadway."

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. "When the roads have been wet and the temperature drops below freezing, ice can form quickly," he adds.

"If you are a person who must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car," Hetzel suggests. "This will allow you to monitor the outside temperature. These thermometers are available at auto supply stores."

This is also the type of weather when it is especially important to watch for those signs that remind drivers that bridges freeze before roads. "These signs tell you there is a bridge ahead and give you time to slow down so you have better control just in case there is ice on the bridge pavement," Hetzel notes.

November 2013 Daily Safety Focus

Preventing Slips, Trips, and Falls

November 10

Did you know that slips, trips, and falls are second only to automobile accidents in causing personal injury? On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips, and falls each year. Most alarming of all is the fact that industrial falls cause over 1000 deaths each year. Today's Safety Topic discusses what can be done to prevent slips, trips and falls. Most of the suggestions in this article can be used on the job and at home.

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. However, the flooring may be inappropriate-perhaps it is a slick material-or the person who slips may not be wearing proper shoes. To prevent slips, avoid walking in areas which pose slipping hazards if at all possible. Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a non-slip surfacing material. Always follow your company's safe shoe policy. Most safe shoe policies require a slip-resistant sole.

Trips occur when a person's foot contacts an object and they are thrown off balance. The main cause of tripping is obvious--anytime something is in a walkway it could cause someone to trip. Another culprit is an object which projects into the walkway--perhaps material stored low on a shelf. Poor lighting and uneven walking surfaces also cause tripping. Prevention of trips is simple but does require diligence. Keep objects that could cause someone to trip out of the way. Repair uneven flooring and install proper lighting if required.

Falls can be caused by a number of things. Slips and trips frequently result in a fall. Falls also occur for other reasons. Improper use of ladders and scaffolding can result in a fall-usually a very serious one. Falls also happen when people climb objects without using fall protection equipment. Don't risk serious injury by taking shortcuts. If you are working on a ladder, scaffold, or other elevated platform, make sure you know the requirements for using them safely. Always use fall protection equipment when it is required.

Slips, trips, and falls cause numerous injuries every day. But they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to cause any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

November 2013 Daily Safety Focus

Safety In Your Home and Workshop

November 11

Today's Safety Topic is a reminder to put safety first around your home! Many of the industrial-oriented safety topics we discuss can be applied to the home. Interestingly enough, safety principles such as lock-out/tag-out and hazard communication can help to prevent injuries from occurring at home. Here are more ideas about hazardous materials and electrical safety around the home!

Most everyone's garage, workshop, basement, kitchen, and bathroom contains hazardous materials. Read the label on most any household-use chemical and you'll see a warning statement. Be sure to follow the label's instructions for using the material. There may be need for ventilation when using the substance. It may be important to keep the material at a certain temperature, away from extreme heat or cold. Keep in mind that mixing certain substances together (e.g., bleach and ammonia) can cause dangerous reactions.

Keep hazardous materials away from children at all times. If the unthinkable happens and the material is ingested, call poison control immediately, even if the label gives first-aid information. Have the container handy so you can provide accurate information to poison control.

Practice hazard communication at home. Don't remove warning labels from hazardous materials or place materials in an unlabeled container. If you allow older children to work with you, make sure you tell them of the hazards of these materials. Providing this information will start them on the right track to safety.

Electrical hazards may also be present in the home or workshop. Inspect your electric wires, appliances, and power tools frequently and have them repaired if necessary. Avoid the temptation to modify a power cord, plug, or outlet to accommodate outdated tools.

Overloaded circuits present another problem. If you find your outlet receptacles are few and your electric needs are many, invest in an upgrade of your home's electric service. The investment is well worth eliminating the risk of electric shocks, fires, and damaged tools and appliances.

Principles of lock-out/tag-out can be applied at home to isolate energy sources and prevent inadvertent start-up of equipment. When working on electrical equipment, wiring—even changing a lightbulb—shut off the electricity. Don't risk a shock. Other applications of lock-out/tag-out include turning off equipment such as lawn mowers, shredders, and snowblowers before you service them. This is especially important if the equipment has become jammed and you are trying to dislodge an object.

This Safety Topic has provided suggestions for safety around the home. The home is full of potential dangers, but with a little common sense and a lot of commitment these dangers can be eliminated. Practice safety at home and on the job. You'll be setting a great example for the rest of the family to follow!

November 2013 Daily Safety Focus

Back Safety

November 12

Back disorders are listed in the "top ten" leading workplace injuries published by the National Institute of Occupational Safety and Health. They account for 27 percent of all nonfatal injuries and illnesses involving days away from work. It's no wonder. Your back is a sophisticated piece of machinery made up of numerous muscles, bones, nerves, and supporting tissues. It's a machine you use every day, probably in ways you don't even notice.

Just like the finest machinery, your back requires proper care to keep it working. If it's not working right, you'll suffer. An injured back affects your ability to move your limbs, your hips, your neck, and your head. Injuries to the back can be very debilitating, causing a lot of pain, time away from work, and often requiring physical therapy or even surgery. Everyone whose job involves stressful lifting or awkward postures is at risk for a back injury. Here are some tips to keep your back in optimum condition:

While lifting:

- Don't bend over an object you are lifting. Bend your knees, squatting in front of the object to reach it.
- Lift the object slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
- Keep your head up and look straight ahead while making the lift.
- While lifting, keep the object as close to your body as possible.
- Keep abdominal muscles tight while making the lift.
- Use the same techniques when you put the object down.
- If the object is too big or too heavy to lift using these techniques, use mechanical assistance or get someone else to help.

When reaching for objects:

- Do not reach for an object unless you're sure you're strong enough to lift it.
- Use a stepladder to reach objects above shoulder height.
- Avoid awkward stretches while reaching. This stresses your back and could cause you to lose your balance.
- Don't depend on structures to support you (e.g., a shelf support, a storage rack, etc.). These could easily give way if you pull or tug on them.

Exercise also plays an important role in keeping your back strong, healthy, and flexible. A properly exercised back is less likely to be injured. Your physician, company medical personnel, or other health-care provider can recommend the best exercises for you, taking into account your physical condition and the type of work you do.

Finally, a word about back belts. There's a lot of controversy about using back belts to control low back injuries in workers who don't have an existing injury. According to a report published by the National Safety Council, available scientific data does not completely support nor condemn the use of back belts to control low back injuries. One thing that is agreed upon is that back belts should never be a substitute for a comprehensive back injury prevention program.

(Continued)

November 2013 Daily Safety Focus

Taking this into consideration, many companies have developed a back belt policy. If you do use a back belt, be aware that you may experience a false sense of security by wearing the belt. You may be tempted to lift loads you wouldn't otherwise lift. Remember that it's your back doing the work--not the belt!

Always be alert for situations that could cause a back injury. Be kind to your back. Don't take unnecessary chances. By following proper lifting and reaching techniques and exercising properly, you'll help keep back problems behind you!

November 2013 Daily Safety Focus

ACCIDENT PREVENTION:

November 13

Why is it so important to prevent accidents? Do you view accident prevention as simply a way to avoid getting hurt? Do you work safely just because you want to? Perhaps you view accident prevention as a way of keeping the company happy or your supervisor off your back. Maybe you just do it because you have been told to.

Of course there are many reasons that any company wants it's employees to work safely. But every one must have a more important reason to work safely than just because the company says to. They must have a personal reason. Your reason may be your family. What would they do if you were to get hurt. How about your hobbies? Would you still be able to enjoy them with a serious disability?

What you do for a living is nothing more than a means towards a goal that you have set for yourself. That goal may be the education of your children. You may plan to buy a home or a car. Maybe you want to get married after you have saved up enough money. Maybe your goal for now is just to make it to Friday night and going out on the town. Whatever your goals may be, they all generally tie back in some way to what you do for a living. And what you do for a living could be seriously derailed by an accident. All your goals can go up in smoke if you are injured and disabled.

Our safety program is designed to help you reach your goals. It is not there just to make your work harder, or slower, or to meet some governmental guidelines. Safety and accident prevention programs are designed to PROTECT YOU so that you may reach your personal goals. When an unsafe act is pointed out to you, it is done so to help you by eliminating obstacles or job hindrances and to insure that you get home all in one piece.

Every time you approach a project, every time you pick up a tool, every time you start a piece of equipment or machinery, think SAFETY. Look for what can go wrong and eliminate that possibility BEFORE your goals come to an abrupt end.

TAKE SAFETY PERSONALLY: Make SAFETY a Way Of Life.

November 2013 Daily Safety Focus

GENERAL SAFETY - ATTITUDE AND BEHAVIOR

November 14

Humans instinctively seek to avoid pain and death. And yet, we may behave in a manner that is a threat to our well being. There are a couple of reasons why this occurs. The first is lack of knowledge. What you do not know, can hurt you! The second reason we may act in a risky manner is attitude. Now might be a good time to do a quick self-analysis. What is your attitude toward safety?

When asked, some may say they are all for it. Others may complain about any safety effort being made. The difference between the two is one of attitude. Your attitude affects almost all that you do and how you do it. Have you ever noticed that people who are successful in life, or are just happy, tend to have a positive attitude? And so it is with safety. Look at it this way . . . safety rules and procedures are written to protect you from harm. They are not written to make your work life more uncomfortable or inconvenient. After all, safety equipment and training costs us additional up front money.

If you cooperate in safety matters, not only is there a lesser likelihood of you getting hurt, you will not be doing battle with the boss who is just trying to do his job by enforcing the safety rules. In addition, you should feel more confident on the job knowing you have a better chance of making it thorough the day without injury. Less fear of injury and the boss no longer on your back has to brighten your day!

We are not perfect. Even the best of us can forget or make errors in judgment. To maximize our safety efforts, we must look out for one another. If someone tells you that you are not working in a safe manner, don't become angry or defensive. They are just looking out for your well being. If you did not know you were doing something wrong, be thankful your errors were noted before you or someone else got hurt. If you simply forgot or got a little careless, be grateful that someone cares enough to get you back on track. If you see someone doing something unsafe, speak up, but do so diplomatically. Treat others just as you would like to be treated in the same situation.

Remember, attitude affects behavior. If you have a positive attitude, odds are you will exhibit safe behavior. A negative attitude toward safety will only cause conflict, stress and, ultimately, an accident.

November 2013 Daily Safety Focus

Driving Safely in Traffic

November 16

When you are driving in traffic, what are some things you must do to avoid accidents? Avoiding accidents in traffic is a little different than avoiding accidents on the open road. Long-distance drivers know that fatigue is responsible for numerous accidents. But what causes accidents when you are driving around town, making frequent stops? Today's **Tail Gate Safety Topic** discusses some of the causes of these accidents and what you can do to prevent them.

Many people spend a lot of time on the road as they are working. On any city street you are likely to see delivery vans, couriers, salespeople, and utility persons making frequent stops as they conduct their business. Some people spend many hours in traffic just going to and from work. Even though the mileage may be small, the amount of time spent on the road is very long. Every hour spent on the road increases your chance of having an accident.

Certainly **speed** is a factor in accidents. Many accidents happen simply because the driver is going too fast. City streets usually have speed limits of less than 25 miles per hour, and often you will see posted limits as low as 5 or 10 miles per hour. Speed limits are carefully selected to minimize the chances of accidents. When traffic is heavy, there just isn't very much distance between you and the next vehicle to stop. The slower you're going, the less distance it will take to stop. By going slowly, you will also be able to observe your surroundings more easily, taking note of cyclists, pedestrians, and other vehicles. Observing the speed limit is one sure way to reduce your chance of an accident. On rainy, foggy, or snowy days keep your speed even lower.

When you make stops, park your vehicle carefully. Avoid leaving it in a space that's likely to block traffic or create a blind spot. As you exit the vehicle look both ways before stepping into the road or onto the sidewalk. You'll want to avoid collisions with other vehicles as well as bicycles and passerby. If you must load things into or out of your vehicle, be sure your load does not obstruct your vision. It is better to make several trips with smaller loads than to overload yourself to the point you cannot see other vehicles. It will also help prevent tripping and falling over objects in your path. Perhaps the main cause of accidents in traffic is a simple matter of **not paying attention**. In traffic, it is easy to become distracted, frustrated, and annoyed. Any of these can cause you to pay less attention than you should, often resulting in rear-end collisions when the vehicle in front of you stops. Running stop lights and stop signs is also a possibility if you are not paying attention.

Sometimes **paying attention to the wrong things** causes accidents, too. Reading addresses on buildings, street signs, and maps while driving can lead to accidents. You will be better off if you find a place to pull over safely while you read signs and addresses. Even better, try to pinpoint the exact location when you plan your trip-- before you begin driving.

Fatigue is also a contributor to traffic accidents. After a long day's work, or perhaps a morning when you didn't rest well the night before, you are likely to feel tired. Feeling tired causes you to become distracted easily and also slows your reflexes. Don't take chances driving when you feel too tired to be safe. If fatigue is a frequent problem,

November 2013 Daily Safety Focus

see your doctor. For occasional fatigue, combat it with adequate rest, nutrition, and exercise.

To drive safely in traffic you must keep your speed down, pay attention, and avoid driving when you are tired. Many accidents and injuries could be prevented by following these precautions. Next time you're in traffic, remember these things and keep yourself safe!

November 2013 Daily Safety Focus

The Ten Commandments of Good Safety Habits

November 17

In most everything we do, we find a "trick" to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

1. *Set Your Own Standards.* Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with.
2. *Operate Equipment Only if Qualified.* Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.
3. *Respect Machinery.* If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power first before placing your hands in a point of operation.
4. *Use Your Own Initiative for Safety Protection.* You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need.
5. *Ask Questions.* If you are uncertain, ask. Do not accept answers that contain, "I think, I assume, I guess." **Be sure.**
6. *Use Care and Caution When Lifting.* Most muscle and spinal injuries are from overstraining. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.
7. *Practice Good Housekeeping.* Disorganized work areas are the breeding grounds for accidents. You may not be the only victim and don't be a cause.
8. *Wear Proper and Sensible Work Clothes.* Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry, and be sure that long hair is tied back and cannot become entangled in any type of moving machinery.
9. *Practice Good Personal Cleanliness.* Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.
10. *Be a Positive Part of the Safety Team.* Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.

November 2013 Daily Safety Focus

SEVEN COMMON ACCIDENT CAUSES

November 18

Consider this statistic: 80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe Acts cause four times as many accidents & injuries as unsafe conditions.

Accidents occur for many reasons. In most investigations people tend to look for "things" to blame when an accident happens, because it's easier than looking for "root causes," such as those listed below. Consider the underlying accident causes described. Have you been guilty of any of these attitudes or behaviors? If so, you may have not been injured-but next time you may not be so lucky.

- **Taking Shortcuts:** Every day we make decisions we hope will make the job faster and more efficient. But do time savers ever risk your own safety, or that of other crewmembers? Short cuts that reduce your safety on the job are not shortcuts, but an increased chance for injury.
- **Being Over Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury.
- **Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Have you ever seen a worker sent to do a job, having been given only a part of the job's instructions? Don't be shy about asking for explanations about work procedures and safety precautions. It isn't dumb to ask questions; it's dumb not to.
- **Poor Housekeeping:** When clients, managers or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production and safety. Poor housekeeping creates hazards of all types. A well maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety.
- **Ignoring Safety Procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies-not to make your own rules. Being "casual" about safety can lead to a casualty!
- **Mental Distractions from Work:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your 'mental' guard can pull your focus away from safe work procedures. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off a machine "just for a minute."
- **Failure to Pre-Plan the Work:** There is a lot of talk today about Job Hazard Analysis. JSA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task or not thinking through the process can put you in harms way. Instead, Plan Your Work and then Work Your Plan!

"It is better to be careful 100 times than to get killed once." (Mark Twain)

November 2013 Daily Safety Focus

REPEATERS

November 19

How many times have you been hurt at work, or even at home for that matter? How about that person next to you doing the same job? Are you hurt more often than your co-workers are? If so, why?

Some individuals might say they are "accident-prone". But it is not that simple. Your tendency to have accidents is nothing more than the outcome of more specific problems. As an example, are you frequently tripping over items on the floor? Is that a sign of you being "accident-prone" or of poor housekeeping? I say it is poor housekeeping.

We all have physical limitations. It is important these are not exceeded. Do you know your limitations? Remember that they change with age. As an example, at age 40 you need much more light to see than you did when you were 20. You may have been able to work without additional lighting several years ago, but not now. You need to adapt.

Problems are not always physical. Stresses of various types have been shown to cause an increase in illness and injury. The top four stressors are rather dramatic. They are (1) Death of a spouse; (2) divorce; (3) marital separation; (4) sudden death of a family member. While these deal with activities away from work, work itself can introduce new stresses that could increase the likelihood of injury. Examples would include a change in supervisor, work conditions, or work hours.

So there are no stresses in your life? Let's ask more questions. How well do you like your job? Some studies have suggested a link between injury and job satisfaction. The less you like your job or the people you work with, the more likely an injury will occur.

Do you understand your job or the instructions given? If not, this could be the problem. Do you really listen to instructions? Do you use the appropriate personal protective equipment consistently?

As you can see, there may be a number of reasons why you or your co-worker could be "accident-prone". It is not inevitable. With conscious effort, behavior can be changed. Think about the reasons and make the changes necessary to end the injury cycle. There is no acceptable reason for you to be a victim time after time.

November 2013 Daily Safety Focus

PERSONAL ERGONOMICS

November 20

What is Ergonomics? Ergonomics is the science of matching tools and tasks to the work environment. In other words, ergonomics tries to make your job fit you, rather than making you fit your job. The purpose of ergonomics is to reduce or eliminate injuries and illnesses that can result from stress on muscles, nerves, and joints. These types of injuries have been common to workplaces for a long time, but safety standards concerning them are new. If OSHA finds that poor ergonomics is a threat to employee well being, it can cite a company for violating its duty to provide a safe and healthy workplace.

A variety of ergonomically-related injuries take place and a variety of terms exist to describe them. The most common terms used are musculoskeletal disorders or cumulative trauma disorders (CTDs). They are also known as repetitive motion or stress disorders. Whatever they're called, they account for approximately one-half of all reported workplace illnesses each year. These are technically called "illnesses" because the problems generally build up over time, rather than being the result of a single event, as in the case of an accident.

Physical problems from cumulative trauma: These usually involve pain and damage to muscles, tendons, and nerves in the back, neck, shoulders, wrists, hands, and elbows. Discomfort can be mild and periodic, or long lasting. Typical ailments include: Tendinitis, "Tennis Elbow," Trigger Finger, lower back pain, Carpal Tunnel Syndrome which causes hands and wrists to tingle or become numb, and Reynauds Syndrome which causes fingers to become white.

Making the same motion over and over, staying in one position too long, or working in awkward positions can cause disorders. They also result from working with tools that don't fit the body, using a great deal of physical force, and exposure to long periods of heavy vibration.

How to Avoid Discomfort: Ergonomically related disorders occur to all types of workers, from laborers to office personnel. You can often help yourself by learning and practicing basic ergonomic principals. There are many ways to reduce or eliminate the disorder; here are a few:

- Use two hands instead of one for a task --to reduce excess demand on a single muscle group.
- Use tools that are right for the job and proportioned for your body.
- Use power tools instead of manual tools when possible.
- Take frequent breaks from repetitive motion tasks.
- Avoid repeating awkward movements or holding yourself in awkward positions.
- Wear protective gloves that reduce pressure or tool vibration on your fingers.
- For computer use--keep the screen 12 to 18 inches from your face and just below eye level.
- Position the keyboard so that your wrists are straight and your elbows are close to your body.

(Continued)

November 2013 Daily Safety Focus

- Change positions, stretch often to improve blood circulation, and take breaks regularly.

Report Early Symptoms: Repetitive motion injuries are a growing concern in the workplace. Anyone who experiences numbness, tingling or pain in their hands, arms or neck should seek the advice of a supervisor. Changes in work ethics and equipment can often alleviate these problems before they become chronic, and medical attention should be sought if the problem persists. Following this simple advice can help eliminate physical stress and keep you feeling good all day.

November 2013 Daily Safety Focus

NEAR MISS - THE ONE THAT ALMOST HAPPENED **November 21**

What is a "near miss?" Webster defines it as: "A result that is nearly, but not quite, successful." What does this mean to our industry? It simply means that a serious accident almost occurred. Someone trips over a pallet, but doesn't fall. Two forklifts almost collide at a corner. A tool is dropped, but toes are missed...this time.

Statistics tell us that for every 300 near misses there is one serious injury. According to the Bureau of Labor Statistics (BLS), 6.1 million injuries occurred during 1995. If we multiply each injury by 300, the result is 1.8 billion near misses for 1995 alone.

So what does this tell us about accidents? Look at the figures. If you reduce the number of near misses, probability tells us you will then reduce the number of injuries that happen.

The Same Things That Cause Accidents Cause Near Misses:

- Unsafe acts, such as improper lifting; walking under an overhead load; cutting, grinding, or chipping without safety glasses; not using proper Personal Protective Equipment, etc.
- Unsafe conditions, such as poorly maintained equipment, oil or grease on floors, trash and boxes that have been left in hallways, etc.
- Hurrying and taking risks to get a project done faster or to wrap up a job at quitting time.

Report Near Misses Before They Become Accidents:

- Once a near miss occurs, report it immediately to the nearest foreman or supervisor. The potential for such incidents exists all over the workplace, so all employees--not just supervisors-- must help identify them.
- If the near miss is a result of an unsafe condition, don't continue to work under that condition until the problem has been corrected and your supervisor gives the okay to proceed.
- If the incident is a result of unsafe acts, be certain that everyone involved has been alerted to their actions before they continue with the job.

Near Misses Are A Warning:

Letting a near miss go unreported provides an opportunity for a serious accident to occur. Correcting these actions or conditions will enhance the safety within your facility and provide a better working environment for everyone involved. Don't let yourself or co-workers become statistics--report near misses to your supervisor.

Prevent An Accident That's About To Happen!

November 2013 Daily Safety Focus

Be An Extra-Safe Driver

November 22

Those who drive for a living would be the first to agree it can be mighty dangerous out there on the crowded roads. Although the common factors of inexperience, recklessness, and aggressive driving contribute to many vehicle accidents, it doesn't explain why so many professional drivers get into accidents. A driver may be trained, experienced, and competent behind the wheel, but the very flood of vehicles competing for space on the roads today presents added danger to all drivers. Even the very best drivers must learn to operate their vehicles with life-saving EXTRAS. Drivers should take extra care of their vehicles' maintenance by keeping them in good operating condition. Before getting behind the wheel, do a simple walk around the vehicle to insure that tires are properly inflated and have good tread, check that lights are clear and working, and see that windshields are clean and wipers blades are sharp.

Once inside the vehicle, drivers should take the extra time to check the gas gage, adjust the mirrors, seat, and seatbelt to a comfortable position and, if it's an unfamiliar vehicle, locate the lights, brakes, and wipers. Horns, flasher lights, and other warning devices are not just accessories but vital parts of the extra safety built into any vehicle, so make sure they operate properly.

On the roadways, be extra careful by driving defensively. Following the rules of the road can help you concentrate on what you should be doing...driving. Stay out of the other vehicle's blind spot and avoid tailgating. Instead, keep a safe distance from other drivers by maintaining that extra safety cushion of driving space between your vehicle and those around you. As an extra precaution, know the condition of the weather and road and drive only as fast as those conditions allow.

Be extra cautious by staying alert and expecting the unexpected. Watch out for and anticipate other drivers, pedestrians or children on or near the road. Safe drivers scan constantly for hazards, predicting how they may be affected by a hazard and pre-determining how to avoid or reduce them.

The ever-changing variable of the road and other vehicles can make drivers instantly vulnerable to accidents. If drivers don't practice these life-saving extras on the road, they might personally discover why vehicle deaths and serious injuries now total more than all the wartime wounded and fatalities since 1776.

November 2013 Daily Safety Focus

One Good Turn Deserves Another

November 23

Good drivers know how to make good turns. Turns made with safety and skill are an important part of successful driving.

Here are some reminders about making safe turns when driving a motor vehicle:

- Scan the roadway and intersection ahead, as well as the traffic behind and beside you.
- Observe and understand the road signs governing turns. Know the various shapes and colors for road signs.
- Watch for lights regulating turns at intersections and mid-block locations. Turn lanes may have special lights allowing you to safely turn across the on-coming lane.
- Be aware of the layout of traffic islands used to control vehicle turns. These islands can be raised surfaces with curbs, or merely painted markings.
- Properly position your vehicle in the correct lane well ahead of the turn.
- Reduce your speed as you approach the turn.
- Signal well in advance, but not so far ahead that your signal could be misinterpreted for another possible turn.
- Turn only when it is safe to do so. Yield to other pedestrians and vehicles in the intersection as necessary.
- Postpone your turn if you cannot get into the correct lane or if traffic is too heavy. Drive on to the next intersection to make a safe and legal turn.
- Use the hand-over-hand steering method to complete the turn rather than keeping your hand in just one place on the steering wheel. This gives you better control of the steering wheel.
- As you enter the traffic on the new street, accelerate to the speed of the traffic. Get in the correct lane and make sure your turn signal is off.
- Be considerate of other drivers making turns. Give a little – to ensure the safe and smooth flow of traffic.
- Don't stake your life on someone else's turn signal. For all you know, the driver may have forgotten the signal is on and have no intention of turning. Never pull out or turn in front of a vehicle signaling a turn until you are sure the vehicle is turning and the driver sees you.

Transport trucks and other large vehicles have extra challenges when it comes to turns. Here are some reminders:

- Whenever possible, turn from the proper lane. If you must go over lane lines or center lines to turn, make sure you can do so safely without interfering with traffic.
- When turning to the right, proceed far enough forward so the off-track wheels do not run over curbs and sidewalks and the trailer does not strike power poles, hydrants, lamp standards and other obstructions.
- The need to swing out to negotiate a turn may invite a smaller vehicle to squeeze around the corner, so be alert.
- Long loads may swing out when negotiating a corner. Drive to minimize excessive swing.

November 2013 Daily Safety Focus

If you are driving a smaller vehicle and encounter a large truck trying to make a turn, give it plenty of room. It may have to swing into your lane. If you refrain from crowding, the truck driver will be able to complete the turn quickly and safely and everyone can go on his or her way.

November 2013 Daily Safety Focus

LIFT IT TWICE

November 24

Most of you have heard the general rules of safe lifting. Remember to "Get a firm grip on the load, keep it close, bend at the knees, use your legs to lift the load, and keep your spine in the natural position (with an arch in your lower back)." These principles always apply and should be incorporated into every lift--if possible! Given the enormous number of "risky" lifting situations that you are faced with at your place of work, you may not be able to apply these principles every time. This is why you must always remember to LIFT IT TWICE! What you might say?

The act of lifting is the same as any other movement that you can learn to do better with practice. As you know, the more you practice a skill the better you become at doing it. But preparing to master a skill normally involves mental as well as physical training. Consider bowling, golf, skiing or sharpshooting. You think carefully about the movements you're going to make before you do them. This is the only way to get them right--at least until they become second nature.

Most of you know the proper way to physically lift an item, but how many of you are aware that you need to lift the item TWICE.

1. Your first lift is a mental lift. Think about the lift prior to actually doing it:
 - How am I going to lift the item? Can I do it myself or should I get some help?
 - How heavy is the item? Do I need to use mechanical assistance?
 - Where am I taking the item being lifted? Is it a difficult path or a distance to go?
 - What hazards may hamper the lift or obstruct the travel path?
 - Eliminate those hazards before you lift the item.

2. The second lift is the actual physical lift. Here is where you carry out your plan.
 - Use proper body mechanics and techniques while going through the motions.
 - Most important: keep the load as close to your body as possible.

Next time someone tells you to lift twice remember: Two lifts mean less risk of a back strain.

November 2013 Daily Safety Focus

IT'S YOUR DECISION

November 25

Most of us like to get our work done with the least amount of effort, and as quickly as possible. We all want to get the most work out of the energy we use on the job. This is good because it often results in discovering newer and more efficient ways of getting our job done.

This *energy-saving* attitude can also be bad if we make a wrong decision and take dangerous shortcuts. All of us at sometime or another expose ourselves to possible injury by taking a shortcut when, with a little extra effort, we could have done it the safe way. When we were kids, we took shortcuts by jumping the fence instead of using the gate. Now that we are adults we do it by crossing the street between the intersections. Why? Because we want to get there as quickly as possible, and use the least amount of energy we can while doing it.

There is no doubt about it; the safe way is not always the shortest or quickest way. The safe way usually takes some extra effort while the unsafe way often appears to be more efficient at the time. When we are faced with these situations, each one of us will make a conscious decision about what actions we will take next.

Sometimes we talk ourselves into taking an unsafe shortcut by flawed reasoning. We convince ourselves that it is worth taking the risk because we're in a hurry and can probably get away with it this time without being injured. After all, we have done it before and were not injured then.

Take the electrician I saw the other day who was working on a ladder. He was almost finished with the job except for a little work that he could do only by reaching a little farther than he knew was safe. He knows he will be taking a chance, so he has to make a decision whether to get down and move the ladder or to take a shortcut.

Suppose he takes the shortcut. He may get away without having an accident, or he may fall and suffer an injury that will change his whole life - or even end it. Whatever the result, his decision to take a chance is not a good one. Whether he wins or loses this time; risking his neck to save a few minutes' time is rolling the dice - a gamble that he will, eventually, lose.

When you get right down to it though, I don't really think most of us take shortcuts to save time as much as we do it because the safe way is just too much trouble. Like using the wrong tool because it's too much trouble to get the right one. Like climbing the rebar because it's too much trouble to get a ladder. Or maybe like lifting more than you know is safe because it's too much trouble to get someone to help you.

Maybe it's like the guy I saw the other day swinging around like a monkey on the side of some forms. Holding on with one hand while trying to strip forms with the other, all because it's too much trouble to go get a safety belt and tie off like he knows he should. Or how about another guy that was chipping concrete without safety goggles because it was too much trouble to go hunt up a pair.

Remember that you always have a choice, but only you can decide to do it the safe way. The safe way is usually not the shortest or quickest way, but it's your decision.

November 2013 Daily Safety Focus

CARELESSNESS

November 26

Have you ever done anything stupid, something that you know puts you at increased risk of injury? When you realize how stupid you were, whether you got hurt or not, do you ask yourself, "Why did I ever do that?" For your own future preservation, this should be a very important question for you to answer yourself. Consider the fact that approximately 20% of injuries are due to unsafe conditions and 80% are caused by unsafe acts. If you realize that most unsafe conditions are brought about by human failure, then virtually all accidents are brought about by unsafe acts. Why did you do something in an unsafe manner? To answer this question, you will need to put personal defenses aside and know that blame may lie within yourself. Also realize that there may be more than one reason for your actions and others may be involved. If you knew the proper, safe way to do the job, then you cannot claim ignorance. What is left, whether you like it or not, is carelessness. So what can cause you to temporarily disregard your own safety?

External Pressure -- "Let's get this job done!" Usually this pressure comes from your direct supervisor. Disregarding safe practices is not going to save enough time to make a significant difference. However, any accident or injury is guaranteed to have an effect. As a matter of fact, when the pressure is applied, it is worthwhile to pay more attention to safety because we know, from experience, such situations frequently lead to more accidents.

Bad Habits -- You fail to follow the established procedure and you don't get hurt (or you were not caught) this time. Psychologically, this is a reward and so you do it again and again and again. But it is also Russian roulette. How many times can you pull the trigger before a round is in the chamber? You know, sooner or later, something is going to happen. There is only one way to stop it - stop pulling the trigger. Do yourself a favor and follow the established procedures.

Internal Pressure -- "There is just so much to do and not enough time!" Are you self-motivated and self-directed? Most employers love this type of individual, but your single-minded determination to get the job done may cause you to lose sight of the dangers around you. Think of it this way, you will not finish the job if you get hurt. You may finish the job if you don't get hurt. Therefore, first, prevent injury. Second, work to complete the job. Make sense?

Attitude -- "This safety stuff doesn't apply to me!" So what makes you so special? A study of mine accidents involving foremen showed that the foremen were injured when they personally failed to apply the safety standards they were to enforce. Did the fact that they were foremen protect them from injury? No. Humans are humans. Rich or poor, black or white, men or women, strong or weak. There is nothing in your status that will protect you from injury except following the safe procedure. Remember that safety is no more than doing the job the right way, every day.

November 2013 Daily Safety Focus

A SINGLE SECOND

November 27

It takes a minute to write a safety rule.

It takes an hour to hold a safety meeting.

It takes a week to plan a good safety program.

It takes a month to put that program into operation.

It takes a year to win a safety award.

It takes a lifetime to make a safe worker.

But it takes only a second to destroy it all - with one accident.

Take the time now to work safe and help your fellow employees to be safe.

November 2013 Daily Safety Focus

AFTERTHOUGHTS AND REGRETS....

November 28

How often have you said or done something and then later, reflecting on your action, thought to yourself, "How could I have done that?"

Here are some afterthoughts which, unfortunately, too many of us have experienced:

"That's how we've always done it before." (*Before the accident occurred anyway.*)

"I never thought that a little bolt dropped from that distance would cause so much bleeding." (*I should have worn a hard hat, I guess.*)

"If I had taken that first-aid/CPR course, I probably could have helped him." (*...and chances are, he would still be here.*)

"I should have taken care of that board with the projecting rusty nails earlier." (*Now, I have to take off work to get a tetanus shot.*)

"I know they were always preaching that we should lift with the leg muscles instead of the back muscles." (*What the heck is a herniated disk?*)

"For few more dollars, I could have bought safety shoes." (*That deep cut in the toe section ruined my new work boots, and this broken toe still hurts.*)

"My safety glasses were in the tool box, but I was just going to grind off this *one* little piece...." (*I wonder if they'll still let me drive with only one eye?*)

"We were only going to use the scaffold for one day. I never thought a hammer would fall off the plank and strike someone." (*I had a hunch I should have taken the time to install the toe boards.*)

"They always insisted that the tool rest should be no more than one-eighth inch from the grinding wheel. What difference does another quarter inch make?" (*I was lucky not to go blind when the chisel got wedged and the wheel exploded into a thousand pieces.*)

Any of this sound familiar?? They say hindsight is the only perfect science-but foresight could have avoided these incidents, misfortunes and regrets.

Learn from others' mistakes and you'll have no regrets!

November 2013 Daily Safety Focus

Back Safety

November 29

Back disorders are listed in the "top ten" leading workplace injuries published by the National Institute of Occupational Safety and Health. They account for 27 percent of all nonfatal injuries and illnesses involving days away from work. It's no wonder. Your back is a sophisticated piece of machinery made up of numerous muscles, bones, nerves, and supporting tissues. It's a machine you use every day, probably in ways you don't even notice.

Just like the finest machinery, your back requires proper care to keep it working. If it's not working right, you'll suffer. An injured back affects your ability to move your limbs, your hips, your neck, and your head. Injuries to the back can be very debilitating, causing a lot of pain, time away from work, and often requiring physical therapy or even surgery. Everyone whose job involves stressful lifting or awkward postures is at risk for a back injury. Here are some tips to keep your back in optimum condition:

While lifting:

- Don't bend over an object you are lifting. Bend your knees, squatting in front of the object to reach it.
- Lift the object slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
- Keep your head up and look straight ahead while making the lift.
- While lifting, keep the object as close to your body as possible.
- Keep abdominal muscles tight while making the lift.
- Use the same techniques when you put the object down.
- If the object is too big or too heavy to lift using these techniques, use mechanical assistance or get someone else to help.

When reaching for objects:

- Do not reach for an object unless you're sure you're strong enough to lift it.
- Use a step ladder to reach objects above shoulder height.
- Avoid awkward stretches while reaching. These stress your back and could cause you to lose your balance.
- Don't depend on structures to support you (e.g., a shelf support, a storage rack, etc.). These could easily give way if you pull or tug on them.

Exercise also plays an important role in keeping your back strong, healthy, and flexible. A properly exercised back is less likely to be injured. Your physician, company medical personnel, or other health-care provider can recommend the best exercises for you, taking into account your physical condition and the type of work you do.

Finally, a word about back belts. There's a lot of controversy about using back belts to control low back injuries in workers who don't have an existing injury. According to a report published by the National Safety Council, available scientific data does not completely support nor condemn the use of back belts to control low back injuries. One thing that is agreed upon is that back belts should never be a substitute for a comprehensive back injury prevention program. Taking this into consideration, many companies have developed a back belt policy. If you do use a back belt, be aware that you may experience a false sense of security by wearing the belt. You may be

November 2013 Daily Safety Focus

tempted to lift loads you wouldn't otherwise lift. Remember, it's your back doing the work--not the belt!

Always be alert for situations that could cause a back injury. Be kind to your back. Don't take unnecessary chances. By following proper lifting and reaching techniques and exercising properly, you'll help keep back problems behind you!

November 2013 Daily Safety Focus

Protection From Winter Sun

November 30

When faced with a hot, sunny day at the beach, most of us recognize the need for sunglasses and sunscreen. When faced with the same kind of day at work, most workers also recognize they need protection from the sun's harmful rays.

But what about winter sun? How many people consider winter sun to be harmful?

Unfortunately, few take precautions necessary to ensure their protection from the winter sun.

Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous to you: ultraviolet-A and ultraviolet-B. You require protection from both.

Here are some tips that will protect you from the winter sun's radiation.

Wear Sunglasses

When it comes to your eyes, the winter sun can be blinding – literally. Overexposure to ultraviolet rays can damage the retina which contains photo-sensitive cells in the back of the eye that allow you to see.

Winter sun reflecting off snow is more blinding than summer sun reflecting off water. If bright enough, it can easily cause a temporary, but very painful condition called snow blindness.

Snow blindness occurs when the surface of the eye is sunburned. Other types of eye damage have been linked to overexposure such as growths, cancers, and cataracts.

Dark lenses alone do not ensure protection from the sun. You need to protect your eyes from ultraviolet radiation, not just the sun's brightness. If the lenses are extremely dark, but lack proper protection, this will cause even more damage. The damage occurs when the pupils of your eyes open wider to accept more light and allow more harmful rays to reach the retina.

If you wear regular eyeglasses or contacts, you should talk to your eye doctor about the right kind of eye protection for you.

Wear Protective Clothing

Did you realize that a wide-brimmed hat can cut in half the amount of UV radiation that reaches your eyes? There is also special protective clothing available that will filter out all of the sun's harmful rays.

Wear Sunscreen

Just like the summer sun, overexposure to winter sunlight will give you a sunburn. Sunscreen will filter out the harmful rays and allow you to work in the sun without threat of sunburn. A sunscreen with a SPF rating of 15 or higher should be suitable for most skin types.

It's just as important to protect yourself from the winter sun as it is when you are headed to the beach. Protecting your eyes and skin will ensure that you don't cause long-term damage or time off work. Best of all, it will allow you to enjoy your time in the sun.