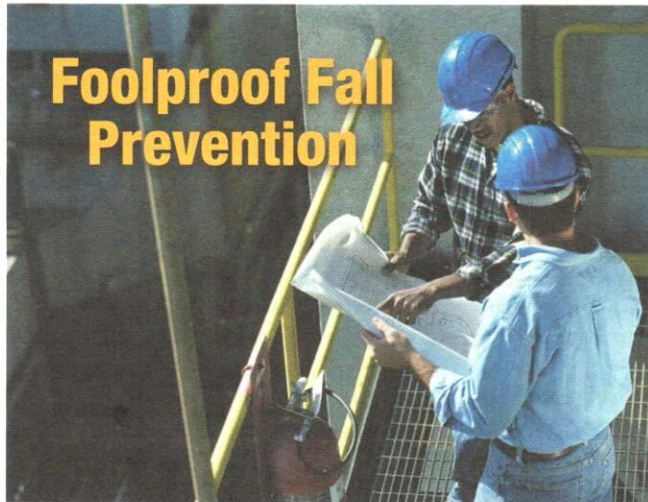


# TS TOP SAFETY™

Safety Around the Clock.

AUGUST 2014



## Foolproof Fall Prevention

**Slips and falls account for many injuries at the workplace and at home. Use these tips to prevent falls:**

**Clean** spills immediately, and mop or sweep up any debris.

**Wear** suitable footwear; slip-resistant soles are required for some working conditions.

**Adjust** your stride to the walking surface. For example, take short steps when walking on slippery surfaces to keep your center of balance.

**Wipe** wet feet when entering a building from outside.

**Use** throw rugs with a nonslip backing.

**Watch** where you are walking. Uneven walking surfaces, holes, stairways and wet areas can cause trips and falls.

**Use** a stepladder or step stool instead of a chair for hard-to-reach items.

**Set up** and use ladders properly.

**Keep** walkways and workspaces clear of clutter.

**Watch** for grease accumulation or spills on floors.

**Use** handrails when going up and down stairs or ramps.

**Don't** carry things that obstruct your view.

**Close** filing cabinet and desk drawers.

**Don't** place electrical cords in walkways.

**Cover** holes or divots in the floor with an approved method.

**Use** a nonslip rubber mat or self-stick strips on the tub or shower floor.

**Report** or replace broken or poor lighting in stairwells.

**Step** down backward; never jump down forward when getting off a truck bed or ladder.

**Fall Fact:** Did you know that as little as a 3/8-inch rise in a walkway can cause a person to stub his or her toe and result in a trip and fall? Pay attention while walking; don't text.



Children's Eye Health and Safety Month  
Back to School Month  
3-9 National Stop on Red Week

## Safety Corner

### Lightning Safety On the Job



**If you work outdoors, you know how rapidly a storm can roll in.** Hear thunder? Stop and seek shelter in an enclosed vehicle or a grounded building. Here are some other storm safety precautions from the National Weather Service:

1. Don't start a job that can't be stopped quickly if you see or hear a storm headed your way.
2. Stay away from anything tall or high, including large equipment, towers, trees and utility poles, and stay off rooftops, scaffolding and ladders during a storm. Also avoid mountain peaks, hills and bodies of water.
3. Don't touch materials or surfaces that can conduct electricity during a storm, such as metal scaffolding, metal equipment, utility lines, water and plumbing.
4. Leave area if explosives are nearby.
5. Know your company's lightning safety policy.



Reach your personal best with Smart Moves at [www.personalbest.com/extras/Aug14tools](http://www.personalbest.com/extras/Aug14tools).

## Teens at Risk

**If any teens in your life are working, talk to them about jobsite risks and what they can do to protect themselves. Here are some guidelines:**

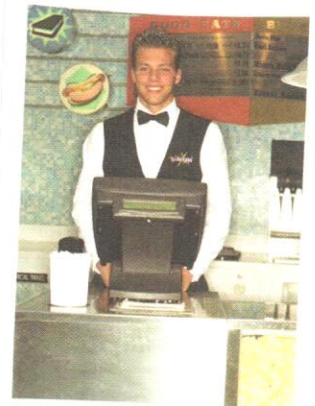
Understand the child labor laws, including age and hour requirements. Note: Each state has different rules regarding age, number of hours worked, etc. Visit [www.dol.gov/whd/state/state.htm](http://www.dol.gov/whd/state/state.htm) for more information.

Make sure your teen is not given prohibited job tasks such as operating heavy equipment or using power tools.

Ask about the type of safety training he or she received.

Ensure your teen wears protective equipment when required and that he or she checks the equipment for damage and wear.

Keep lines of communication open so your teen will tell you if he or she feels something isn't right.





## School Rules



As children head back to school, consider these guidelines and discuss them with your kids.

### Remind your child to:

- ✓ Pick up a backpack using safe lifting techniques and carry it using both shoulder straps.
- ✓ Walk on the sidewalk, if one is available. If not, walk facing the traffic.
- ✓ Stop and look in all directions to see if cars are coming before crossing the street.
- ✓ Never dart out in front of a parked car.
- ✓ Plan to go to the bus stop early and stand 6 feet away from the curb while waiting. If you need to cross the street in front of the bus, walk on the side of the road until you are at least 12 feet ahead of the bus. You always should be able to see the bus driver, and the bus driver always should be able to see you.
- ✓ Never talk to strangers. If a car approaches, run the opposite way.
- ✓ Use proper playground behavior – no pushing or shoving.

### Reminders for yourself:

- ✓ Encourage open communication. Remind your child that he or she can tell you anything, especially if they are being bullied. Be sure your child knows that bullying is never OK.
- ✓ Make sure your child memorizes your home or cell phone number, address and how to call 9-1-1 in emergencies.
- ✓ Teach your child when and how to ask for help.
- ✓ Supervise computer, tablet and smartphone use. **Best bet:** Keep the computer in a high-traffic area.
- ✓ Encourage kids to bring home only the books needed for homework or studying each night, and make sure they don't carry unnecessary items that add extra pounds to a backpack.



## Back to Safety



You can prevent back injury by following these guidelines:

**Exercise and strengthen your core muscles.** Strong core muscles can help reduce strain on your spine and prevent lower back pain.

**Use the proper lifting technique.** Bring the load close to your body (even if that means getting down on 1 knee). Lift gradually using your leg, abdominal and gluteus muscles, not your back. Don't hold an item higher than your armpit or lower than your knees. Avoid twisting your body. Instead, turn your entire body.

**Ask others for help.** When something is too heavy, get help or wait until you have help. You can also use a dolly or hand truck if you need to move it immediately.

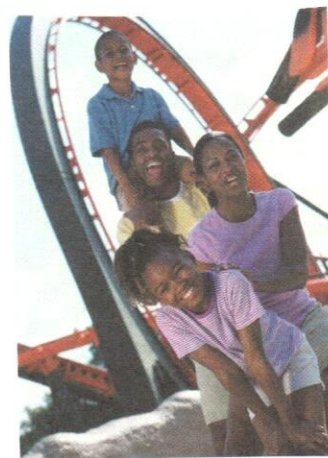
**Focus on the task.** Not surprisingly, many of us have heard others (or experienced it ourselves) say that they "just turned the wrong way" or "just reached for something." Pay attention to what you're doing and engage your core before reaching or stooping to lift anything.

**Stretch during computing time.** If you sit for long periods, get up and stretch every 20 minutes, choose a chair with good lumbar support and make sure your desk is ergonomically correct.

**Best bet:** Store heavier items on shelves at waist level so you won't have to bend and lift.

## Serious Amusement

Like millions of people, you may be heading out to an amusement park this summer. Follow these tips to stay safe on the rides:



- Obey age, height, weight and health restrictions listed at each ride.
- Keep hands, arms, legs and feet inside the ride at all times.
- Make sure seat belts, shoulder harnesses and lap bars are secure. Hold onto handrails, when provided.
- Don't attempt to loosen restraints or other safety devices.
- Remain seated until the ride comes to a complete stop.
- Listen to the ride operator's instructions.

*Finally, enjoy yourself - safely.*