

TS TOP SAFETY™

Safety Around the Clock.

DECEMBER 2014

End of Year QuikQuiz™

Think you have a handle on safety? Test your knowledge. Don't forget to check your answers on the back of this newsletter.

1. When the word _____ appears on pesticides, it means that they're the least harmful, but can still cause problems.

- a. Warning.
- b. Danger.
- c. Caution.
- d. Hazard.



2. _____ of all workplace eye injuries can be prevented by wearing eye protection and following safe practices.

- a. 50%.
- b. 90%.
- c. 75%.
- d. 65%.



3. Machine safeguards should prevent contact with dangerous moving parts and _____.

- a. Allow for safe maintenance and lubrication.
- b. Protect from falling objects.
- c. Not hinder the worker.
- d. All of the above.



4. OSHA designates _____ decibels and over as a hearing hazard.

- a. 85.
- b. 12.
- c. 100.
- d. 55.



5. To safely remove a small object (lint, dirt) from your eye, you should _____.

- a. Rub it out.
- b. Use water or a special fluid in a dropper positioned above the outer corner of the eye.
- c. Flush the eye with running tap water.
- d. Both **b** and **c**.



National Drunk and Drugged Driving Prevention Month

Safe Toys and Gifts Month

7-13 National Hand Washing Awareness Week

Safety Corner

Don't Let Frostbite Bite!



If you live in a cold region or plan on visiting one this winter, keep these tips in mind to avoid frostbite:

- Dress in layers of warm clothing that can wick moisture away from your body. Use wind- and waterproof outer layers to protect against wind and snow. **Tip:** Mittens keep hands warmer than gloves.
- Limit your time outdoors, especially in subzero weather or on days when the wind chill keeps the temperatures low.
- Wear a hat and make sure it covers your ears.
- Don't drink alcohol if you plan to be outdoors for a while. Alcohol causes your body to lose heat (and dehydrates you as well).
- Know the signs of frostbite – redness or pale, waxy skin, numbness and a painful prickly feeling.



Reach your personal best with Smart Moves at www.personalbest.com/extras/Dec14tools.

Keyboard Cautions

If you use a desktop or a laptop computer, you spend a lot of time keyboarding. Protect your hands and wrists with these steps:



Arrange your keyboard so that your elbows form 90-degree angles. Your forearms are parallel to the floor, and your wrists are in a neutral position. **Tip:** Float your arms above the keyboard and wrist rest when keying.

Position your mouse to be on the same level as, and as close as possible to, the keyboard.

Don't use excessive force when keying.

Clean your hands and keyboard often – especially in a shared facility. Researchers at an Australian university found that keyboards can harbor bacteria. **Tip:** Unplug your keyboard or laptop before cleaning it. Clean it with a cloth dampened with isopropyl alcohol or a disinfectant wipe.

Answers to End of Year QuikQuiz™

1. c. Caution. Warning means that the product is more poisonous than **Caution**-level pesticides. **Danger** means you should use the pesticide with extreme care because it can poison you or severely burn your skin and eyes. **Hazard** may or may not appear.

2. b. 90%. Every day more than 2,000 U.S. employees sustain job-related eye injuries. Prevent injury: Wear protective eye gear.

3. d. All of the above. Moving machine parts can cause severe injuries such as crushed fingers or hands, amputations, burns, blindness – even death. Never tamper with or remove machine safeguards.

4. a. 85. OSHA designates 85 decibels and over as a hearing hazard. However, hearing loss can occur in constant noise ranges slightly below that.

5. d. Both b and c. Flush with water or use a dropper. Seek medical attention immediately if a sharp object or chemical is in your eye.

How did you do?

4-5 – You know your safety stuff!

2-3 – Better brush up on safety knowledge.

0-1 – Try to be more careful and study safety guidelines.

Give the Gift of Safety

Nothing says **I care** more than a gift with safety in mind. Take a look at some of these thoughtful gifts.

Prepacked preparedness kit: This can include several items, such as a battery radio, flares, first aid kit, water, energy bars and flashlights.

Personalized whistle keychain: Give this to someone who often works late or runs solo.

Designer insulated bags: Perfect for the fashion diva who wants to keep groceries or a lunch cool to prevent foodborne illness.

Auto safety kit: A new driver (or even a seasoned one) will appreciate a kit full of emergency gear such as reflectors, jumper cables, salt, flares and a blanket. Buy a prepackaged one or create your own.

Rechargeable car flashlight: Convenient and charges in a car outlet.

Backup vehicle camera: Make life easier for a new driver or anyone who needs a little help backing up or parallel parking.

Drawer or door baby pinch guards: These are great stocking stuffers for new parents or grandparents. Prevent little ones from pinching fingers in drawers or doors.



Don't Fall For It

Do you work with or drive large trucks or heavy equipment?

Falls while getting into or out of these types of vehicles account for many injuries. To prevent injuries such as ankle sprains, cuts or even broken bones, keep these strategies in mind:

Maintain 3 points of contact while entering and exiting the vehicle – 2 hands and 1 foot or 2 feet and 1 hand – for maximum stability.

Use handrails and steps to enter and exit.

Wear shoes with non-slip bottoms for good traction.

Face the vehicle while exiting or entering it.

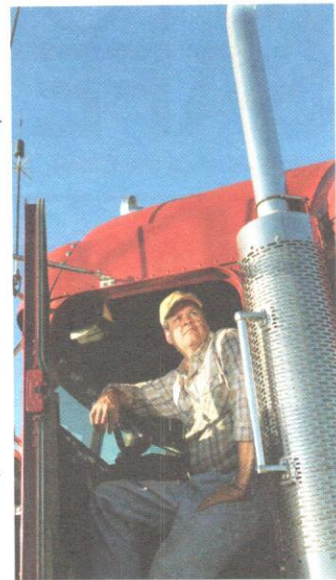
Don't use tires, wheel hubs or the fuel tank as a step surface.

Watch for obstacles on the steps or ground before exiting.

Check for ice, snow, mud or grease on steps or handrails.

Don't jump out of the cab; descend slowly while maintaining 3 points of contact.

Finally, enter and exit slowly. Being in a hurry is when accidents can occur.



Winter Driving Emergency Kit

Be prepared by keeping a winter driving emergency kit in your vehicle, especially if you live in or plan to visit a snowy region. Here's what you should keep in your vehicle:

- Blankets
- Boots, gloves, warm clothes
- Jumper cables
- Cell phone charger
- First aid kit
- Flashlight
- Ice scraper or snow brush
- Flares
- Tire chains
- Snacks or water
- Batteries

Tip: Keep your gas tank full or at least half full. Get a vehicle winter maintenance checkup for your battery, belts, hoses, radiator, lights, brakes, heater, defroster, fluids and wipers.

