

TS TOP SAFETY™

Safety Around the Clock.

JUNE 2014

QuikQuiz™ National Safety Month

Answer these true or false questions to test your safety knowledge: *True or false?*

1. To protect yourself from bloodborne pathogens wear protective gloves while cleaning up, and wash your hands with soap and hot water after you're finished cleaning up a blood spill (*even if you wore gloves*). **True False**
2. When creating computer passwords, use sequences or repeated characters such as 3b3b3b or 12345 to make them easy to remember. **True False**
3. Anyone can pick up a fire extinguisher to put out a fire. **True False**
4. The amount of time allowed for on-the-job exposure when your ears are unprotected decreases by half for each 5-decibel (dB) increase. **True False**
5. Plastic-covered handles on wire-cutting pliers can protect you from shock when cutting low-voltage live electrical wire. **True False**



Answers

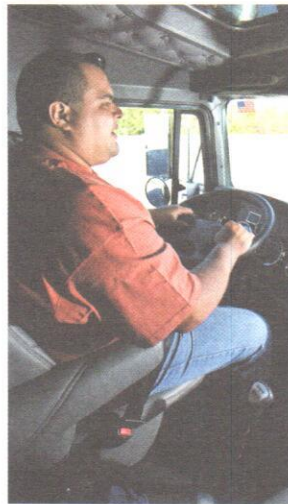
1. **True** – Wash your hands even if you wore gloves during cleanup. **Tip:** Pull off gloves inside out to keep contamination inside the gloves. Discard the gloves.
2. **False** – Using sequences for passwords can make it easy for identity thieves. Instead, create long and complex passwords with both letters and numbers. **Caution:** Don't use birthdates or children's names.
3. **False** – There are specific types for grease, electrical, wood and chemical fires. Only those trained to use the particular type of fire extinguisher should use it to attempt to put out a fire.
4. **True** – The time allowed for on-the-job exposure when your ears are unprotected decreases by half for each 5-decibel (dB) increase. For example, exposure is limited to 8 hours at 90 dB, but is cut in half to only 4 hours at 95 dB. Noise-induced hearing loss is 100% preventable, but once it happens, it's permanent and irreversible.
5. **False** – Always turn off electrical power before cutting with wire cutters. The plastic-covered handles are for comfort only.



National Fireworks Safety Month (through July 4)
National Home Safety Month
National Safety Month



Safety Corner — Fight Fatigue



Many accidents happen when someone is too tired to concentrate on the task at hand. Don't let it happen to you. Stay alert on the job with these tips:

Get 7 to 9 hours of sleep. Make sure you create an environment for optimal sleep – a dark room, relaxing bedtime ritual and no electronics before bed.

Take breaks. If you feel yourself dozing off, take a break for a snack or a 10-minute power nap.

Avoid caffeine after noon. Check ingredients – most energy drinks and bars contain caffeine.



Reach your personal best with Smart Moves at www.personalbest.com/extras/June14tools.

It All Stacks Up

Stacking materials at the workplace is often part of the job. However, there is a right and a wrong way to stack. Here are some helpful OSHA guidelines:

Check and adhere to posted safe load limits at work when stacking materials.

Keep aisles and walkways clear. Always allow sufficient clearance, especially near docks and doorways.

Stack lumber on a level, supported area and never pile lumber more than 16 feet high.

Place cylindrical materials such as pipes in designated racks or stack and block them on a firm, level surface to prevent them from rolling. **Tip:** Use either a pyramided or battened stack.

Secure materials stored in tiers by stacking, racking, blocking or interlocking them to prevent sliding. Bags and bundles should be stored in interlocking rows.

Stack drums, barrels and kegs symmetrically. If they are stored on their sides, block the bottom tiers to keep them from rolling or shifting.

Store materials that can't be stacked due to size, shape or fragility on shelves or in bins.



Walk the Talk

Walking is great exercise; however, take these precautions to stay safe:



Wear reflective gear and brightly colored clothing – even if you're walking during the day. Use a flashlight at night.

Walk on a sidewalk or in the grass facing traffic so you can easily see and react to oncoming traffic.

Cross the street at designated crosswalks.

Walk with a buddy if walking in an isolated area or at night. If you can't find a person, take a dog.

Media Mites

Kids and media seem to go hand in hand. But, how much media time is too much? Center on Media and Child Health (CMCH) experts say there are adverse effects when children spend too much time texting, using computers or watching television.

They offer this advice:

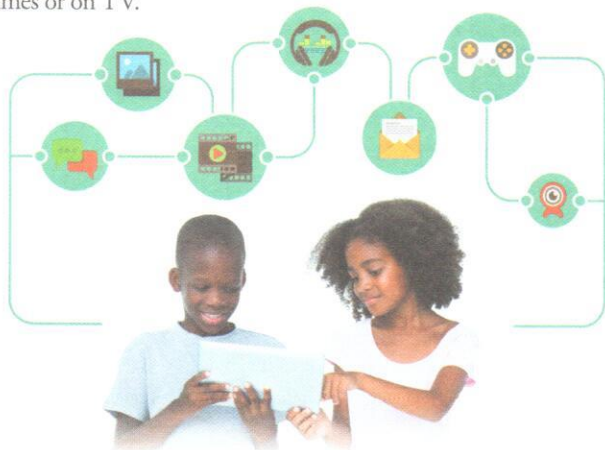
Limit the amount of time your children spend with media.

The American Academy of Pediatrics (AAP) recommends no screen media for children younger than 2, and 2 hours or less per day for children older than 2.

Content matters. Screen for and block offensive or harmful subjects.

Context matters. The CMCH says where, when, how, why and with whom children use media strongly influence whether media can enrich or harm them. The AAP recommends that parents “co-view” television and movies with children. Watching TV together can help reduce children’s fear, confusion and aggression. It also increases learning and discussion.

Teach kids to think critically when viewing media. Encourage them to ask questions such as these: Who created it? Why did they create it? To educate you? To sell you something? This also helps children avoid passively consuming media on the Web, in video games or on TV.



Prevent Jack ‘Attack’

Using jacks on your vehicle is simple enough if you read the instructions first.

Also keep these safety tips in mind:

- ➔ Position the jack properly and stop lifting if the load shifts.
- ➔ Recheck the jack before completing the lift.
- ➔ Use jack stands when you work underneath your vehicle. If you don't, you run the risk of serious injury or even death.
- ➔ Be sure that your gearshift is in **Park** (or in **First** if you have a manual transmission) and that the parking brake is on before you jack up the vehicle.
- ➔ Block the wheels to keep the vehicle wheels from rolling even if parked on level ground (always park on level ground if possible). Use bricks, wooden wedges or metal wheel chocks to block the wheels at the opposite end of the vehicle from the end that is being raised.
- ➔ Never change a tire on a freeway or highway. Instead, call a road service or an automobile association.



Did you know?

Fireworks packaged in brown paper are made for professionals and could pose a danger to consumers.

Best bet: Leave the fireworks to the professionals. Join the audience and enjoy the show at a safe distance.

Read the Instructions

Many accidents and injuries can be prevented by performing 1 simple task – following directions. Nothing is more dangerous than using equipment without reading the complete manual or instructions. And don't forget to ask about procedures or safety precautions if you need further explanation. When it comes to safety, no question is dumb.

