

# TS TOP SAFETY™

Safety Around the Clock.

OCTOBER 2014

## Be Sharp About Sharps

Sharps – any device or object used to puncture the skin – such as needles, need to be handled and disposed of with extreme caution.

**Never just throw sharps away; instead use 1 of these methods:**

Ask your health care provider, veterinarian, local hospital or pharmacist where and how you can obtain an FDA-approved sharps disposal container.

**OR:**

Call your local trash or public health department to find out about sharps disposal programs in your area.

**OR:**

Ask your provider, veterinarian, local hospital or pharmacist if they can dispose of your used needles and other sharps, or if they know of safe disposal programs near you.

**Note:** *If you work with sharps, follow company procedures about handling and disposal.*



### Use an FDA-cleared sharps disposal container, if possible.

If not, your sharps disposal container must be heavy-duty, leak-resistant and plastic with a tight-fitting, puncture-proof lid to prevent sharps from slipping out. Label it properly, and keep it upright and stable during use.



Cyber Security Awareness Month  
Crime Prevention Month  
Halloween Safety Month  
5-11 Fire Prevention Week  
7-11 Drive Safely to Work Week  
20-24 School Bus Safety Week

## Safety Corner Rollover Risks



**Did you know that passenger vans have a greater risk of rollover?**

According to the NHSTA, these vans can roll over more frequently than other vehicles due to 3 factors:

1. Inexperienced drivers.
2. Incorrectly loaded cargo and passengers that affect center of gravity.
3. Improperly sized or inflated tires.



**To stay safe, the NHSTA advises everyone to slow down.**

Most rollovers occur at high speeds. Observe and follow tire pressure and vehicle load limits. Inspect your tires monthly using an accurate tire pressure gauge. Buckle up and make sure all passengers use seat belts, too.

**More tips:** Don't overload your van. Buy a newer van with Electronic Stability Control. This technology helps drivers maintain control of their vehicle during extreme steering maneuvers even when the vehicle nears or exceeds the limits of road traction.



Reach your personal best with Smart Moves at [www.personalbest.com/extras/Oct14tools](http://www.personalbest.com/extras/Oct14tools).

## Social Media Precautions

**Cyber crimes are on the rise.** And no wonder – most of us are online at least part of the day. People who frequent social media sites are especially vulnerable. According to Symantec's 2013 Internet Security Threat report, approximately 10% of all social media users have received a cyber threat and more than 600,000 social media accounts are compromised daily. What can you do to protect yourself?

**Read** the site privacy policies and settings before you join social media sites.

**Don't** post your birth year, address, phone number or other personal information on social media sites, often targets of hackers.

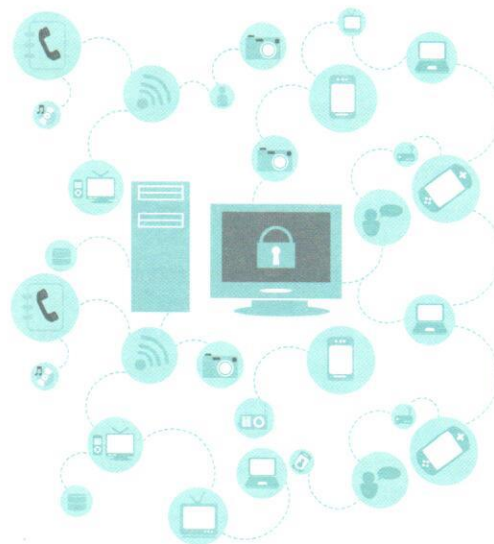
**Beware** of "like-jacking," when cybercriminals post false "like" buttons.

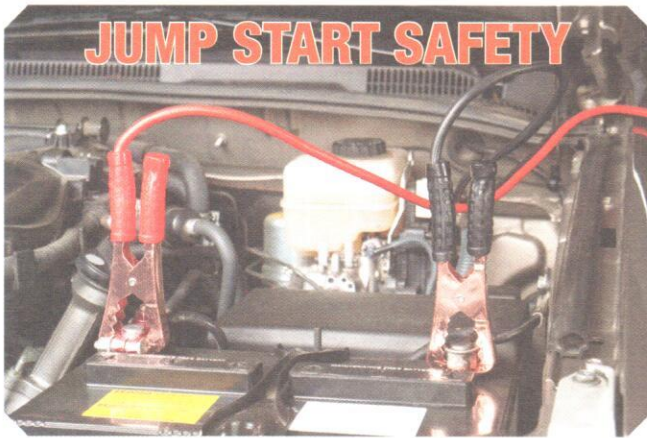
When you "like" the page, it could go to a web page that downloads malware. Make sure you "like" a page only after confirming with a friend or trusted source that they asked you.

**Think** twice before sharing your vacation plans and photos on social media. **Tip:** Wait until you get home to post information about your trip.

**Verify** sources before clicking on links in email messages. They could be false emails that appear to be sent from social media sites telling you your account is suspended or notifying you of a friend request.

Finally, if you are a victim of a social media crime, report it to your local police as soon as possible.





**Prevent Blindness America offers these safety suggestions when jump-starting, inspecting or testing your car battery:**

- Always protect your eyes with ANSI Z-87.1 splash-proof safety goggles when working on or near a battery.
- Check your battery at least once a month for cracks, corrosive material or loose wires.
- Don't work on a battery if you are near an open flame – watch for others who could light a match or smoke cigarettes.
- Use only jumper cables that are free of rust, damage and corrosion. Make sure you know how to properly use them before you jump-start a car.
- Never lean over a battery (there have been cases of battery explosions).
- Use a battery carrier when available and always handle with extreme care to prevent sulfuric acid spillage.
- Dispose of old batteries properly.



## Commuting Cautions

Staying safe on the roads takes focus, patience and proactive thinking. Follow this advice when commuting:

**Wear a seat belt.** It's required by law – and buckling up can save your life.

**Prevent distractions.** Driving requires your full attention. Turn off your cell phone, and avoid reading, applying makeup, eating or constantly adjusting your radio while driving.

**Stay calm in tense traffic situations.** Be patient and courteous; don't let other drivers make you lose your cool.

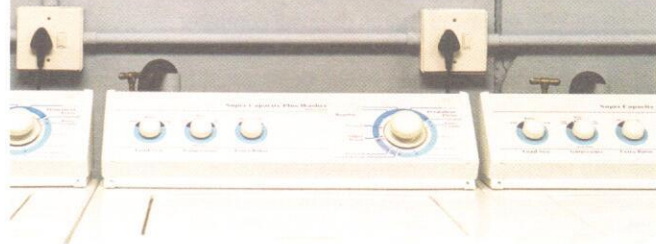
**Reduce your stress.** Allow plenty of time to get to your destination, plan your route beforehand and take breaks every 2 hours on long drives.

## Hazardous Lint?

Seemingly harmless dryer lint can wreak havoc on a home.

The National Fire Protection Association reports that an estimated 16,800 reported U.S. home structure fires involving clothes dryers or washing machines occurred in 2010 (latest data available) and that dryers accounted for 92% of the fires. The main reason? Failure to clean them (32%).

Take the time to clean the lint filter before or after each load of laundry and remove lint that has collected around the drum at least once a month. Also, turn off the dryer when you leave home or go to bed.



## 10 Ways to Prevent Crime

At work or at home, you can prevent crime by following these simple guidelines:

1. Lock your car after you exit it and as soon as you enter it.
2. Carry your keys in your hand so you can quickly unlock your vehicle door.
3. Let someone know if you plan to work after hours and approximately what time you plan to be home.
4. Get someone to walk you to your car if you work late.
5. Don't send personal information such as checking account and Social Security numbers via email.
6. Place personal belongings and valuables in a locked desk drawer or safe if leaving your worksite – even for a few minutes.
7. Don't carry large amounts of cash or credit cards. Carry a little cash and only 1 charge or debit card instead.
8. Never place your credit or debit card on the counter when shopping. Put it away as soon as you have run it through the card reader.
9. Store bikes, equipment and tools inside a locked shed or garage, not on your lawn.
10. Lock your doors and put lights on a timer if you are on vacation. Ask a neighbor to pick up your mail and newspapers.

