

TS TOP SAFETY™

Safety Around the Clock.

SEPTEMBER 2014

Up the Ladder

According to OSHA, there are more than 24,500 injuries annually due to falls on stairways and ladders used in construction. Use this guide to make sure you climb safely:

Inspect ladders before use for damage, dirt, grease or anything that could cause a slip or fall.

Tag damaged or defective ladders for repair or replacement and do not use them.

Choose a ladder that is long enough to safely reach the work area. Always reposition ladders to your work; don't overextend.

Use the correct ladder for the task – don't use ladders with metallic components near electrical work and overhead power lines.

Know the maximum intended load and never go beyond the manufacturer's rated capacity. **Note:** Be sure the load rating can support the weight of the user, including materials and tools.

Place the ladder on a flat, level surface. Don't use an unstable base (box, blocks) to make it reach higher.

Keep the ladder away from the front of an entryway or door.

Set up straight, single or extension ladders at a 75-degree angle. (The proper distance from the wall for placing the foot of the ladder is one-fourth of the ladder's height to its top support point.)

Maintain 3 points of contact with the ladder (2 feet/1 hand or 2 hands/1 foot should be in contact with ladder at all times).

Face the ladder when climbing up and down.

Read the warning stickers for the ladder's highest standing levels. Never stand on the 2 top rungs of a straight or extension ladder. Never stand on a stepladder's top step or bucket shelf.

Don't leave tools or supplies on top of a ladder.

NEW! Download the NIOSH Ladder Safety app: This free app uses visual and audio signals to make it easier for workers using extension ladders to check the angle of the ladder's position. It also has tips for safe extension ladder use. The app is available for iPhone and Android devices. Download the Ladder Safety app at www.cdc.gov/niosh/topics/falls/.



Baby Safety Month
National Home and Sports Eye Safety Month
National Preparedness Month
National Food Safety Education Month
14-20 National Child Passenger Safety Week
21-27 National Farm Safety and Health Week

Safety Corner Carjack Caution



Avoid being a victim of a carjacking. Lock all doors when you get in your car and keep windows up.

Note: Most carjackings take place in parking lots and when vehicles are stopped at intersections. Criminals sometimes approach at a 45-degree angle (which is generally a blind spot). Be aware of your surroundings in a parking lot and have your keys out and ready to go.



Reach your personal best with Smart Moves at www.personalbest.com/extras/Sept14tools.

Toxic Waste 101

Any waste produced in the home or at work that is flammable, corrosive or reactive is considered toxic or household hazardous waste. Common examples include paint, some cleaning products, pesticides, batteries, acids and chemicals.

How should you handle toxic waste safely?

Use alternative products. Choose a "safer," nontoxic product. For example, use vinegar and water to clean windows and mirrors.

Read labels. Follow instructions for safe use, ventilation, storage and disposal.

Follow directions. Don't use more of a product than the directions say to use. Follow workplace rules and check labels or Safety Data Sheets (SDS) if you have any questions.

Recycle whenever possible. Give leftover hazardous products to someone who can use them. Did you know? Batteries can also be recycled. Check out www.call2recycle.org.

Dispose of properly. Check your community websites to see where you can safely dispose of used motor oil, batteries, paint, antifreeze or other chemicals. Label toxic substances with "Caution, Warning, Danger, Poison, Toxic, Flammable or Corrosive." At work, follow safe disposal instructions on SDS.





Q & A

Fall Harvest Hazards

There's no doubt that vegetables and fruit are good for you, but there are some questions when it comes to storing and preparing them safely.

For example, is it harmful to eat overripe produce? Do you always have to wash them? If so, what do you wash them with? Here are some answers to these questions and more:

Q: Is there any harm in eating overripe vegetables or fruit?

A: If it's ripe, but not bruised, it's OK to eat – to a point. If you see mold on the surface, toss it. Also, bacteria can build up quickly on damaged or bruised vegetables and fruits. Remove the bruised section before eating.

Q: Do you have to wash fruits and vegetables?

A: Yes, wash them even if you plan on peeling them. Wash your hands before and after handling produce. Exception: You don't need to clean bagged produce (mixed greens or fresh spinach) labeled prewashed or triple washed.

Q: What should I wash them with?

A: Plain water is fine. Use a clean produce brush to scrub firm produce, such as melons and cucumbers.

Q: How can I avoid cross-contamination?

A: Separate fruits and vegetables that will be eaten raw from other foods such as raw meat, poultry or seafood to avoid cross-contamination. Wash cutting boards, dishes, utensils and countertops with soap and hot water after preparing raw meat, poultry and seafood.

Q: How do I store fruits and vegetables?

A: Store perishable fruits and vegetables at temperatures of 40°F or below. **Note:** Refrigerate all produce that is purchased pre-cut or peeled.

Safe Sleeping for Baby

It's a nightmare that no parent wants to face.

Sudden Infant Death Syndrome or SIDS, the sudden death of a child under 1 year old from unknown causes, is the leading cause of death for infants between 1 month and 12 months of age, according to the American Academy of Pediatrics (AAP).



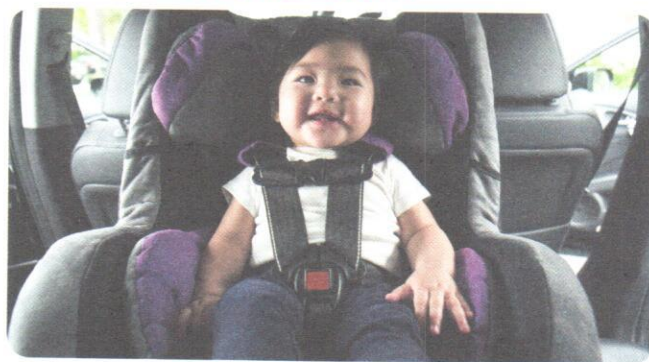
To reduce the risk of SIDS, follow this advice:

- Check to make sure your baby's crib is safe. **Note:** Using borrowed or used cribs could be unsafe. The Consumer Product Safety Commission (CPSC) offers crib safety information at www.cpsc.gov/PageFiles/129289/202.pdf.
- Place your baby on his or her back, not on his or her stomach or side, says the AAP.
- Make sure your baby sleeps on a firm surface.
- Do not place soft materials such as pillows, bumper pads, comforters, sheepskins or stuffed animals in bed with your baby. CPSC warns parents and child-care providers to not use sleep positioners.
- Never smoke or let anyone smoke near your baby.
- Keep the room temperature comfortable – not too warm, and don't over-bundle your baby.
- Keep your baby healthy by breastfeeding if you can and by keeping current on all immunizations.

Final note: Inform anyone caring for your baby about the safe sleep practices above. According to the AAP, approximately 1 in 5 SIDS deaths occur while an infant is in the care of someone other than a parent.

New Car Seat Label

At the beginning of 2014, new car seat weight limits labels went into effect nationwide.



These labels alert parents and caregivers that LATCH anchors have a maximum combined weight of the child and car seat of 65 pounds. The revised labeling requirements make it clearer that a child's weight determines how long LATCH anchors can be used. Get your car seat checked before using it, and don't buy used car seats. Visit SafeKids.org for details at <http://cert.safekids.org/get-car-seat-checked>.