

AUGUST 2010

# San Benito County Safety & Health Newsletter



## Announcements

Nationwide will be here on 8-20-10  
Call HR for appt.

Hartford will be here on 8/26/10 for appt call  
888-593-0259

DSR Quarterly Mtg. 8-27-10  
Call Dina for details

## Individual Highlights:

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## Backing up vehicles: How to keep workers safe

Whether it's a forklift, delivery truck or a county vehicle, when workers are operating or near vehicles that are in reverse, safety is at risk.

So how can you keep your folks from getting hurt? Have them answer **True** or **False** to the following questions to test their knowledge.

1. You only need a spotter if you're backing up a vehicle more than a few feet.
2. If you aren't using a spotter while reversing, it's best to turn around and look out your rear window while backing up.
3. When you're near a vehicle that's backing up, you should focus on staying out of the vehicle's blind spots while it's moving.
4. The best way to make sure the driver knows you're there is to bang on the side of the vehicle.

### Answers

1. **FALSE.** The distance you're backing up has nothing to do with using a spotter. You should use a spotter whenever possible especially if other people are working nearby, and you're in high traffic areas.
2. **FALSE.** If you aren't using a spotter, you should get out of the vehicle and walk around it to look for any objects or people that are nearby. It's the only way to ensure you don't get into an accident.
3. **TRUE.** Staying out of the vehicle's blind spots is a surefire way to help the driver avoid hitting you. Other recommendations: Don't stand in high-traffic areas, and avoid walking on or near vehicle access ramps.
4. **FALSE.** The best way to let the driver know where you are is to make eye contact. You should also make eye contact with the driver before approaching the vehicle or changing your position.

# Worker Habits that Annoy Safety Pros the Most

This is a survey that was put out by Fred Hosier of Safety News Alert on “safety” as the No. 6 most annoying thing in the workplace. So, it was asked...what is most annoying about workers when it comes to safety. Here are the answers:

One of the most common complaints was workers who say things like, “I’ve been doing that this way for 20 years and have never gotten hurt.”

When it comes to one specific worker action that is annoying, “wearing safety glasses/goggles on top of their heads” was mentioned the most.

Some other annoying worker practices when it comes to safety:

- Supervisors who walk right by obvious safety violations.
- “Safety is the safety manager’s job, not mine.”
- Employees who say they don’t have time for safety.
- Safety costs too much.
- Managers who require workers to attend safety meetings and then don’t show up themselves.
- Workers who prefer not to know about safety rules and then say they were out of the loop.
- Not reporting injuries. “It happened a month ago, but I thought it would quit hurting, so I didn’t tell anyone.”
- “I’m the engineer. I get the thing to run. You’re the safety person. You figure out how to do it safely.”
- Upper management that won’t get serious about safety.
- Blocking exits, aisles, fire extinguishers, eyewash stations, etc.

After reading all of those (and probably recognizing many, if not all of them), are you really annoyed?

We don’t want you to spend the rest of the day that way. So, we’ll note that a number of you seemed to have a good sense of humor while writing about these annoyances. And while safety is, of course, very serious business, it can help you get through the day to have a sense of humor about it.

Here are some worker annoyances from safety pros that show that they’re not about to let the few employees who ignore safety get them down:

- “Safety, safety, safety. All we ever talk about is safety, and we don’t even have any accidents around here.” (Well, must be working, right?)
- “We never had all this safety stuff before,” from the guy missing part of his thumb because it was ripped off in a drill press.
- Right out of the childhood playbook: “They’re not doing it, so why should I?”
- “That wouldn’t be in the aisle for someone to trip over if we all didn’t have so much work to do”.

# Eat More! FRUIT & VEGETABLE

Less than 15 percent of Americans consume the recommended daily minimum of fruits and vegetables. What gets in the way? It's often busy schedules and the lure of junk food. Take it meal by meal:

## **BREAKFAST**

**Mix** chopped spinach, mushrooms, peppers or onions into your omelet.

**Top** waffles or cereal with sliced peaches or berries. Add applesauce or shredded carrots to homemade muffins.

**Make** a quick smoothie...blend frozen fruit with juice, milk or yogurt.

**Enjoy** toast with peanut butter and sliced banana.

## **LUNCH**

**Add** grilled mushrooms, baby greens or sprouts to your sandwich.

**Savor** pureed vegetable soup made from winter squash or carrots, or buy tomato soup and mix in cooked veggies.

**Pack** some guacamole, pureed red pepper dip or hummus along with pita bread.

## **DINNER**

**Garnish** dishes with cucumber or melon slices, tangerine sections, salsa or chutney.

**Roast** cauliflower, sweet potatoes and broccoli to bring out their flavor.

**Toss** spinach, celery, mushrooms or zucchini into casseroles or pasta sauce. Moisten meatloaf or hamburgers with pureed vegetables.

**Add** flavor to vegetables with caramelized onion, fresh herbs, toasted sesame seeds, flavored vinegars, lemon juice, orange glaze or low-fat salad dressing.

**Bake** apples or grill fruit kebabs for dessert.

# Straight Talk on Posture

If you sit or stand often, and most of us do, perfecting your posture is important. Try these techniques for better posture:

## **WHEN SITTING**

Sit up straight with your back against the back of your chair and your feet flat on the floor. Your knees should be level with or slightly higher than your hips.

If using a computer, set it up so you don't need to bend your neck or twist your body.

## **WHEN STANDING**

Stand tall with your head up and shoulders back.

If you need to bend down (to lift something, for example), bend your knees, not your back.

## **WHEN LYING DOWN OR SLEEPING**

Position your pillow under your head (not shoulders) so that your neck remains straight.

Maintain the lumbar curve in your lower back. Lie on your back with a pillow (or rolled towel) under your knees, or sleep on your side with your knees bent.

Get up out of the bed by rolling onto your side, bringing your knees up and swinging your legs over the edge of the bed. Push yourself up with your hands.

## **ANYTIME**

Move and stretch periodically. Keeping your "core" (back and belly muscles) strong is one of the best steps you can take to support good posture.

# Reporting of Work Related Injuries, Hazards and Near Misses

Employees are responsible for immediately reporting all work-related injuries, illnesses, and accidents (including near misses) to their supervisor. Reporting the incident will be accomplished via distribution of the Trindel Incident/Hazard Report Form (seen below).

**INTERNAL USE *ONLY!***

## SAN BENITO COUNTY INCIDENT/HAZARD REPORT

<b>SECTION A</b>	<input type="checkbox"/> <b>INJURY INCIDENT</b>	<input type="checkbox"/> <b>INCIDENT/NEAR MISS</b>	<input type="checkbox"/> <b>HAZARD</b>
DATE & TIME OF INCIDENT:	LOCATION:	DATE REPORTED:	
REPORTED TO:	REPORTED BY: (Optional)	DEPARTMENT:	
<b>SECTION B</b>	<b>DESCRIPTION OF INCIDENT – INJURY, INCIDENT/NEAR MISS, HAZARD</b>		
<b>SECTION C</b>	<b>CAUSES</b>		
<b>SECTION D</b>	<b>SUGGESTED CORRECTIONS</b>		
INVESTIGATED BY:	TITLE:	DATE:	
<b>SECTION E</b>	<b>CORRECTIVE ACTION</b>		<b>DATE</b>
<u>Department Safety Representative Signature:</u>		<u>Department Head Signature:</u>	
Date:		Date:	

White Copy ► Department Head

Yellow Copy ► Risk Management

Pink Copy ► Safety Committee

## What's Wrong With This Picture?????



I hope you all are enjoying this safety newsletter.  
If you have any safety stories/information or suggestions you would like  
posted, please send me an email.

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