

San Benito County



Distraction Dangers

TopSafety



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*** PLEASE SAVE THE DATE ***

June 4, 2009

New Hire Orientation – 9am to 1:30pm

June 17, 2009

Gene of Trindel will be conducting our annual LPS evaluation

June 21, 2009

Happy Father's Day

Distractions lead to accidents. Accidents lead to injury. Keep your head in the game and don't get sidetracked by the following distractions:

THE TIME FACTOR: In a hurry? Slow down. No deadline is so important that you need to take shortcuts with safety. If you feel pressure to get too much done in too little time, talk to your supervisor about time management techniques.

CONVERSATION OVERLOAD: Talking can make the work seem to go faster, but when it comes to concentration, too much conversation can lead to problems. Save the talking for a break. If a co-worker talks incessantly, stop and politely tell him or her that you need to concentrate on the task at hand. If the person continues to talk, see your supervisor about resolving the situation.

HOME LIFE: Problems with relationships and finances are just two things that can keep you from concentrating on your job. Any issue that affects attentiveness (not to mention sleep) is a problem that you need to deal with now. Contact your employee assistance program for help.

CELL PHONES: Cell phones are one of the biggest culprits of inattention. If you're driving or working put it away. If you need to make a call or text a message, stop what you're doing, make the call and then turn off the phone.

WHAT YOU NEED TO KNOW:

Workplace hazard assessments are not just required by OSHA they are also the key to keeping people safe!

The 3 Keys Are:

- Identifying the hazard and communicating it to workers
- Eliminating the hazard, and/or
- Training workers how to effectively avoid the hazard when it cannot be eliminated or abated.

Desks and Workstations Have Safety Hazards, too

Safety Bulletin 3/2009



Left unchecked, people who sit at desks, workstations and cubicles can create plenty of safety hazards for themselves and for those who sit near them.

Test your knowledge of office hazards by answering TRUE or FALSE to the following statements.

1. Though it may be unsightly, desktop clutter such as old papers, boxes and the like really isn't a workplace safety hazard.
2. Extension cords are OK to use at cubicles as long as the cords are carefully routed along the bottom edge of the cubicle.
3. A small floor mat thrown over a carpet tear is an acceptable short-term fix.
4. Open drawers are a safety hazard because people can walk into them or trip over them.

ANSWERS

1. **FALSE.** Stacks of old paper and boxes that sit around collecting dust are safety problems because they present a fire hazards. Too much clutter can also make it difficult to get out of a building quickly in an emergency.
2. **FALSE.** Workers in an office setting should avoid using extension cords except for short periods. Electrical devices should always be plugged directly into outlets.
3. **TRUE.** It's better to cover a carpet tear with a small floor mat rather than leaving it exposed and doing nothing at all.
4. **TRUE.** Open drawers on desks or file cabinets are the bane of office safety. Fact is, most office workers take this risk way too lightly! Open drawers can make file cabinets unstable, leading to a tip over. People can also trip on open drawers, smash a shin, or at a minimum, rip a pair of slacks.

Too Close For Comfort

Watch Out! That was close.... Next time you might not be so lucky. Near misses defined as incidents where an injury, property damage or a fatality may have easily occurred but didn't should always be reported, even if nothing happened. Think of a near miss as an opportunity to solve a problem before it becomes a bigger problem. Please use the Trindel Incident form as a way to document a near miss. Explain the circumstances: What caused the near miss? For example: Was poor lighting a factor? Horseplay? Human Error? What was the chain of events that led up to the near miss? If you have any questions on this topic, please give me a call at 636-4000.

Love Those Legumes

TopHealth

DIETER'S TIP:

Legumes may be helpful if you're trying to lose weight. They help stabilize blood sugar levels and keep you feeling fuller longer.



You may have a "super food" in your kitchen cabinet and not even know it: Meet the mighty legumes, a vegetable group that includes beans, peas, lentils and soy-based foods. Legumes are a well balanced nutrition source, rich in vitamins, mineral, protein and fiber. Moreover, a diet that includes beans has been shown to lower the risk of heart disease and certain cancers. So how can you get more of these mini marvels into your diet?

- Munch on soy nuts, a crunchy snack food
- Add beans to soups or pasta sauces
- Make chili or eat beans and rice
- Top your salad with garbanzo or kidney beans
- Try soy products such as soy milk, tofu or tempeh.
- Make hummus or bean dip and serve with pita bread and fresh-cut veggies.

If you're not accustomed to legumes in your diet, add them slowly to give your digestive tract time to adjust to the extra fiber. And if you're being careful about your sodium intake, cook dried beans or drain and rinse canned beans before eating them.

Curb Your Appetite

Appetite control is not just a matter of willpower the hunger sensation can be triggered by physical and mental factors. To tame cravings and avoid overeating:

- Eat a balanced breakfast with protein, healthy fats and whole grains to avoid overeating later. Avoid overly sweet cereals or breakfast pastries.
- Savor your food it takes about 20 minutes for your brain to receive the "full" signal. Enjoy each bite by using spices and other strong flavors in your cooking.
- Eat smaller meals spaced throughout the day.
- Eat only when hungry not when stressed, bored or tired. Conquer these feelings with other strategies such as taking a break or using relaxation techniques.
- Allow 20 to 30 minutes for cravings to pass. Distract yourself by keeping busy take a walk or talk to a friend.
- Get enough sleep hormones released during slumber control appetite.
- Ask your health care provider if medication could be causing you to overeat.
- Allow an occasional splurge in the long run it's unlikely to get you off track.
- Eat filling high-fiber and water-containing foods such as fruits, vegetables, beans whole grains and soups. Get enough lean protein too.

How Hard Hats Protect You

Hard hats protect you by providing the following features:

- A rigid shell that resists and deflects blows to the head.
- A suspension system inside the hat that acts as a shock absorber.
- Some hats serve as an insulator against electrical shocks.
- Shields your scalp, face, neck, and shoulders against splashes, spills, and drips.

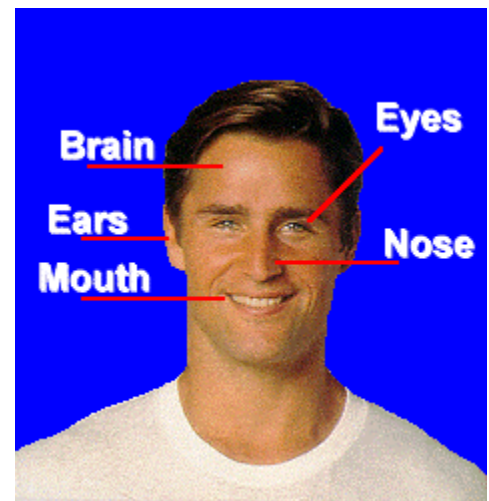


Some hard hats can be modified so you can add face shields, goggles, hoods, or hearing protection to them.

Why Head Protection is Important

Your head is a very delicate part of your body. In and around your head are:

- Your eyes, with which you see.
- Your ears, with which you hear
- Your nose, with which you smell
- Your mouth, with which you eat and speak
- Your brain, with which you think.



Injuries to the head are very serious so use your Head and wear your hard hat. It might just save your life today...

Head Protection

OSHA

When do my employees need head protection?

You must provide head protection for your employees if:

- Objects might fall from above and strike them on the head;
- They might bump their heads against fixed objects, such as exposed pipes or beams; or
- They work near exposed electrical conductors.

In general, protective helmets, or hard hats, should

- Resist penetration by objects,
- Absorb the shock of a blow,
- Be water resistant and slow burning, and

Figure 2. Hard Hat



Come with instructions explaining proper adjustment and replacement of the suspension and headband.

Hard hats require a hard outer shell and a shock-absorbing lining. The lining should incorporate a head band and straps that suspend the shell from 1 to 1 1/4 inches (2.54 cm to 3.18 cm) away from the user's head. This design provides shock absorption during impact and ventilation during wear.

As with devices designed to protect eyes, the design, construction, testing, and use of protective helmets must meet standards established by ANSI. Protective helmets purchased after July 5, 1994, must comply with ANSI Z89.1-1986,(7) whereas, those purchased before this date must meet the ANSI Z89.1-1969 standard.

What types of head protection are available?

Hard hats are divided into three industrial classes:

Class A. These helmets are for general service. They provide good impact protection but limited voltage protection. They are used mainly in mining, building construction, shipbuilding, lumbering, and manufacturing.

Class B. Choose Class B helmets if your employees are engaged in electrical work. They protect against falling objects and high-voltage shock and burns.

Class C. Designed for comfort, these light-weight helmets offer limited protection. They protect workers from bumping against fixed objects but do not protect against falling objects or electric shock.

Look at the inside of any protective helmet you are considering for your employees, and you should see a label showing the manufacturer's name, the ANSI standard it meets, and its class. Figure 2 shows the basic design of hard hats.

Train your employees in the proper use and maintenance of hard hats including daily inspection of them. If your employees identify any of the following defects, remove the hard hats from service:

The suspension system shows signs of deterioration such as:

- Cracking
- Tearing
- Fraying

The suspension system no longer holds the shell from 1 inch to 1 1/4 inches (2.54cm - 3.18cm) away from the employee's head. The brim or shell is cracked, perforated, or deformed. The brim or shell shows signs of exposure to heat, chemicals, ultraviolet light, or other radiation. Such signs include:

- Loss of surface gloss
- Chalking
- Flaking (a sign of advanced deterioration)


**Checklist D:
Use and Care of Head Protection**

Train your employees to know...

- Why head protection is necessary—i.e., the workplace hazards threatening their heads
- How the head protection will protect them
- The limitations of the head protection
- When they must wear the head protection
- How to wear the protective head gear properly
- How to adjust straps and other parts for a comfortable and effective fit

How to identify signs of wear, such as

- Cracked, torn, frayed, or otherwise deteriorated suspension systems
- Deformed, cracked, or perforated brims or shells
- Flaking, chalking, or loss of surface gloss
- How to clean and disinfect the hard hats you provide for them.



Stress Relief Tips

www.wellsphere.com

Stress is a fact of life, but being stressed out is not. We don't always have control over what happens to us, says Allen Elkin, Ph.D., director of the Stress Management Counseling Center in New York City, and yet, that doesn't mean we have to react to a difficult, challenging situation by becoming frazzled or feeling overwhelmed or distraught. Being overly anxious is not just a mental hazard; it's a physical one too. The more stressed out we are the more vulnerable we are to colds, flu, and a host of chronic or life-threatening illnesses. And the less open we are to the beauty and pleasure of life.

BREATHE EASILY

Breathing from your diaphragm oxygenates your blood, which helps you relax almost instantly.

JUST SAY NO

Trying to do everything is a one-way ticket to serious stress. Be clear about your limits, and stop trying to please everyone all the time.

AVOID THE TV

When home in the evenings, don't spend the whole evening in front of the TV. Take up an old hobby, or start a new one.

BE REALISTIC IN YOUR EXPECTATIONS OF OTHERS

Everyone doesn't behave just like you. Confront your conflict, state your needs, and work to a compromise.

CHANGE IT OR ACCEPT IT

You can either change the source of stress (avoid or alter the stress) or change your reaction to it (accept or adapt).

DON'T TRY TO CHANGE OTHERS

It causes stress and withdrawal, and damages relationships. Instead, ask what you can change about yourself to make things better.

EXAMINE YOUR EXPECTATIONS OF YOURSELF

Be honest with what you can do, learn to say no to unrealistic demands, and don't try to be what you are not.

EXPRESS YOURSELF

Don't hold your feelings and thoughts within you, express them to those around you, to friends and family.

GET ENOUGH SLEEP

Don't let your upset keep you up late. You need a good night's sleep to cope with the next day.

GET RID OF THE NEGATIVE

Limit or eliminate your contact with those around you who are consistently negative.

MAINTAIN GOOD POSTURE

Sitting or standing all day can give you pain in your back and neck if you don't have good posture.

MANAGE YOUR TIME

If you plan ahead, you will be able to anticipate problems before they arise, which lets you stay calm and focused on being productive.

RESIGN YOURSELF

If you cannot change it, then accept it. Look for ways to see the good in the situation, and work around it. Seek counseling if you need it.

SCHEDULE TIME FOR THE UNEXPECTED

If you have time in your schedule allocated, the unexpected will be less stressful.

SWITCH TASKS

If the current task is stressing you out, switch tasks. It will give you a better perspective when you return to the original task.

TAKE A WALK BEFORE BEDTIME

A gentle evening stroll around the block can help you unwind and get ready for bed.



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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