



Over the Edge

A quarterly publication for injury and illness prevention

Winter 2015

SAFE DRIVING TIPS

Inclement weather can make driving tricky even for seasoned veteran. Snow, rain, ice, and fog all increase the likelihood of getting into a car accident. Try to keep these five tips in mind when planning to get on the road during the winter months:

- Slow Down- Try driving slower and avoid abrupt acceleration, braking and unnecessary lane changes. These types of maneuvers can cause you to lose control or cause other drivers to lose control if they are caught off guard.
- Don't Tailgate- Following too closely often leads to accidents. Try to keep a distance between you and the driver in front of you. It is important to remember that it takes a much longer distance to stop your vehicle on a wet road with snow, rain, or ice due to reduced traction.
- Headlights- Older headlights start to oxidize and cloud up. This restricts the amount of light illuminating the road ahead of you which can be dangerous on a foggy day or while driving at night. Headlight restoration kits are relatively easy to use and an inexpensive way to restore your headlights.
- Inspect Windshield Wiper Blades- Look for any cracks or detachments of the frame. Flex the rubber squeegee back and forth to see if it is flexible. Tug to ensure the wiper blade is securely installed to the wiper arm.
- Emergency Road Kits can be equipped with the basic essentials in the event of an emergency. Emergency road kits can be purchased or you can put one together and customize it to your own needs. emergency road kit:

- First aid kit
- Extra cell phone battery
- Reflective warning triangles
- Jumper cables
- Flash light
- Tools like a screw driver or a pocket knife
- Duct tape
- Extra medication if you have a personal health issue



What would you include in your emergency road kit?

EYE INJURY PREVENTION

The Center for Disease Control (CDC) reports that each day 2,000 US workers have a job-related eye injury that requires medical treatment. The majority of these injuries are a result in from small particles and debris such as metal slivers, dust, and wood chips. Chemical burns from cleaning products another likely cause of eye injures with chemical burns to the eye and cornea.

Engineering controls should be used to reduce eye injuries and to protect against trauma and infection exposures. Personal protective equipment such as safety glasses, goggles, and face shields must be used when an eye hazard exists. There are many different types of eye protection on the market. A hazard assessment should be conducted for each job and project before choosing specific eye wear protection. The eye protection should be suitable for the hazard, circumstances of exposure, and not impede vision. Eye protection should also fit correctly, provide ample coverage, and be comfortable and adjustable.

According to OSHA regulations a plumbed eye wash station must be within 15 seconds of unimpeded travel from areas where the eyes or body of any person may be exposed to injurious corrosive materials. It is not enough to just have eye protection on hand an operating eye wash station must be in place. Eye wash station reminders:

- Do not use the eyewash basin to collect trash or store miscellaneous items.
- Inspect and test the unit monthly.
- Flush to keep the lines clean and free from debris.
- Keep the area in front of the eyewash station free of any obstructions.

Remember to inspect your eyewash station monthly and sign off on the inspection tag as documentation. During the inspection you should turn on the eye wash to flush the water and pipes. This will also allow you to observe the water pressure, color, and temperature.

***SAFETY IS A TEAM EFFORT. Make safe work a part of everything you do.
CREATE A CULTURE OF SAFETY!***



EXTENSION CORD SAFETY ----- TAKE NO CHANCES!

We often use extension cords to power all the equipment – including computers, printers, scanners – plus all those chargers - but we sometimes overlook the hazards that using extension cords present.



Did you know that there are about 4000 injuries and 3300 fires associated with extension cord use every year?

Extension cords are very useful devices, but they can present a fire or shock hazard when either worn out or used improperly.

- Extension cords come in either two or three-wire types.
- Two-wire extension cords should only be used to operate one or two small appliances and no more than 3 standard strands of lights.
- Three-wire cords are used for outdoor applications and electric power tools.
- Extension cords must be treated with care and checked regularly for damage or deterioration.
- The cord itself should *never* be *pulled* to disconnect it from an electrical source; remove it by the plug.
- Extension cords should not be placed under rugs or furniture and should never be strung through doorways, windows, walls, ceilings, or floors.



- Damaged cords present a potential fire or shock hazard and

should be destroyed and replaced immediately. Don't try to fix it with tape!

- An extension cord should never be used as a substitute for permanent wiring.
- Do not fasten to a building or structure, even though staples are sold for this purpose at hardware stores.
- Avoid plugging two cords together to make a longer one. Extension cords which are either connected together, or are too long will reduce operating voltage and may cause appliance damage.
- Use good housekeeping practices to keep extension cords from being a tripping hazards or becoming damaged.
- Inspect them regularly for wear. Replace defective units.



Prevent potential electrical hazards that may lead to an injury!

PRACTICE SAFE LIFTING



There are hundreds of back and neck injuries each year due to improper lifting. It is easy to forget about *safe lifting* but your back will thank you when you do remember. Above all, remember that while moving a box without using safety precautions may save you a few minutes -- it may also result in endless pain and lots of lost money on unneeded medical bills. To avoid injuring your lower back, follow these guidelines for lifting:

- Lift with your legs and not your back by squatting and bending your knees. Rise slowly. Try to avoid situations in which you must bend forward at the waist.
- Keep your upper back straight while maintaining a slight arch in your lower back.
- Keep what you are lifting as close to your body as possible.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while holding a heavy object. Use your feet to change direction, taking small steps.
- Test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves. If items are, or appear to be, heavy, ask a co-worker to help you, or use a dolly or forklift.
- Make sure the weight of the object is balanced.
- Pace yourself. Take small breaks if you are lifting a number of heavy items.
- Make sure you have enough room to lift safely. Clear a space around the object before picking it up.

PREVENTING BACK INJURIES

There are a number of things you can do as part of preventing back injury.

- **Exercises That Can Prevent Back Injury.** One of the best things you can do as part of back injury prevention is to exercise regularly and keep your back muscles strong. Exercises that increase balance and strength can decrease your risk of falling and injuring your back or breaking bones. Exercises such as tai chi and yoga -- or any weight-bearing exercise that challenges your balance -- are good for increasing balance and strength.
- **Proper Diet as a Part of Back Injury Prevention.** Maintaining a healthy diet is also important in preventing back injuries because maintaining a healthy weight will help you avoid putting unnecessary and injury-causing stress and strain on your back.

