



Safety Tidbits

August 26, 2013

Purpose is the engine that powers our lives. -Jim Rohn

Wishing you all a Great Week and a Safe Labor Day Weekend

**HAPPY
LABOR
DAY**

The National Safety Council estimates 148 people may survive the holiday weekend because they wore safety belts, while another 101 lives would have been saved if all had worn safety belts. Labor Day weekend is one of the busiest and deadliest times on U.S. roadways, NHTSA is enforcing a National Impaired Driving Enforcement Crackdown from Aug. 17 – Sept. 3. During this time, law enforcement officials are focusing their attention on impaired drivers.

The NSC suggests:

If you are drinking, do not drive

If you plan to drink, designate a non-drinking driver or plan for alternative transportation, such as a taxi

Support the strengthening and vigorous enforcement of impaired-driving laws

Young drivers are at particular risk to be involved in alcohol-related crashes (If there is a young driver in your family, strictly enforce a zero tolerance policy with alcohol – all states have a zero tolerance law where drivers under the age of 21 cannot have any alcohol in their systems)

Your best defense against a drunk driver is wearing your safety belt, so buckle up!

What do you call a dance for Fancy chickens?

A Fowl Ball

Why was the frog happy?

Because he ate everything that bugged him!

Safety Tips and Facts from Operation Lifesaver

-Freight trains don't travel at fixed times, and schedules for passenger trains change.

Always expect a train at each highway-rail intersection.

-All train tracks are private property. **Never walk on tracks; it is illegal trespass and highly dangerous.** By the time a locomotive engineer sees a trespasser or vehicle on the tracks it's too late. It takes the average freight train traveling at 55 mph more than a mile—the length of 18 football fields—to stop. **Trains cannot stop quickly enough to avoid a collision.**

-The average locomotive weighs about **400,000 pounds or 200 tons**; it can weigh up to 6,000 tons. This makes the weight ratio of a car to a train proportional to that of a soda can to a car. We all know what happens to a soda can hit by a car.

-Trains have the right of way 100% of the time over emergency vehicles, cars, the police and pedestrians.

-A train can extend three feet or more beyond the steel rail, putting the safety zone for pedestrians well beyond the three foot mark. If there are rails on the railroad ties always assume the track is in use, even if there are weeds or the track looks unused.

-Trains can move in either direction at any time. Sometimes their cars are pushed by locomotives instead of being pulled, which is especially true in commuter and light rail passenger service.

-Today's trains are quieter than ever, producing no telltale "clackety-clack." **Any approaching train is always closer, moving faster, than you think.**

-Remember to **cross train tracks only at designated pedestrian or roadway crossings**, and obey all warning signs and signals posted there.

-Stay alert around railroad tracks. No texting, headphones or other distractions that would prevent you from hearing an approaching train; never mix rails and recreation.

Think Arc Flash isn't that important?

Think Again...

-30,000 people are injured each year in non-fatal electrical accidents

-600 people die each year from electrocution

-5-10 Arc Flash incidents occur every day

Both qualified and non-qualified workers need proper training in order to protect themselves... if you do any electrical work you can find more info at this link

<http://caterpillar.lithium.com/t5/BLOG-Power-Perspectives/What-Do-You-Need-to-Know-About-Arc-Flash/ba-p/9853>

The rules changed in 2012 – here is info on those changes <http://kc.asse.org/wp-content/uploads/2012/01/NFPA-70E-Changes-Presentation.pdf>

Cloth Bag Alert

It's late summer and our thoughts turn toward Labor Day, cooler weather and perhaps enjoying the fall days with a picnic. Here are some food safety tips that are good for any time of year.

Cloth grocery bags, though earth-friendly, may harbor some health risks if not taken care of properly. A couple years ago, a mystery illness later discovered to be Norovirus sickened an Oregon soccer team. The link was a cloth grocery bag that unfortunately served as a transport medium for the virus. A combined University of Arizona and Loma Linda investigation demonstrated both viruses and bacteria can thrive on used cloth grocery bags.

Compliance alone is not enough – Speak up when you see a Safety Hazard or At-risk act!