

2-3-14

Knowing what's right doesn't mean much unless you do what's right. -Teddy Roosevelt

Burns and Scalds

-In 2010, nearly 128,500 children ages 19 and under were injured due to a fire or burn
-More than 60,400 children ages 4 and under were treated in emergency rooms across the U.S.

The smell of cookies baking in the oven or tasty sauces simmering on the stovetop is hard to resist for adults and kids alike. Here are a few simple steps to keep your little chef safe from potential burns, whether in the kitchen, around a fireplace or in any other part of your home.

Top Tips

- Don't carry or hold a child while cooking. Instead, move a high chair in the kitchen within reach or sight before you start. Then talk to your children so they know what's going on. It's a great way to spend time together.
- A small adjustment can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120° F.
- Kids love to reach, so to prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge. Keep hot foods away from the edge of your counters.
- Keep matches, gasoline and lighters in a safe place, out of children's reach.

Knock, Knock. Who's There?

O'Shea! O'Shea Who?

O'Shea can you see, by the dawn's early light....

OSHA has cites Tyson Foods Inc. – LACK OF TRAINING

Hutchinson, KS –Tyson received 4 safety violations after a worker's hand was severed by an unguarded conveyor belt at the, prepared foods manufacturing plant. OSHA's investigation revealed that *several untrained workers had been cleaning unguarded conveyor equipment that had not been locked out.* Proposed fines total \$147,000. "Removing guards and failing to train workers in proper lockout procedures is inexcusable," said Judy Freeman, OSHA's area director in Wichita. Management at Tyson Foods failed to ensure safety procedures were followed, which demonstrates a lack of commitment to workplace safety and health and resulted in a tragic injury.

Two points to consider:

Supervisors - Avoid the curse of Knowledge! Never assume a worker has been trained to perform a task.

Workers – you have the right to Stop a job if you feel it involves an unmitigated risk! Stand up and Speak out for Safety! If ever Unsure, ASK!!

Know your Heart Attack Warning Signs

If you think you're having a heart attack, call 9-1-1 or your emergency medical system immediately. Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and end up waiting too long before getting help. Here are signs that can mean a heart attack is happening:

- *Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.*
- *Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.*
- *Shortness of breath. May occur with or without chest discomfort.*
- *Other signs. Breaking out in a cold sweat, nausea or light headedness.*

The most common heart attack symptom for women is chest pain or discomfort. But women are more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment.

Did you know...

7-9 hours of sleep each night can reduce accidents! Sleep deprivation was a factor in some of the biggest disasters in recent history: the nuclear incident at Three Mile Island, the Exxon Valdez oil spill, the nuclear meltdown at Chernobyl, and other on-the-job incidents.

But sleep loss is also a big public safety hazard on the road. Drowsiness can slow reaction time as much as driving drunk. The NHTSA estimates that fatigue is a cause in 100,000 auto crashes and 1,550 crash-related deaths a year in the U.S.