

**NO ONE
GETS HURT**

Safety Tidbits

I would rather be a little nobody, than an evil somebody. -Abraham Lincoln



Sleep – are you getting enough
Lack of sleep and sleep disorders can contribute to the symptoms of depression. In a 2005 Sleep in America poll, people who were diagnosed with depression or anxiety were more likely to sleep less than six hours at night.

The most common sleep disorder, insomnia, has the strongest link to depression. In a 2007 study of 10,000 people, those with insomnia were five times as likely to develop depression as those without.

In fact, insomnia is often one of the first symptoms of depression. Insomnia and depression feed on each other. Sleep loss often aggravates the symptoms of depression, and depression can make it more difficult to fall asleep. On the positive side, treating sleep problems can help depression and its symptoms, and vice versa.

Did you hear about the owl that had laryngitis?

He didn't give a Hoot!

Work-related Fatality – LOCKOUT/TAGOUT

New Bedford, MA - The death of a 35-year-old man who died in a clam-shucking machine on Thursday is under investigation by OSHA, according to its website.

Victor Gerena died working the night shift at Sea Watch International Seafood Company. Police said he was flushing out the machine when he became entangled in a rotary turbine engine. It took the Fire Department about an hour to free Gerena after dismantling the machine. ***Always follow approved LO/TO procedures and verify the equipment/machine is de-energized before working on it. The Safe Work Permit is a good start but don't forget to review the JSA and the Equipment Specific Lockout Procedure – Effective Communication is our friend!***

Items you should keep in your Glove box

- Critical medical information. Write down any medical conditions, medications and allergies for each family member in case you're involved in an accident and can't communicate these important facts yourself.
- Emergency contact numbers. Write them down, and while you're at it, add them to your cell phone and put them in your wallet, too.
- Pen and paper. If you're in an accident and need to exchange information, you'll have something to write with – and on.
- Proof of insurance. It's the law almost everywhere in the United States. But don't store the car's title (keep that at home) or registration (keep that in your wallet) in your glove compartment.
- A flashlight (extra batteries are also a good idea)

Do They Know...?

Most of us are out of the home for work 8 - 10 hours a day. Many times, family members are home and unable to contact us, immediately (for a variety of reasons), in an emergency. Listed below are a few key items your loved ones should know how to locate, quickly.

-Breaker Box – Make sure family members know where the breaker/fuse box is and ensure breakers and/or fuses are properly labeled. That way if a breaker trips, they won't be left in the dark. *Sometimes the box is hidden in a closet and hard to locate!*

-Water Meter Shut-off – Believe me, if you ever have an issue like a water heater fail... you'll want to shut the water off quickly before you flood the house. (Remember to throw the breaker or turn off the gas supply to the unit, too). Depending on where you live it could be in the basement, a main floor room, or in the yard. Also show them how to turn off the water supply to the toilets... *to minimize damage from an overflow!*

-Main Gas Line Shut-off – if you have a gas furnace, dryer, or stove, loved ones should know where the shut off is... just in case – *this can be a life saver!* Many may not realize this is outside (like many rural water mains).

Other things that are good to have handy (on say the Fridge) include:

Emergency contact numbers for emergency personnel like – Police/Sheriff, Fire/Ambulance; the family physician; Ask-a-Nurse; Poison Control, phone numbers of nearby friend/ relatives, numbers of a trusted plumber, electrician, etc.

At Home, at Work, at Play... Safety Always!