



Safety Tidbits

Strive not to be a success, but rather to be of value. -Albert Einstein

April is

Alcohol Awareness Month

It was founded by and has been sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) since 1987 to increase public awareness and understanding aimed at reducing the stigma associated with alcoholism that too often prevents individuals and families from seeking help.

The theme is "Help for Today. Hope For Tomorrow".

The goal is to draw attention to the pervasive impact that alcohol, alcohol-related problems and alcoholism have on young people, their friends, on families and in our communities.

8.5% of Americans suffer from alcohol-use disorders.

25% of U.S. children have been exposed to alcohol-use disorders in their family.

75% of domestic abuse is committed while one or both members are intoxicated and family members utilize health care twice as much as families without alcohol problems.

Drinking and driving causes 16,000 deaths per year, and thousands more injuries.

Up to 75% of the crimes are committed by people under the influence of alcohol.

Knock, Knock!

Who's there? **Canoe!**

Canoe who?

Canoe open the door, I lost my keys!!

Tips to Improve Your Listening Skills

A quality safety program requires effective communication between team members. Listening is a key element in this process, but becoming an active listener can be difficult. To improve your skills make sure you are not a...

Planner: a person who is so focused on what they are going to say they tune out the individual they should be listening to. *Pay attention and keep your focus on what is being said!*

Dreamer: a person who drifts off to other thoughts while another is halfway through their message and as a result ends up missing the message. *Respect team members and listen to what they have to say!*

Sparring partner: a person who hears what's said but quickly discredits everything being said. *Challenge appropriately, but be fair!*

What you Need to Know about prescription painkiller from the NSC:

-45 people die every day from opioid prescription painkillers – more deaths than heroin and cocaine overdoses combined.

-More than 70% of people who abused prescription pain relievers got the pills from friends or relatives.

-In 2010, enough prescription painkillers were provided to medicate every American around the clock for an entire month.

-The U.S. contains only 4.6% of the world's population but consumes 80% of the world's opioids and 99% of the world's hydrocodone.

Middle-aged men and women have the highest prescription painkiller fatal overdose rates, and rates are increasing most rapidly among women.

Overdose death rates in women have increased more than 400% since 1999, compared to 265% among men. Teen use also is rising. One in eight high school seniors admit to using prescription painkillers recreationally.

-Prescription painkillers are gateway drugs to heroin. In 10 years of treating patients for substance abuse and addiction, NSC Medical Advisor Dr. Don Teater reports having just one patient whose prescription painkiller addiction began with a heroin addiction. All other patients have first been addicted to painkillers and switched to heroin because it is cheaper.

-Heroin overdose deaths increased 45% from 2006-2010, but prescription painkiller deaths have risen by more than 300% since 1999.

Two Workers sustain Burns in Flash Fire

The workers were mixing a resin in a container with other chemicals when static electricity ignited the vapors of the chemicals. They work for a company that manufactures water-based and solvent-based polyurethane resins, coatings and adhesives. OSHA is investigating.

Solvents can build up a charge when they are poured or flow through hoses. They tend to hold a charge because they cannot conduct electricity well enough to discharge when in contact with a conducting material that is grounded. When enough of a charge is built up, a spark may result. If the vapor concentration of the liquid in air is in the "flammable range" and the spark has enough energy, a fire or explosion can result.

Safety begins with Compliance – don't let it end with You!