



See it  
Assess it  
Fix it  
Evaluate it  
Review it

# Safety Tidbits

6-23

*Weakness of attitude becomes weakness of character.* -Albert Einstein

**Safety Always – Avoid Shortcuts!**  
**Make time to do it Right – Look for a SAFER Way – You and your co-workers are worth it!**

### **Lessons from Noah's Ark**

- Don't miss the boat.
- Remember that we are all in the same boat.
- Plan ahead. It wasn't raining when Noah built the Ark.
- Stay fit - When you're 600 years old, someone may ask you to do something really big.
- Don't listen to critics; just get on with the job that needs to be done.
- Build your future on high ground.
- For safety sake, travel in pairs.
- Speed isn't always an advantage. The snails were on board with the cheetahs.
- When you're stressed, float a while.
- Remember, the Ark was built by amateurs; the Titanic by professionals.
- No matter the storm, there's always a rainbow waiting.
- Never sweat the rain, the sun is going to shine again!
- Be grateful for all that you have today – for tomorrow it may be gone... and that is ok! Life goes on.

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**What did the ghost teacher say to her class?**

***"Watch the board and I'll go through it again."***

### **Safety is 24/7/365**

Don't think you can let your guard down when you punch out for the day. Your shift may be over but Safety issues are a 24/7 concern and you need to keep your guard up. In fact, studies have shown that you are more likely to get injured off the job. Approximately 70% of all deaths and more than 55% of all injuries happen away from work. Home-related accidents account for an estimated 20,000 deaths and 25 million injuries annually.

- Do you follow proper safety procedures at home?
  - Are you using the proper tools and equipment? The kids are watching
  - Do you wear PPE at home? You only have two eyes – wear those safety glasses...and the face shield, the ear plugs, gloves, etc.!
- Physical/emotional suffering causes immeasurable grief to loved ones. Grief often leads to anger, blame and stress which can wreck relationships.

### **Basic First aid for cuts, lacerations, bleeding...**

- Often times, people panic when things go wrong. Here is a quick refresher:
- Avoid contact with blood and body fluid (use anything available for a barrier (a clean cloth, shirt, rags, jacket, etc.)
  - Serious bleeding can be life threatening especially out in rural areas...the goal is to stop the bleeding. Do Not worry about infections – if you do not stop the blood flow the victim could DIE!
  - Apply direct pressure at the wound with sterile dressing. (A cloth, rag or even your hand will work in a pinch say a serious injury on a hunting excursion).
  - Have the victim lie down, if possible
  - Elevate the wound
  - DO NOT remove the dressing, rag, or cloth even if the victim bleeds through (just continue to apply additional dressings as needed)
  - Apply pressure to the appropriate artery, if the bleeding continues
  - In cooler weather, treat the victim for shock (raise the feet 6-10 inches and cover with a blanket or jacket).
  - Never apply a tourniquet, unless you must do so to stop the blood flood in order to save the victim's life. The limb below the tourniquet will likely have to be amputated.

### **Are You Prepared for an Emergency**

FRAMINGHAM, MA -- Only half of employees surveyed believe their workplaces are prepared for a severe emergency, according to the third annual workplace safety survey by Staples, Inc. Nearly two-thirds of those polled said recent natural disasters have not led to their employers reassessing company safety plans. The survey, in honor of National Safety Month, also reveals that in the past six months nearly half of businesses have closed on at least one occasion due to severe weather. Need help with your planning? Check out <http://www.ready.gov/severe-weather> Create a plan for dealing with severe weather and other emergencies for home use, too!

***The Person Most Responsible for My Safety: ME!***