



Safety Tidbits

The Lord gave us two ends - one to sit on and the other to think with. Success depends on which one we use the most. -Ann Landers

6-9 *Whether you think you can, or you think you can't--you're right. -Henry Ford*



Boater Safety Tips.

- Travel only in areas open to your type of boat.
- Carry a USCG approved life vest for each person on board.
- Always operate your boat at a safe speed.
- Always have a designated lookout to keep an eye out for other boaters, objects and swimmers.
- Never jump a wake. If crossing a wake, cross at low speeds and keep a close lookout for skiers & towables.
- Comply with all signs and respect barriers. This includes speed limits, no-wake zones and underwater obstructions
- Make every effort to always go boating with a partner.
- Make certain your trailer is in proper working order and that your lights work and your boat is secure on the trailer before you travel to your destination.
- When trailering your boat, balance your load including items stowed inside your boat.
- Don't mix boating with alcohol or drugs.

How does a chicken tell time?
One o'clock, two o'clock, three o'clock...

The Five Leading Causes of Death

Each year, nearly 900,000 Americans die prematurely from the five leading causes of death – yet 20 to 40 % of the deaths from each cause could be prevented, according to a study from the Centers for Disease Control and Prevention.

The five leading causes of death in the United States are heart disease, cancer, chronic lower respiratory diseases, stroke, and unintentional injuries. Together they accounted for 63 % of all U.S. deaths in 2010, with rates for each cause varying greatly from state to state. The report, in this week's issue of CDC's weekly journal, Morbidity and Mortality Weekly Report, analyzed premature deaths (before age 80) from each cause for each state from 2008 to 2010. The authors then calculated the number of deaths from each cause that would have been prevented if all states had same death rate as the states with the lowest rates.

Summertime Safety Tips

- Knowing how to respond should someone need assistance can mean the difference between life and death. Take a First Aid, CPR and AED course today.
- Kids overheat four times faster than adults. Leaving kids alone in vehicles can quickly turn into a tragedy. Always check your vehicle before you leave.
- If you need to be active during the summer months, restrict it to the coolest times of day – morning and evening. Drink plenty of water or other hydrating beverages.
- Think safety – wear sunglasses, a cap or hat and don't forget the sunscreen.
- Plan ahead if going camping – back bug spray, a first aid kit, water, snacks, flash lights w/extra batteries and an extra set of clothing. Make sure others know where you are going, just in case something goes wrong.

Preventing Slips, Trips and Falls

- Slips, trips and falls are the 2nd leading cause of injury in the workplace. Falls are a leading cause of injury in the home. Here are a few tips to reduce the risk.
- Keep floors clear. Remove clutter and safely tuck hoses and electrical cords out of walkways.
 - Make sure work areas, aisle ways, stairs and hallways are well lit to avoid falls.
 - Keep floors clean. Clean up grease, water and other liquids immediately.
 - Get a Grip. Use handrails and grab bars when ascending/descending stairs or climbing on/off equipment to ensure 3-points of contact.
 - Get a helping hand. Have someone hold the ladder when working off an A-frame ladder. Secure extension ladders to keep them in place.
 - Check your sole. Keep shoes & work boots clean of mud and debris to prevent slipping.
 - Eyes on path. Watch where you are going, especially if the terrain is uneven. If moving large or odd shaped objects that block your view, check the path you'll be using beforehand so you can remove obstacles if needed.

Safety Always!