



Safety Tidbits

8-18

If everything seems under control, you're just not going fast enough. -Mario Andretti

Wake up America!

Today, too many people think Yellow means Speed up, combine that with the growing problem of Texting While Driving and it means more Motor Vehicle Accidents, more deaths injuries on the road.

We have all been made aware of the issue, yet many of us (me included) still take chances ...and for what? A couple weeks ago this problem hit a little too close to home. My daughter asked me to meet her and we agreed upon a location, but before I was able to get to the designated spot... my phone rang. It was her, and since I had my blue tooth device activated I answered. She was excited... and heard something about an accident, and figured he was calling to say she was being slowed down due to an accident in front of her. **Wrong!** She clarified that **she** had been in an accident. I asked if she was hurt (she was not) then found out where she was and told her I was on the way.

WOW! She totaled her car – the debris field was quite impressive. Eventually, using my investigation skills, I learned she was checking a text when the crash occurred and 'she only looked down for a second.' **Yeah, Right!**

Please remind all to avoid texting while driving... and slow down when you see a yellow light. Better to arrive a couple minutes late, than not at all!

Who has eight guns and puts the fear of cod into the ocean?

Billy the Squid!

Painkiller Misuse a growing Safety Concern

According to the National Survey on Drug Use and Health, 23% of the workforce has misused prescription painkillers, thereby, making opioid use a serious threat to employee safety.

-Even when employees are taking opioid painkillers at the correct dosage with a valid prescription, subtle impairment may compromise workplace safety.

-The National Safety Council released a guide for employers to help companies understand how employee prescription painkiller use or abuse could directly impact business and what employers can do to stem this issue.

-Opioid painkillers compromise employee safety. Even after an employee returns to work, he or she could still feel the effects of prescription painkillers. Although an employee may take a legitimately prescribed amount of painkillers, he or she may be too impaired to operate equipment, drive or perform other job duties safely.

-NSC also released a toolkit to help employers revise existing workplace drug policies and programs. Visit nsc.org/rxemployerpolicy for more info.

Lockout/Tagout Still Misunderstood

Far too many people are injured on the job because they think LOTO applies only to electrical energy, forget about stored energy, or fail to follow their company's written LOTO program. Lockout/Tagout applies to all forms of energy:

Kinetic (Mechanical) - energy in the moving parts of mechanical systems;

Potential – energy stored in pressure vessels, gas tanks, hydraulic or pneumatic systems, and springs (potential energy can be released as hazardous kinetic energy);

Thermal (high or low temperatures) – energy resulting from mechanical work, chemical reactions, radiation, or electrical resistance;

Electrical – energy from generated electrical power, static sources, or electrical storage devices (such as capacitors or batteries);

Gravitational – energy (which is stored in a suspended object)

Remember certain sources contain more than one type of energy hazard. Here are a couple examples: 1. A conveyor that goes down on high amps due to a plugged chute could have stored energy (at the head & tail pulley), which will be converted to kinetic energy once enough of the blockage is removed. 2. A full radiator on a hot piece of equipment possesses thermal and pneumatic energy.

Sunglasses vs. Safety Glasses

Most sunglasses available commercially are not impact resistant, so while they protect you from glare, they do a poor job of protecting your eyes from industrial hazards (dusts, splashes, flying debris, etc.). Some are polarized (which reduces glare by 60%), some offer UV protection others offer UV & UB protection. However, approved safety glasses offer more than a variety of colors and shades, they offer impact protection, which is what you need to ensure eye safety when hazards are present (on the job, when doing projects around the house, and when engaged in various sports). Look for the ANSI-approval which lets you know they are indeed 'Safety' glasses. But remember, certain tasks require additional eye protection (such as goggles, face shields, tinted welding lenses, etc.). **Want to See the Future? Then, always Wear Proper Eye Protection!**

People First -- Safety ALWAYS!