

**NO ONE  
GETS HURT**

# Safety Tidbits

1-27

*Either write something worth reading or do something worth writing.* —Ben Franklin



**Donate whole blood or platelets today.** Blood is generally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. This can lead to critically low blood inventories.

Red blood cells must be used within 42 days of collection. Platelets within 5 days. Plasma can be frozen for up to 1 year.

Individuals with serious injuries from an auto accident can require more than 50 units of blood. One burn patient can require more than 20 units.

### **Some facts about Blood Donations in the United States!**

- One pint of donated blood can help three people.
- Every 2 seconds someone needs blood.
- More than 41,000 blood donations are needed daily.
- 30 million blood components are transfused each year.
- The average red blood cell transfusion is 3 pints.
- The blood type most often requested is Type O.

**Knock, Knock.**

Who's There?

**Leica!** (*pronounced lie kuh*)

Leica Who?

**Leica bridge over trouble water... I will lay me down...**

### Pre-trip Inspection

*Have you noticed the vehicles on the road with non-working headlights or taillights? Are you seeing blinkers or brake lights that should be coming on that don't, or cars missing rear view or side mirrors? These deficiencies can lead to accidents.* We teach mobile equipment operators to do a pre-trip inspection prior to putting equipment into service. This important task includes a check of the safety features (blinkers, mirrors, lights, brakes, etc.) from the operator's cab as well as a physical walk around of the equipment. The goal is to identify problems before getting started. When was the last time you did a pre-trip on your personal vehicle before leaving the driveway? Do your brake lights, blinkers & tail lights work? Are your mirrors and glass in good shape so as not to obstruct your view? Check it out, today! And remember to occasionally clean the snow off of your tail lights if you are driving in wintery weather – it can build up and render the tail lights useless!

### Hypothermia is a Real Risk in Cold Weather

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

**Symptoms:** Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

**Early Symptoms:** Shivering, fatigue, loss of coordination, confusion & disorientation

**Late Symptoms:** Blue skin, dilated pupils, slowed pulse & breathing, loss of consciousness, no shivering

**First Aid:** Alert the supervisor and request medical assistance.

-Move the victim into a warm room or shelter.

-Remove their wet clothing.

-Warm the center of their body first-chest, neck, head, and groin-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

-Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.

-After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.

-If victim has no pulse, begin cardiopulmonary resuscitation (CPR).

### Indoor Air Quality can be an issue during the Winter Season

-In winter months dust with a damp cloth rather than a feather duster!

-Pets spend more time indoors meaning more fur & dander floating around your home.

-Bathe & groom your pet and wash pet bedding frequently to minimize the problem.

-Regularly check and replace furnace filters to minimize contaminants in the air.

-Commercial air fresheners can contain harmful pollutants. Rather than spraying chemicals to freshen your home, simmer a pot of cinnamon and cloves.

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