



Safety

Notes

R5 Regional Office

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Safety Corner

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What Do You Live For?

June is National Safety Month and the National Safety Council is promoting a theme of “What I live For?”

In keeping with this theme, throughout this month I ask that we reflect on the things that matter most to all of us. As dedicated employees and professionals in what we do, it is obvious that our careers are a big part of who we are, but it is not **ALL** that we are.

We dedicate ourselves to the work for many reasons. Personal fulfillment and satisfaction, pride, commitment and passion for the resources, comraderie of our fellow employees and cooperators could just be a few of the reasons. However, I suspect the most important reason would be so we can provide and support the people or activities that matter most to us?

Some of the thoughts relayed to me:

- “I live for the weekends and time off”
- “I live for my family and summer barbecues”
- “I live for peaceful days scuba diving”
- “I live for my grandchildren”
- “I live for hunting, fishing and hiking...in that order”
- “I live for Good Food! Good Friends! And Good Times!

What is it you live for?

While contemplating this thought, remember injuries, whether work related or off-duty can severely impact our lives. Please have a safe field/fire season and manage your risks both on and off the clock.

Safety Notes

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Feeling tired and worn out? Cannot seem to find the energy to make it through the day? Find yourself daydreaming and having difficulties with remembering things? Suffering from frequent illness?

These are all signs of Fatigue.....Surprised? Probably not. What may surprise you though, are some of the reasons for fatigue (outside of medical conditions).

What you Eat:
Reaching for caffeine and sugar can backfire, leaving you more fatigued as your blood sugar levels fluctuate wildly. Instead, go for a balanced, healthy diet replete with fruits, vegetables, and lean protein. Most people feel less tired when eating a healthy diet.



How Much You Sleep:
You saw this one coming, right? Many people don't get enough sleep. If you're one of them, avoid caffeine and alcohol in the hours just before bedtime, turn off the TV before bed, and keep your bedroom quiet and restful. Most adults need approximately 7-9 hours of sleep per day.

How Much you exercise:
If you think that exercise would just make you more tired, there's good news: Exercise breeds energy. Almost all the studies that have looked at this question have found the same thing: Sedentary people who start exercising feel much less fatigue than those who stay idle. It's one of those surprising truths: move more and you'll get more energy. It is recommended to get 40 minutes of exercise at least four days a week, to get you going. Do this for a month and you should notice some improvement. Keep with it for three to six months more, and you should feel much better. If you follow your exercise prescription for at least a month -- and you're also making enough time for sleep -- and you're still feeling lousy, look into other causes. Always consult with your medical provider before starting any fitness routine.



Human error as a cause of vehicle crashes

Motor vehicle crashes are the number one killer of adults. In a single year, thousands of drivers will die in car crashes, mostly due to operator error.

Some risks include, but are not limited to the following :

Driver error accounts for the vast majority of crashes. Some ninety percent of motor vehicle crashes are caused at least in part by human error

Nighttime driving is a risky time to drive for drivers of all ages because it's more difficult to drive in the dark. 40% of fatal crashes that happen at night, happen before midnight.

Speeding is involved in more than one third of all driver fatalities. Many crashes occur because the driver was driving too fast for the situation.

Alcohol is involved in nearly one-fifth of fatal crashes.

Not using seat belts results in more than half of drivers being killed in crashes. Using a seat belt can reduce the risk of death or serious injuries in a crash by approximately 50%.

Distracted driving includes anything that takes a driver's attention away from driving. This can include talking on cell phones, texting, searching the internet, eating, adjusting the radio, grooming or reading. When talking on a cell phone, drivers are 4 times as likely to be in a crash.



June is CPR & AED Awareness Month

In 2008, Congress designated the first week of June for observation of National CPR / AED Awareness Week, with the goal of encouraging all states, cities and towns to establish organized programs which provide CPR and AED training to the public.

It's coming, start planning – this is the time to think of lifesaving skills, and the ability to save the life of your co-workers, friend, and family. 80% of bystander-performed CPR is effected upon loved ones

One quarter of Americans report that they have been in a situation where someone may have needed CPR. Red Cross training can give people the skills and confidence they need to act in an emergency and to save lives.

Sudden Cardiac Arrest (SCA)

- ◆ Almost 300,000 casualties of out-of-hospital cardiac arrest are treated each year in the U.S.
- ◆ Less than eight percent of people who suffer cardiac arrest outside the hospital survive.
- ◆ Less than one-third of out-of-hospital sudden cardiac arrest casualties receive bystander CPR.
- ◆ Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a person's chance of survival.
- ◆ Unless CPR and defibrillation are provided within minutes of collapse, few attempts at resuscitation are successful.
- ◆ Even if CPR is performed, defibrillation with an AED is required to stop the abnormal rhythm and restore a normal heart rhythm.
- ◆ Sudden cardiac arrest is a leading cause of death in the U.S.
- ◆ Everyone should know how to perform CPR in an emergency.
- ◆ Immediate, effective CPR could more than double a victim's chance of survival.
- ◆ Push on the chest at a rate of at least 100 beats per minute.
- ◆ Push to the beat of "Stayin' Alive" and you could save a life

Now is the time to get trained and save a life! We are encouraging everyone to get trained in CPR and the proper use of an AED. The life you save could be your family or a co-worker's.



There is a lot to know about parking lot safety!

After a day at work, safety may be the last thing you think about as you walk through the company parking lot. Between wondering what to make for dinner and running over the lists of things to do when you get home, you may take your personal safety for granted.

It's estimated that there are more than 75 million parking spaces for workplace or commuter parking in the United States. A company should provide employees with a safe parking lot and protection while getting to and from that lot.

Some of the more common parking lot hazards include potholes, cracks, unclear parking lot striping and lack of proper signage (including stop signs where they may be needed). Broken bottles and other debris should never be left littering the parking area.

Another potential hazard may exist if your company has a fire lane or a driveway between its parking area and building that employees must cross to enter the facility. In your parking lot, walkways should be clearly marked and proper signage should be present for autos to yield to pedestrians.

When driving in a parking lot, be careful backing up and sound your horn when you back up. Do not rely on your vehicle's mirrors when driving through tight areas; there are too many blind spots. Take the time when driving to watch for pedestrians. Avoid cutting through empty parking spaces and lanes. When driving, obey the pavement directional arrows, crosswalk markings and posted speed limits. It is recommended that you drive no faster than 5 mph to 10 mph in parking lots.



Sunburn

Sunburn is an often painful sign of skin damage from spending too much time outdoors without wearing a protective sunscreen. Years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots, and an increased risk of skin cancer. In addition to the skin, eyes can get burned from sun exposure. Sunburned eyes become red, dry, and painful, and feel gritty. Chronic exposure of eyes to sunlight may cause pterygium (tissue growth that leads to blindness), cataracts, and perhaps macular degeneration, a leading cause of blindness.

Sunlight exposure is highest during the summer and between 10:00 a.m. and 4:00 p.m. Working outdoors during these times increases the chances of getting sunburned. Snow and light-colored sand reflect UV light and increase the risk of sunburn. At work sites with these conditions, UV rays may reach workers' exposed skin from both above and below. Workers are at risk of UV radiation even on cloudy days. Many drugs increase sensitivity to sunlight and the risk of getting sunburn. Some common ones include thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics, and nonsteroidal anti-inflammatory drugs, such as ibuprofen.

Workers at increased risk of UV damage include lifeguards, construction workers, agricultural workers, landscapers, gardeners, and other outdoor workers.

Symptoms

Unlike a thermal burn, sunburn is not immediately apparent. Symptoms usually start about 4 hours after sun exposure, worsen in 24-36 hours, and resolve in 3-5 days.

Symptoms may include:

- Red, warm, and tender skin
- Swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Fatigue

The pain from sunburn is worse 6-48 hours after sun exposure. Skin peeling usually begins 3-8 days after exposure.

First Aid

There is no quick cure for minor sunburn:

Symptoms can be treated with aspirin, acetaminophen, or ibuprofen to relieve pain and headache and reduce fever.

Drinking plenty of water helps to replace fluid losses.

Cool baths or the gentle application of cool wet cloths on the burned area may also provide some comfort.

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Fireworks Safety: Understanding the dangers

Summer means picnics, barbecues, parades and fireworks displays, especially around the 4th of July. The National Safety Council advises that the best way to safely enjoy this 4th of July is to watch a public fireworks display conducted by professionals. However, if fireworks are legal where you live and you decide to use them, be sure to follow these important safety tips:



- ◆ Never allow young children to handle fireworks.
- ◆ Older children should use fireworks only under close adult supervision.
- ◆ Light fireworks outdoors in a clear area away from onlookers, houses and flammable materials.
- ◆ Light one device at a time; maintain a safe distance after lighting.
- ◆ Do not allow any running or horseplay while fireworks are being used.
- ◆ Never ignite devices in a container.
- ◆ Do not try to re-light or handle malfunctioning fireworks; douse and soak them with water and discard them safely.
- ◆ Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.

Following these above guidelines should ensure a safe and enjoyable 4th of July holiday this year for you and your family.

Rip Current Awareness Week, June 7-13, 2015

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea. Annually, rip currents claim the lives of more than 100 people. Rip Current Awareness Week, June 7-13 2015, is an opportunity to learn how to avoid this dangerous phenomenon. Respect the power of the ocean and stay safe this summer. Here are tips to avoid rip currents and other beach dangers.

Annually, America's surf beach lifeguards rescue more than 50,000 swimmers from rip currents. Swim near the lifeguard. According to the United States Lifesaving Association, your chances of drowning on a beach patrolled by a lifeguard is 1 in 18 million (beach visits).

Always watch your children carefully, especially when they are playing near the edge of the ocean or in it. A sudden wave or current could quickly drag them through the surf out to the breaking waves. Remember, a child can drown in seconds.

Before going in, learn how to swim, and not just in a swimming pool. Swimming in a pool is NOT the same as swimming at a surf beach with crashing waves, winds, and currents that can change suddenly. You should be a strong swimmer before going into the ocean, Great Lakes, or Gulf of Mexico. Swimming in currents and waves is much more difficult than swimming in a pool. You will fatigue more quickly than swimming in a pool.

Enter the water feet first. Diving into breaking waves is dangerous. You don't know how deep the water is, there might be a sandbar just beneath.

Respect the power of the ocean! Remember! NEVER turn your back on the ocean. Ocean waves can hit you suddenly causing severe neck and spinal cord injuries.

Rip currents are channelized currents of water flowing away from shore at surf beaches. Typically they form at breaks in sandbars, and also near structures, such as jetties and piers. Rip currents are common and can be found on most surf beaches, including the Great Lakes and Gulf of Mexico. Some clues that a rip current is present are: a channel of churning, choppy water; a difference in water color; a line of foam, seaweed or debris moving seaward; a break in the incoming wave pattern. This break in the incoming wave pattern can look like smooth safe water. This is actually the rip current knocking down the incoming waves as this river of water returns to the ocean.

Know what to do if caught in a rip current

Escape the current by swimming in a direction following the shoreline. When free from the pull of the current, swim at an angle away from the current toward shore. If at any time you feel you will be unable to reach shore, draw attention to yourself: face the shore, call or wave for help. Have a buddy or two on the beach watching you, should you need help, they can quickly get help.

Make your beach excursion a safe one. Always swim at a lifeguard protected beach, respect the power of the ocean, learn how to identify rip currents and know what to do if caught in one. These simple lessons will keep your family safe this summer.