

Hazard Recognition: Line of Fire

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Am I in the Line of Fire?	2 Holiday Fever	3 The First Priority	4 Handling Suspended Loads
5 Handling Suspended Loads (continued)	6 Human Error Traps	7 We Don't Work Off of Assumptions	8 Familiarity Breeds Contempt	9 Make a Safe Fashion Statement	10 Line of Fire Hazards	11 Pinch Points
12 Use HU Tools When Using Tools	13 Crush Hazards	14 Spotter Safety	15 Reasons Caught- Between Incidents Happen	16 The Threat	17 If We Must	18 Hands First
19 Someone Else In the Line of Fire	20 Control Measures	21 Drive Vehicle Inspections Home	22 Working Overhead	23 Under Overhead Work	24 Friends and Enemies	25 Do You Overlook Office Lines of Fire
26 Protect Against Electrocution	27 Protect Against Electrocution (continued)	28 Your Eye is a Terrible Thing to Waste	29 Don't Fabricate	30 Under Pressure	31 Texting and Driving	

Daily Safety and Health Topics

July 2015

Focus on Hazard Recognition:

Line of Fire



July 1, 2015

Safety Focus

Am I in the Line of Fire?

Being in the line of fire indicates that you or someone else is placed in the path of something that could cause injury or something more severe. Here are a few questions to ask yourself:

- Do I recognize if others are in my work area?
- Do I take the time before every task to check my surroundings and my equipment to determine what the safest position is?
- Do I consider myself when I think about what could go wrong with my task?
- Have I eliminated every hazard that I could?
- How many times a day do I realize I am in the line of fire?
- Did I use my Human Performance Tools?

Health Tip of the Day

FALL PROOF YOUR HOME

Falls happen most often in doorways, ramps, ladders, stairs, crowded spaces and on uneven surfaces. The National Safety Council offers these fall prevention tips: store items within easy reach; keep electrical and phone cords out of the way; clean up all spills immediately; don't stand on a chair, table or other surface with wheels; install handrails on all stairwells; make sure stairwells are well-lit; keep stairs clear of debris; and remove small rugs or use nonskid mats.

D&I Focus

“Inclusiveness means all people coming to the center and participating in the center.”
- Dr. Denise Askin

Today is... [International Joke Day](#)

July 2, 2015

Safety Focus

HOLIDAY FEVER

Gearing up for the wonderful Independence Day celebration is exciting for everyone! Yesterday we focused on some questions to ask ourselves about being in the line of fire and we probably only related them to work. July 4 holiday is a perfect opportunity to apply your Questioning Attitude away from work. Fireworks, BBQ grills, road trips, working, beaches, river rafting, boating, drinking alcohol ... the list could go on forever. Hazards are all around us all the time; however, holidays bring about so much excitement that we often leave out the preparations and conversations about safety. Have those talks with your family and teach them safety before the fun begins. Share some Operating Experiences or stories with your family and friends related to whatever you all are going to do this weekend. *Live Safe!!*

Health Tip of the Day

PRACTICE SAFE SUN!

“Slip! Slop! Slap!(R) and Wrap” is a catch phrase that the American Cancer Society uses to help you remember to protect yourself from the sun’s UV rays. These four simple words help us to remember to SLIP on a shirt, SLOP on sunscreen, SLAP on a hat, and WRAP on sunglasses to protect the eyes and sensitive skin around them. Select sunscreen with broad spectrum protection (against UVA and UVB rays) and a sun protection factor (SPF) of at least 30. Re-apply often.

D&I Focus

“Let's open doors and minds. Let's throw a spotlight on the richness that people who are different bring to mainstream society.”

Today is... [World UFO Day](#)

July 3, 2015

Safety Focus

THE FIRST PRIORITY

On nearly every job there is something which could hit, spray, pinch or crush. The first priority should be to eliminate these hazards entirely if possible, but if not, we want people to focus on moving themselves out of the line of fire. Always take a moment to eliminate hazards in your work area. Whether you're in the field or an office building, hazard recognition is extremely important to our safety, but hazard elimination is vital as well.

Health Tip of the Day

A BETTER SHOE FIT

Did you know that how you lace your shoes can help you alleviate foot pain and prevent injury? There are many different types of lacing patterns you can use to adapt for and minimize foot pain or structural abnormalities. For example, if your athletic shoes have an inner and outer set of eyelets, experts suggest only using the wider set of eyelets on the shoe, particularly if you have a narrow foot. This will help the shoe fit more snugly.

D&I Focus

“Boldness and innovation are more likely to come when everyone is included in the discussion rather than when only one side is involved.”

Today is... [Stay out of the Sun Day](#)

July 4, 2015

Safety Focus

HANDLING SUSPENDED LOADS

There is a high risk of serious injury if a suspended load should fall during handling operations. To prevent an injury, the following approaches, at a minimum, should be implemented:

- Make sure all are trained and certified in the gear they operate
- Avoid carrying loads over people
- Don't forget that forklift masts and forks, hoists or empty buckets are also considered a suspended load
- Be aware of what is being moved, its swing and stability
- For overhead cranes and hoists, remote controls are recommended to allow operation and movement of the machinery from a safe distance
- Utilize specific hand signals for operators and employees and make sure everyone in the environment of a load lift understands what they mean
- Keep a strong Questioning Attitude

Health Tip of the Day

PLAYGROUND SAFETY

Swinging across bars, climbing up and then sliding down jungle gyms are often favorite playground activities. Have fun and stay safe by making sure the ground underneath the equipment is filled with loose fill such as wood chips, mulch, sand or pea gravel. Look for sharp edges, open hooks or bolts that are sticking out. And make sure to remove kids' hoods and drawstrings so they don't get caught on equipment.

D&I Focus

"Society has changed. We've become a society of acceptance and inclusion, and we've all been enriched because of that." - Carl Erskine

Today is... [Independence Day \(U.S.\)](#)

July 5, 2015

Safety Focus

HANDLING SUSPENDED LOADS (continued)

More guidance on injury prevention while handling suspended loads:

- Make sure that the load rating for slings, chains or straps is adequate for the rating of the crane, forklift or bucket. If you do not know, it is not safe to use!
- Always limit the load to the lowest rated part of the lifting system.
- Assure all slings, hoist, crane and machinery components are inspected before use
- Guard against "shock loading" (activating lifting controls abruptly by placing excessive forces on the lifting components) by taking up the slack in the load slowly
- Check for proper balance and that all items are clear of the path of travel

Health Tip of the Day

BE A HEALTHY EMPLOYEE

Don't let your work environment diminish your health for eight hours of the day. Break up your work day. Get up, stretch and move. Regular movement throughout the day will keep your mind and body limber and help avoid fatigue. Think of ways you can add movement or at least decrease the amount of time you are sedentary. Try getting out of your chair more, standing during your calls or alternating your chair with a yoga ball. And if you have to drive to work, try parking at the far end of the lot, taking the stairs, and going the long way to the bathroom and break room.

D&I Focus

"Inclusiveness in any democratic political system is a strength, not a weakness." - Parvez Ahmed

Today is... [Work-a-holics Day](#)

July 6, 2015

Safety Focus

HUMAN ERROR TRAPS

The incidence of human error increases when a person is sleep deprived, under stress, using drugs or alcohol, or is otherwise preoccupied. Something as simple as bright lights can dramatically increase a person's tendency to take risks. Inevitably, some of these mistakes will place the worker in the line of fire. Situational awareness includes being aware of the condition of those working around you. Check on each other throughout the work day. Ask your co-workers how they are feeling. In the case where your co-workers work alone all day, call them up and ask how they are and let them know that you simply want to ensure that they are safe.

Health Tip of the Day

MANAGING STRESS

We typically feel "stressed" when the demands placed on us (urgent deadline, car repair, or challenge at work) are more than our resources can deal with. These resources include time, energy, patience, problem-solving ability, money, and your physical and emotional health. Managing stress means lessening the demand (if you can) or increasing your resources to deal with it. It's ideal if you can take some type of action to deal with the demand (like requesting an extension of a deadline) AND also building up your resources. Taking time to relax and recharge can give you more energy and patience, plus improve your physical and emotional health!

D&I Focus

"To create a truly inclusive society, all forms of information technology need to be more accessible." - Dr. Bonnie Jones

Today is... [National Fried Chicken Day](#)

July 7, 2015

Safety Focus

WE DON'T WORK OFF OF ASSUMPTIONS

Too often workers who place themselves in the *line of fire* are making a decision based on imperfect information – they either assume that something is true when it is not, or they assume something is not true when it is. *They believe the time of exposure is small enough to protect them.* How many line of fire injuries are the result of “I’m only going to be in there for a second” thinking? It’s a big temptation to risk it when you believe that your probability of injury is directly proportionate to the length of exposure to the hazard. Unfortunately, probability doesn’t work that way and too few workers truly comprehend the dangers that some line of fire hazards pose irrespective of the length of exposure. If a worker makes contact with a piece of energized equipment of sufficient power, he or she will be electrocuted even if he or she touches the equipment just for a second.

Health Tip of the Day

PLAY IT SAFE WITH HERBS

Americans spend billions of dollars each year on bulk herbs and herbal products, but this does not mean they are always harmless. Although many come from natural sources, “natural” does not mean “safe.” Some herbs can interfere with prescription medications. Others may be safe for most people, but just like prescription medications, unsafe for specific individuals. Tell your health care provider about any dietary supplements you are taking – especially if you are on any medications, have a medical condition, expect to have surgery or are pregnant, attempting to become pregnant, or nursing.

D&I Focus

“To close the digital divide means digital inclusion.” - Gina M. Scott

Today is... [Chocolate Day](#)

July 8, 2015

Safety Focus

FAMILIARITY BREEDS CONTEMPT

For most of us, the longer we work around a hazard or, in this case, the more we place ourselves in the line of fire and suffer no negative consequences, the less we respect a hazard's ability to harm us. We innately teach ourselves that an activity is safer than it is. As we become more comfortable working around a hazard, we convince ourselves that we will not get hurt "as long as we're careful" when, in fact, we are not. This is why we must exercise a mindset of consequences versus likelihood. Likelihood is not in the business of protecting anyone. It does not matter how many times we've done the task and didn't get hurt. What matters is that the opportunity to get hurt exists.

Health Tip of the Day

FAST FOOD CHOICES

Our busy lifestyles can make fast food dining a convenient option. The challenge is that one fast food meal can pack enough calories, sodium and fat for an entire day. It's all about moderation. Limit how often you eat out and pay close attention to your selections. Fortunately, many fast food restaurants have expanded their menus to include more healthful options. Try ordering entrées such as a regular-size hamburger or veggie burger, grilled chicken sandwich, baked potato with light sour cream, or a salad with grilled chicken and light dressing. Instead of fries consider a side salad, fruit and low-fat milk to round out your meal.

D&I Focus

"We want to grow to be inclusive and be inclusive to grow." - President Michelle Bachelet, Chile

Today is... [Video Games Day](#)

July 9, 2014

Safety Focus

MAKE A SAFE FASHION STATEMENT

Do you work around equipment that has caught-in/on hazards? If so, your appearance matters. Dress appropriately for work with pants and sleeves that are not too long or too loose. Shirts should be fitted or tucked in. Do not wear any kind of jewelry. Tie back long hair and tuck braids and ponytails behind you or into your clothing. Wear the appropriate, well-fitting gloves for your job. These are all ways to help keep you from getting caught on or pulled into equipment with moving parts while on the job.

Health Tip of the Day

MAKE EXERCISE MORE CONVENIENT

Feel like you have no time to exercise? Remember, every minute of activity counts. Consider trying some of these tips: 1. Keep a pair of walking shoes at work; 2. Keep the clothes you need for a workout in your car; and 3. Keep a set of dumbbells near your television or phone. Then, when an opportunity for exercise comes along, you will be prepared.

D&I Focus

“Inclusion is not a matter of political correctness. It is the key to growth.” - Rev. Jesse Jackson

Today is... [National Sugar Cookie Day](#)

July 10, 2015

Safety Focus

EXAMPLES OF LINE OF FIRE HAZARDS

Think about the work you do daily. Take note of your tasks that might place you in the line of fire. Examples of line-of-fire hazards:

- Electric hand tools which could kick back if they jam or catch
- Torque wrenches or other levers used to apply force
- Chains or slings under tension
- Loads that could fall or tip as restraints are released
- Fluids (hydraulic, air, water) when a tap is opened or a fitting loosened
- Shards flying when hitting brittle materials with a hammer
- Working around energized equipment

Health Tip of the Day

DON'T CRAMP YOUR TRAINING STYLE

During vigorous exercise, you may experience a side stitch (cramp) that causes an intense, stabbing pain under the lower edge of the ribcage. Side stitches occur more frequently on the right side, and they are probably caused by a spasm of the diaphragm muscle. When a side stitch occurs, you can try reducing your exercise intensity until the pain subsides, alter your breathing pattern by breathing deeply through pursed lips, or try tightening the abdominal muscles while bending forward.

D&I Focus

“A diverse society which is not inclusive will heighten differences rather than lower them.” - Allan Leighton

Today is... [Teddy Bear Picnic Day](#)

July 11, 2015

Safety Focus

PINCH POINTS

Look for possible pinch points before you start a task. Take the time to plan out your actions and decide on the necessary steps to work safely. Give your work your full attention. Read and follow warning signs posted on equipment. Your hands sometimes get a lot of abuse and it is never your intention to abuse them. If you value all that your hands can do, slow down and THINK before you put them in a hazardous spot. Use STAR (Stop, Think, Act, and Review) before any task.

Health Tip of the Day

MEN'S HEALTH: A GIFT FOR THE FAMILY

Did you know that women are 100 percent more likely to visit their doctor for annual exams and preventive services than men? Men also die at higher rates than women from the top 10 causes of death and are the victims of more than 92 percent of workplace deaths. A congressman once said, "Men's health is not just a man's issue. It's a family issue because it impacts wives, mothers, daughters, sons and sisters." So not only for yourself but for your family, take care of your health. Start today with a good preventive health check-up and screening.

D&I Focus

"Important decisions need to be as inclusive as possible. When decisions are not inclusive, they don't stick." - R.B. "Buck" O'Rielly

July 12, 2015

Safety Focus

USE HU TOOLS WHEN USING TOOLS

Equipment at work and home can pose a hazard with moving parts, conveyors, rollers and rotating shafts. Never reach into a moving piece of equipment.

(Procedure Use and Adherence) Properly maintain and always use the machine and tool guards provided with your equipment; **(Questioning Attitude** - *why are they there?*) They act as a barrier between the moving parts and your body. **(STAR)** Don't reach around, under or through a guard and always report missing or broken barriers to your supervisor. **(Pre-job brief** - *what you will do about hazards*) Turn equipment off and use lockout/tagout procedures before adjusting, clearing a jam, repairing, or servicing a machine.

Health Tip of the Day

DRY MOUTH

If you take a medication that induces dry mouth, chew sugarless gum or suck on sugarless hard candy to increase the flow of saliva. It also helps if you avoid salty, sugary, spicy or acidic foods. Drinking water or sugarless drinks often will make chewing and swallowing easier when eating. Since caffeine, tobacco and alcohol can dry out the mouth, avoid those items. Finally, use a humidifier at night to promote moisture in the air while you sleep.

D&I Focus

“Secrecy and bossism are bad; transparency and inclusion are good.” - Thomas Brennan and Carrie Remis

Today is... [Different Colored Eyes Day](#)

July 13, 2015

Safety Focus

CRUSH HAZARDS

Never place your body under or between powered equipment that is energized or being used. Vehicles, powered doors, forklifts, suspended loads and many other large items can pose a crush hazard unless they have been de-energized, blocked or tagged out. Always use situational awareness, and not only notice where you are but also, verify the status and position of those items in your work area. Don't forget to check above your head.

Health Tip of the Day

MONITOR YOUR EXERCISE INTENSITY

Try using the Rating of Perceived Exertion to monitor your exercise intensity. The RPE is a subjective scale ranging from zero to 10. Zero equals the amount of exertion required to sit quietly. Ten equals your maximum exercise intensity. If you are a beginner, strive for a 2 to 3 (light to moderate) range and build up to a 5 as your conditioning improves. To remain at a 5, you will need to increase your speed or duration. According to the American College of Sports Medicine, this simple scale is a great way to manage your exercise program and advance your fitness level.

D&I Focus

“You have to make (history) inclusive for everybody because everybody’s history is important and every person is important.” - George Dalton

Today is... [Embrace Your Geekness Day](#)

July 14, 2015

Safety Focus

SPOTTER SAFETY

Being a spotter for moving vehicles or equipment is a very dangerous task. There are many important factors to ensure you cover before you assume that position. In your Pre-job brief hazard assessment ensure the following items are covered as they relate to a spotter's safety:

- What the rules are on spotter safety
- Hazards associated with equipment operation requiring a spotter
- Eliminating those hazards that can be eliminated
- Contingency plans for those that cannot be eliminated
- Roles and responsibilities; verify qualifications (as necessary)
- Does the spotter have proper PPE
- Proper location for the spotter to be positioned
- Escape routes for the spotter
- Hand signals understood between the spotter and everyone involved

Health Tip of the Day

HOOKAH SMOKING

Hookah smoking, also known as water pipe smoking, is a growing trend. It is especially popular among college students and young professionals. The hookah is a single- or multi-stemmed instrument for smoking. It allows the smoke to be pulled through water before entering the smoker's lungs. A common misconception is that hookah smoking is safer than cigarette smoking, but it is not. Hookah smokers are at risk for the same diseases as cigarette smokers. In fact, hookah smokers might even absorb higher concentrations of the toxins also found in cigarette smoke.

D&I Focus

"Inclusion creates a relationship and cultural context where peace can flourish." -
Judith Snow

Today is... [Bastille Day](#)

July 15, 2015

Safety Focus

REASONS CAUGHT-BETWEEN INCIDENTS HAPPEN

- Working on moving equipment
- Working under mental or physical stress
- Using unsafe equipment
- Lack of training or instructions
- Inadequate guarding on machines
- Incorrect hitching practices
- Distractions
- Never assume that the driver of a vehicle or equipment operator SEES YOU

Do these traps look much different from traps that cause other types of incidents? Many of us would agree that while a few are specific, some are very common causes of many other incidents. If we effectively use self-check (**STAR**) to begin addressing these items, we can eliminate many incidents caused by these traps. Start with **Stop** and **Think**. You will be surprised by how many concerns you can capture and address before you get to **Review**.

Health Tip of the Day

HEEL PAIN

The American Podiatric Medical Association reports that many factors can cause heel pain. These include putting too much stress on the heel while walking or exercising, being overweight, having heel spurs or plantar fasciitis, and wearing improper footwear. Typically, heel pain is centered under your heel and may be mild at first but then flare up as you take your first steps after resting overnight. If you experience heel pain, you may need to do special exercises, take medication to reduce swelling, and wear a heel pad or custom orthotics in your shoe. Check with your doctor if heel pain persists.

D&I Focus

“As a nation, we need to continuously challenge ourselves in areas of inclusion and acceptance.”

Today is... [Cow Appreciation Day](#)

July 16, 2015

Safety Focus

THE THREAT

Line-of-fire injuries may always remain an enigma and, as one safety veteran once said after learning of the death of a veteran colleague caused by several line-of-fire violations, “I don’t know how to save worker’s from themselves.” No one really does. We try engineering controls, but some people remove guards and bypass interlocks. We put administrative controls in place, but some workers ignore them. We require PPE only to have some workers grumble about wearing it. From all of this, only one thing is certain: if those workers continue to put themselves into the line of fire, they will continue getting injured or, even worse, dying on the job. Be accountable for your safety. It could save your life.

Health Tip of the Day

TOO MUCH EXERCISE?

A regular exercise program brings both physical and mental health benefits, but compulsive exercising can be dangerous. Signs of a problem include exercising despite pain or injury, being unable to skip even one day of exercise, exercising for many hours each day to compensate for binge eating, or exercising to the point of dizziness, dehydration or extreme fatigue. If you think you might have a problem with compulsive exercise, it is time to discuss the role exercise plays in your life with a physician, psychologist, exercise physiologist or counselor.

D&I Focus

“Inclusion works to the advantage of everyone. We all have things to learn and we all have something to teach.”

Today is... [Fresh Spinach Day](#)

July 17, 2015

Safety Focus

IF WE MUST

We work in an industry where sometimes a job is too difficult to get done without placing workers in the line of fire. These situations must be handled with extreme caution and taken very seriously. Everyone involved in the job must be aware of the risks involved prior to accepting/performing the job. Multiple levels of management should get involved in decision making when such a situation occurs. We have the ability to recruit subject matter experts. As we learned through Live Safe Education, multiple minds working together is better than one. Every barrier and contingency plan should be discussed and in place prior to beginning work.

Health Tip of the Day

BE SMART WITH BODY ART

If you are thinking about getting a body piercing, consider these risks before doing so: allergic reactions to the jewelry, keloids (a type of scar that forms during healing) and possible infections such as hepatitis. Reduce the risks by choosing a reputable facility that follows proper sterilization and cleaning techniques. Make sure the needle being used is new. Also, it is important to follow aftercare instructions until the piercing is completely healed.

D&I Focus

“I think that inclusion breeds diversity.” - Floyd Keith, Executive Director, Black Coaches Association

Today is... [Peach Ice Cream Day](#)

July 18, 2015

Safety Focus

HANDS FIRST

Last month we focused on hand safety. When we talk about line of fire hazards the safety of our hands is very important. Many times our hands are the first parts of our body that get caught in the line of fire. It is common to throw your hands out front when something is coming at you. We use our hands to catch us when we fall. We use our hands for almost everything. Go back and revisit June Hand Safety messages to help keep your hands safe.

Health Tip of the Day

GET MORE VITAMIN C

Eating foods rich in vitamin C can have many health benefits. Vitamin C helps keep your teeth and gums healthy, aids in absorbing iron, supports wound healing and plays a role in immune system health. Our registered dietitian recommends consuming at least one vitamin C-rich food each day. Good choices include green peppers, strawberries, citrus fruits, tomatoes and broccoli. A serving or two of 100 percent orange, grapefruit or tomato juice is also a quick, easy way to boost vitamin C intake.

D&I Focus

“Diversity without inclusion is empty and, therefore, it’s not consequential.” - Pauline Higgins

Today is... [National Caviar Day](#)

July 19, 2015

Safety Focus

SOMEONE ELSE IN THE LINE OF FIRE

How well do you communicate with others prior to beginning a task when they are in your work environment? Do you let them know what you're doing and what hazards are involved? Do you discuss areas they should avoid and a contingency plan in the event something was to go wrong? Do you ask them to leave the area to eliminate hazards for them altogether? Do you do these things at home as well as work? These are things to think about to help keep co-workers, friends, your children out of the line of fire when you are working.

Health Tip of the Day

TAKE STEPS TO START A WALKING GROUP

Walking groups provide a number of benefits. They provide safety in numbers, make the time go by faster and can help keep you consistent with your activity. Perhaps most importantly, they create a circle of enthusiasm and social support. Find potential walkers at your fitness center, in your neighborhood, at work or possibly with other parents at your kids' sporting events. Then get the group together and head out for a walk!

D&I Focus

“As the body fights infection with antibiotics, so the community must fight the plague of intolerance with inclusion.” - Walter Ruelig

Today is... [National Ice Cream Day](#)

July 20, 2015

Safety Focus

CONTROL MEASURES

According to OSHA, being struck by an object is one of the leading causes of construction-related deaths. Employers must protect workers from being struck by vehicles and objects on the job. One of the ways to protect workers is through control measures.

We have varying work environments that require control measures to be put in place to keep our workers safe. While these struck-by hazards exist, there are ways to prevent or reduce injuries from these types of hazards. Workers must know what their provided control measures are and ensure that control measures are in place for their safety. An example of control measures: In order to operate a powered industrial truck (forklifts) one must be **trained** and **certified**, understand and **adhere to the procedure** for operating a forklift safely, **comply with lifting and load height restrictions**, among several other control measures to maintain safe operation of the forklift. How familiar are you and your team with the control measures for your job? It is a good idea to post them on the wall and periodically talk about them to ensure everyone understands them and where to find them.

Health Tip of the Day

FOLIC ACID

Folic acid is a B vitamin and everyone needs it. It's especially important for women who can become pregnant. An adequate intake of folic acid before and during pregnancy (400 micrograms for most women; 400 to 800 micrograms if pregnant or able to get pregnant) helps prevent birth defects. The Institute of Medicine recommends that women who can become pregnant get their folic acid daily from folate-rich foods, fortified foods, supplements or a combination of these choices. Good food sources of folic acid include: leafy green vegetables, citrus fruits, whole grains and beans. Fortified breads, cereals and other grain products also contain folic acid.

D&I Focus

If we don't have inclusiveness in our history, we can't possibly learn to live together.

Today is... [Ugly Truck Day](#)

Hazard Recognition: Line of Fire

July 21, 2015

Safety Focus

DRIVE VEHICLE INSPECTIONS HOME

Believe it or not, performing vehicle inspections can prevent struck-by incidents. Never take for granted completing vehicle inspections and checks. Make sure that all vehicles are inspected before each shift – everything should be in good working condition, including the brakes, before you begin work. Use your parking brake when the vehicle is not in use, and chock the wheels if you are parked on an incline. And never lift or load more than the vehicle can hold. Take these behaviors home. We operate vehicles every day. Take a look at your tires daily. Is your brake light on? Do not ignore indicators on your dashboard and pay attention to the normal feel and sound of your vehicle. Live Safe!

Health Tip of the Day

MORNING MUESLI

A warm bowl of oatmeal might not sound too appealing in the middle of June. But, you don't have to miss out on your morning oatmeal just because it is summer. Create muesli instead: combine 2 cups of uncooked oats, 2 cups of apple juice, 1½ cups of sliced fresh fruit and one 8-ounce carton of low-fat vanilla yogurt. Mix well. Cover and refrigerate overnight. For added flavor, sprinkle with chopped nuts. Enjoy! Muesli can last up to four days if refrigerated in an airtight container.

D&I Focus

“Development without inclusion is a big challenge.” - Jermyn Shannon-EI

Today is... [National Junk Food Day](#)

July 22, 2015

Safety Focus

WORKING OVERHEAD

When working in an overhead area remember to apply those control measures provided to keep you and those below you safe. Use toe boards, screens, debris nets and guardrails on scaffolds to prevent tools/other items from falling from overhead work areas. Secure tools and other items to prevent them from falling on the people below; stack and secure materials (even from wind gusts) to prevent sliding, falling or collapse. Always keep areas clear of clutter. Only take items needed for the task into the overhead area. Post warning signs beneath you for those entering the area. A falling object can do major damage to someone.

Health Tip of the Day

TRAINING ON A TREADMILL

Running on a treadmill is generally easier than running outside because there is less wind resistance and variation in terrain. To get the same workout as you would if you were running outside on level ground, set the grade (incline) to 1 percent. Used to running on varying types of terrain? Try adjusting the treadmill incline a bit higher for part of your workout and then bring it back down to 1 percent again.

D&I Focus

“An environment that encourages inclusion and open debate is vital to the success of any democratic reform process.”

Today is... [Hammock Day](#)

July 23, 2015

Safety Focus

UNDER OVERHEAD WORK

While there are many safety measures for the workers in an overhead to take, there are certainly several measures for the individuals below them to take. It is very important to be aware of your surroundings. We easily look around us and sometimes forget to look up! Look up prior to entering a work area. When you notice overhead work, map out an alternate route to avoid the struck-by hazard altogether. If there is no alternate route, communicate with the overhead workers. Let them know you're in the area. Unless it's absolutely necessary, do not stop beneath the overhead workers. Wear your PPE. A hardhat getting hit by a falling object is guaranteed better than taking a blow to the head.

Health Tip of the Day

COLORECTAL CANCER SCREENING FOR AFRICAN-AMERICANS

It is recommended that everyone at average risk for colorectal cancer begin routine screening at age 50. However, the American College of Gastroenterology recommends that African-Americans begin CRC screening at age 45, five years before the general guideline for everyone else. African Americans experience more colorectal cancer than other races and it tends to start at younger ages. Check with your doctor about what the best age would be for your colorectal screening.

D&I Focus

“One of the great things that any community can do is not teach tolerance, but live tolerance, not talk respect, but live inclusivity.”

Today is... [National Hot Dog Day](#)

July 24, 2015

Safety Focus

FRIENDS AND ENEMIES

Ever hear the phrase “keep your friends close and your enemies closer”? The phrase lends an ear to the idea that your enemies are always lurking and waiting to catch you slipping. Line-of-fire hazards are not our friends. We must keep them in our thoughts especially in a working environment. Do not allow said thoughts to distract your work, but take a proactive approach to creating a safe work environment. Upon receiving a work assignment and upon entering a work environment something should trigger your thinking about the enemy. What about this task could be harmful and what is the best way to avoid being hurt or worse? Your thoughts and actions could keep you and your friends out of harm’s way. Keep a strong Questioning Attitude.

Health Tip of the Day

ACAI: MIRACLE BERRY OR SCAM?

The acai (ah-sigh-EE) berry is a South American fruit that looks like a grape. This little purple berry has been touted as a superfood capable of doing everything from speeding weight loss to bolstering your immune system. But, health experts say that there is no scientific evidence supporting any of these health claims. While the jury is still out about acai’s many health benefits, there is plenty of research to support eating a diet rich in fruits and vegetables.

D&I Focus

“People have a responsibility to create an inclusive dialogue, one that is inclusive of all cultures.” - Lois Moses, Poet, Actress, and Attorney

Today is... [Amelia Earhart Day](#)

July 25, 2015

Safety Focus

DO YOU OVERLOOK OFFICE LINES OF FIRE?

Office buildings have very common *lines of fire* that are quite often overlooked. Doors, file drawers, elevator doors, copy machines and heavy crates can pinch, crush or catch fingers and toes. Take care where you place your fingers. Do not try to unjam the copy machine if you are not familiar with its internal parts. Never reach your hand into closing elevator doors. Test the weight before lifting, carrying and placing boxes. An awkward or heavy load can slip and pinch your hands or feet. Get help or use tools to move large or heavy items.

Health Tip of the Day

WHERE IS THE SALT?

Did you know that most of the salt (sodium) we eat comes from processed foods, like baked goods, crackers and canned products? One way to reduce the salt in your diet is by eating more fresh foods, such as fruits and vegetables. Also, read food labels for sodium content. The American Heart Association recommends eating no more than 2,400 milligrams of sodium per day to help lower blood pressure. Since most people eat much more sodium than recommended, even reducing your daily sodium intake by 1,000 milligrams may be beneficial.

D&I Focus

“Just as we congratulate those included in the ranks of the successful, we must never forget those excluded from even the hope of joining.”

Today is... [Culinarians Day](#)

July 26, 2015

Safety Focus

PROTECT AGAINST ELECTROCUTION:

The major types of electrocution incidents come from contact with overhead power lines; contact with energized sources (e.g., live parts, damaged or bare wires, defective equipment or tools); and improper use of extension and flexible cords.

Here are some of the things we can do to better protect against electrocution hazards at work and at home:

- Do not get in series with electricity
- Use all of your required PPE for specific voltage ratings
- Locate and identify utilities before starting work
- Look for overhead power lines when operating any equipment
- When not working on power lines maintain a safe distance away from power lines; learn the safe distance requirements
- For those working on power lines follow your safety rules on de-energizing live lines in your work environment
- Do not operate portable electric tools unless they are grounded or double insulated

Health Tip of the Day

CHOCOLATE MILK: THE NEW SPORTS DRINK

Serious and recreational athletes alike are returning to a childhood favorite – chocolate milk – in place of more common sports drinks. When pitted against commercial sports recovery drinks, several studies have found that chocolate milk is the superior beverage when it comes to post-exercise recovery and fluid replacement. Chocolate milk is 90 percent water, so it's ideal for rehydration. It also has the perfect combination of carbohydrates and protein to refuel a tired athlete's body and it's packed with many other nutrients including calcium and vitamins A and D.

D&I Focus

“Inclusion and fairness in the workplace ... is not simply the right thing to do; it's the smart thing to do.” - Alexis Herman

Today is... [Aunt and Uncle Day](#)

Hazard Recognition: Line of Fire

July 27, 2015

Safety Focus

PROTECT AGAINST ELECTROCUTION (continued)

Additional things we can do to better protect against electrocution:

- Verify that it bears an electrical test label to indicate it successfully passed any required inspection and tests for electrical safety
- Know the application, limitation, and potential hazards of the tool. Operate according to the manufacturer's instructions.
- Inspect the cord for the proper type. Electric-powered tools must either have a three-wire cord with ground or be double insulated. Never use a plug that has its ground prong removed.
- Inspect the tool for frayed cords, loose or broken switches, and other obvious problems. Tools that fail this inspection must not be used. These must be removed from service and labeled "Do Not Use" until repairs are made.
- Use ground-fault circuit interrupters for protection
- Be alert to electrical hazards when working with ladders, scaffolds or other platforms

Health Tip of the Day

HEALTHY LUNCH IDEA

The grilled cheese sandwich is a classic favorite. For an inexpensive and healthier version, try using 100 percent whole-grain bread, reduced-fat cheese, and butter-flavored non-stick cooking spray. Pair this lighter sandwich with a healthy green salad and a broth-based vegetable or low-fat cream of tomato soup. Enjoy!

D&I Focus

“A community that excludes even one of its members is no community at all.” - Dan Wilkins

Today is... [Take Your Pants for a Walk Day](#)

July 28, 2015

Safety Focus

YOUR EYE IS A TERRIBLE THING TO WASTE

A pair of safety glasses will protect your eyes when you least expect them to! Wear them! When you are welding, grinding, working with chemicals, weed eating, etc. wear the appropriate eye protection and face shields. Do not take your eyes for granted. Flying objects land in the most peculiar places. Don't expose your eyes to flying debris. Remember consequences versus likelihood.

Health Tip of the Day

BALANCE THE DOWNTURN: TURN UP EXERCISE

A 2015 Gallup poll found that Americans are beginning to feel better about their financial situation compared to a year ago (50 percent vs. 43 percent). During a difficult economic time, psychologists have found people are more likely to experience a loss of control that can lead to excessive eating and drinking. Getting some type of physical activity – walking, jogging or riding a bike – helps counteract stress and doesn't have to cost a lot of money.

D&I Focus

"Inclusion is the heart of democracy." - Geraldine Van Bibber, Commissioner of Yukon, Canada

Today is... [National Milk Chocolate Day](#)

July 29, 2015

Safety Focus

DON'T FABRICATE

Too often individuals are injured due to not having the proper tools, equipment or protective equipment. We like to save time, money and often we're just plain old lazy. Being creative is a wonderful thing; however, it is not so wonderful when you are working. There are certain tools and equipment made for certain tasks. The minute you make a decision to "use this instead of getting that"; you've just placed yourself in the line of fire. Creating tools and trying to mimic equipment is not your job unless you are hired to do so. Use the proper tools to get work done. If you don't have them then communicate to your management and ensure they get you the proper tools to complete your work. Don't fall into the trap of overconfidence.

Health Tip of the Day

FROZEN TREATS

Are you craving something creamy and cold? Summer is a time when many people enjoy frozen sweet desserts. When you head out to the local ice cream shop with the kids, consider choosing a small portion of low-fat or fat-free frozen yogurt. At about 100 calories per half-cup serving, frozen yogurt is lower in calories and saturated fat than most ice creams. If you are interested in a higher-protein dairy snack, consider choosing Greek yogurt. It is flavorful, rich in nutrients, and often fat-free.

D&I Focus

"A healthy community is inclusive of all its citizens." - Keith P. Jones

Today is... [National Lasagna Day](#)

July 30, 2015

Safety Focus

UNDER PRESSURE

Operating pressurized components can place you in the line of fire. If you are opening a valve, the valve itself can become a projectile and strike you or someone else. Some things to remember when there is a significant differential pressure across a component you are operating:

- Wear appropriate PPE
- Position your body away from the direction of flow of the source
- Do not position your body over or in front of the component
- Ensure others are clear of the line of fire
- Slowly adjust the component to equalize pressure
- Listen for flow changes to ensure you are getting expected results from your action

Health Tip of the Day

TRY TUNA

Are you looking for a few new ideas for your brown-bag lunch? Tuna salad might be an old standby, but when prepared differently, it can take on a new flavor. Mix 6 ounces of water-packed tuna with a medium celery stick (finely diced), one chopped scallion, lemon juice, black pepper, and about 3 tablespoons of avocado. Mix until blended and serve chilled. Top salad greens with the chilled tuna for a quick and healthy entrée. Another option is to place chilled tuna into a whole-wheat pita or tortilla with veggies for a quick wrap.

D&I Focus

“When we work toward a diverse workplace in which everyone is included and respected, we all benefit.” - Edmund Memi, Boeing

Today is... [Father-in-Law Day](#)

July 31, 2015

Safety Focus

TEXTING AND DRIVING

We hear every day how texting and driving is so deadly, hazardous, and against the law, yet we still do it. We are overconfident in our abilities to multitask because the truth is; our brains are not designed to allow us to truly focus on two things at once. We can only process and focus on one thing at a time. If in fact multitasking is possible, it only exists in about 10 percent of the population. When we pick up a phone to send a text or read a text while operating a vehicle, our brain is either focused on the text or the road; not both. Everyone on the road with us is now in the line of fire, especially those in the vehicle with us. Why them? Because they probably mean the most to you and the moment you lift your eyes from a text to see you are about to run into something, your initial reaction will determine what happens to them. Hook up your Bluetooth and let the car operate your phone. Keep both hands on the steering wheel. Live a Safe and Healthy Life!

Health Tip of the Day

ADD AVOCADOS

Tossed into a summer salad or served as a creamy dip, the avocado can complement any meal while also adding plenty of good nutrition. One-fifth of a medium avocado (1 ounce) has 50 calories and contributes nearly 20 vitamins and minerals, as well as phytonutrients (parts of plants with disease-fighting compounds). Avocados, due to their high monounsaturated fat content, are also a healthy substitute for foods rich in saturated fat. Avocados are a bit high in calories, however, so eat them in moderation.

D&I Focus

“Strength lies in differences, not in similarities.” – Stephen Covey

Today is... [Mutt's Day](#)