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Safety Solutions

Personal Awareness

by Eric Tofte, Director of Training, ESC

Do you know how to avoid becoming a victim of a crime when you are at your job? By taking a few simple precautions, you can reduce the risk to yourself and discourage those who commit crimes.

- Opening the business: Have two employees meet and unlock the business. One should stay outside, while the other checks the interior.
- Closing the Business: Employees should accompany each other to their vehicles - especially at night. If it's not possible, perhaps a security guard can escort the last employee to their car.
- Bank Deposits: Making bank deposits alone can be dangerous; when possible go in pairs. If you are alone, vary deposit times and carry the deposit inside a purse or a plain bag not a bank bag. Never make deposits after closing, as this is obvious for hold-ups.
- Taking out the trash: Doing this in pairs is much safer; for both the employee and the business.
- Panic buttons: Install panic buttons at the front counter. Make sure there are phones near all entrances.
- Controlling Access: This enhances personal security. Keep secondary exits locked. Limit access to secondary exits by non-employees by having doors alarmed and labeled "EMERGENCY EXIT ONLY" or limit access to the area around the door.
- Keep Restrooms Locked: Be in control of access to restrooms, storage areas, etc. This prevents assailants from hiding in waiting and "breakouts".
- ID Badges for Access Control: They are only as good as the enforcement of the policy.
- Visibility: This increases safety. Keep parking and walking areas well lit, and keep the area around the building clear of debris. Stacks of boxes and pallets can be hiding places for assailants. Install mirrors or Closed Circuit TV in rooms with blind corners and in enclosed parking facilities.

Help Keep Employees Safe

- Keep buildings locked whenever public access is not necessary.
- Watch for suspicious persons (persons not having legitimate business).
- Look in to your car before entering it.
- If you think you are being followed, find other people. Use the "buddy" system.
- Take access control policies seriously.

If Confrontation does occur, keep these safety procedures in mind:

- Don't be a hero. Do nothing to risk your personal safety.
- Consider all guns, or threat of guns, as loaded weapons.
- Activate alarms only if you can do so without detection.
- Attempt to alert co-workers only if you can do so safely.
- Follow directions exactly, without volunteering.
- Without seeming obvious, study attacker's distinguishing features for future reference.





Did you know that WSU researchers are developing a hand held marijuana breathalyzer that can detect THC on a driver's breath? Just prior to July 1, 2014 (the effective date for legalized use of marijuana going in to effect in Washington), a survey of 900 Washington drivers showed that 70% had used Marijuana at least once in their life and 44% of those who had used Marijuana in the last year state that they had used Marijuana within two hours of driving. 65% felt that Marijuana made them drive better while 25% felt there was NO impact on their driving.

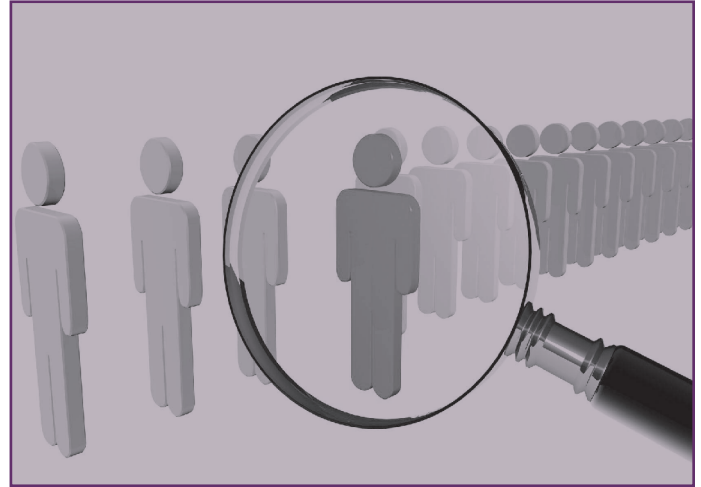
Eye Safety

By Eric Tofte, Director of Training ESC

According to NIOSH each day about 2000 U.S. workers have a job-related eye injury that requires medical treatment. About one third of the injuries are treated in hospital emergency departments and more than 100 of these injuries result in one or more days of lost work. The majority of these injuries result from small particles or objects striking or abrading the eye. Examples include metal slivers, wood chips, dust, and cement chips that are ejected by tools, windblown, or fall from above a worker. Some of these objects, such as nails, staples, or slivers of wood or metal penetrate the eyeball and result in a permanent loss of vision. Large objects may also strike the eye/face, or a worker may run into an object causing blunt force trauma to the eyeball or eye socket. Chemical burns to one or both eyes from splashes of industrial chemicals or cleaning products are common. Thermal burns to the eye occur as well. Among welders, their assistants, and nearby workers, UV radiation burns (welder's flash) routinely damage workers' eyes and surrounding tissue.

In addition to common eye injuries, health care workers, laboratory staff, janitorial workers, animal handlers, and other workers may be at risk of acquiring infectious diseases via ocular exposure. Infectious diseases can be transmitted through the mucous membranes of the eye as a result of direct exposure (e.g., blood splashes, respiratory droplets generated during coughing or suctioning) or from touching the eyes with contaminated fingers or other objects. The infections may result in relatively minor conjunctivitis or reddening/soreness of the eye or in a life threatening disease such as HIV, B virus, or possibly even avian influenza.

Engineering controls should be used to reduce eye injuries and to protect against exposures. Personal protective eyewear, such as goggles, face shields, safety glasses, or full face respirators must also be used when an eye hazard exists. The eye protection chosen for specific work situations depends upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs. Eye protection should be fit to an individual or adjustable to provide appropriate coverage. It should be comfortable and allow for sufficient peripheral vision. Selection of protective eyewear appropriate for a given task should be made based on a hazard assessment of each activity, including regulatory requirements when applicable.



Importance of Interns

You constantly hear college students talking about the importance of getting the right internship. Internships are a way for students to dip their feet in the waters of professional life, while still having room to make the mistakes expected of individuals new to a field. Employers have begun to put a great deal of stock in internships because they're representative of what to expect in the "real world", and give students the opportunity to gain practical, first-hand experience.

In the world of safety there are a few colleges/universities that have a 4-year Bachelor of Science degree program in Occupational Safety and one of them is right here in Washington State; the Safety and Health Management (SHM) Program at Central Washington University.

The SHM program coordinates multiple employer information sessions and on-campus interviews each academic year for employers looking to hire summer interns. The SHM recruiting season typically begins in October and runs through May. However, a majority of the employers (over 35) visit in fall for summer internships. The recruitment trip is typically a two day process which begins with an information session the first day evening at Hogue Technology Building (HTB), followed by on-campus interviews the next day at the CWU career services in Bouillon Hall. Contact Dr. Sathy Rajendran, SHM Program Director at rajendrants@cwu.edu (or) (509) 963-1152, to schedule your information session, and CWU Career Services to schedule your interviews at (509) 963-1921. Once your information session and on-campus interview dates have been scheduled, submit a well-written job announcement and info session flyer to Dr. Rajendran. The SHM program will publicize your visit through mass email to SHM students and post flyers on the bulletin boards in the HTB. Students will sign-up for interviews at the session.

SAFETY STATISTICS

All drivers were asked their opinion on how likely it was that Marijuana impairs a person's ability to drive safely if Marijuana was used within 2 hours of driving. 87% said it was "very likely", "likely" or "somewhat likely" while 12% said "not at all likely". When asked how likely it is that a person could be arrested for impaired driving after using Marijuana within 2 hours of driving 89% said "very likely", "likely" or "somewhat likely" while 11% said "not at all likely".

87%

March is Brain Injury Awareness Month

By Tom Odegaard, President/Executive Director ESC

Most of us have seen/read stories of former NFL football players who have suffered multiple concussions causing various levels of depression and dementia, even leading to committing suicide. How many of you have heard of a high school or college athlete who has suffered similar results and not just from football, but soccer, basketball, and other sports? How about people who suffered head injuries in a motor vehicle collision or at work?

What is a Concussion?

According to the Center for Disease Control (CDC), a concussion is the major type (75%) of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening, but their effects can be serious. Those who survive a TBI/Concussion can face effects lasting a few days, or disabilities lasting the rest of their lives.

How Big is the Problem?

In 2010, about 2.5 million emergency department visits, hospitalizations, or deaths were associated with TBI—either alone or in combination with other injuries, and contributed to approximately 50,000 deaths—about 138 every day in the US.

What are the Leading Causes?

- Falls – 40.5%
- Struck by/against-15.5%
- Motor vehicle collisions - 14.3%
- Assault -10.7%
- Unknown/Other -19%

What are the Symptoms of Concussions?

- Difficulty thinking clearly/concentrating/remembering new information

- Headache, Dizziness, Nausea, Balance issues, Lack of Energy, Sensitive to Noise or Light
- Irritability, Sadness, Nervous, more Emotional
- Sleeping more or less than usual

Recovery

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse.

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding or require a lot of concentration (like sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.

Introduction to Safety Management

This informative learning session provides overview for those new to safety management and for those who require a better understanding of the role for safety officers in an organization.

Did you know...

- WA State requires all employers to have a written Accident Prevention Plan ("Safety Manual") tailored to their specific hazards and safety issues, and
- Not having a written Accident Prevention Program is the number one citation issued by the Dept. of Labor & Industries?

If you are responsible for safety and compliance in your organization; this is perfect for you. Learn how to navigate the ins and outs of safety regulations/requirements plus ensure your employees are protected and your organization stays in compliance.

Topics/questions we'll cover include:

- How to establish a safety committee and the rules governing it,
- What items need to be in your written Accident Prevention Plan,
- The most common L & I infractions,
- What are some of the rules that require training for your employees,
- Personal protective equipment (PPE) hazard assessment requirements.

For \$35 choose from one of the these three eat and learn sessions on January 21st:

7:30am-9:30am or 11am – 1pm or 1:30pm-3:30pm

Space is limited to allow for maximum learning and sharing of information. To secure your spot don't delay and sign up today.

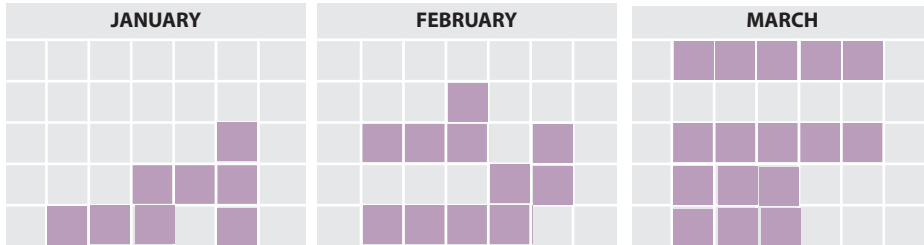


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Calendar of Events

- | | | | | |
|---------------------|-----------|--|--------------|---|
| January | 16 | FA/CPR/AED Certification - Kirkland, WA | 24-26 | Traffic Control Supervisor - Portland, OR |
| | 21 | Lead Renovator Refresher - Kirkland, WA | 25 | Forklift Operator Certification - Renton, WA |
| | 21 | Intro to Safety Management - Kirkland, WA | 26 | Flagger Instructor Recertification- Kirkland, WA |
| | 22 | P/EVO Certification - Kirkland, WA | March | |
| | 23 | Flagger Certification - Kirkland, WA | 2-3 | Flagger Instructor Certification - Kirkland, WA |
| | 26-27 | Forklift Instructor Certification - Renton, WA | 3-4 | Root Cause Analysis Level 1 - Kirkland, WA |
| | 26-28 | Traffic Control Supervisor - Kirkland, WA | 5 | Root Cause Analysis Level 2 - Kirkland, WA |
| | 28 | Forklift Operator Certification - Renton, WA | 5 | Safety Inspections & Audits - Kirkland, WA |
| | 30 | Traffic Control Supervisor Recert - Kirkland, WA | 16-18 | Traffic Control Supervisor - Spokane, WA |
| February | | | 17 | Traffic Control Supervisor Recert - Bend, OR |
| 4,11,18,25,4 | | COSS (Certified Safety Specialist Certification) - Kirkland, WA | 19 | Traffic Control Supervisor Recert - Spokane, WA |
| 9-11 | | FA/CPR/AED Instructor Certification - Kirkland, WA | 20 | P/EVO Instructor Recertification - Spokane, WA |
| 9 | | Forklift Instructor Recertification- Kirkland, WA | 20 | Flagger Certification - Kirkland, WA |
| 13 | | Flagger Certification - Kirkland, WA | 23-24 | Forklift Instructor Certification - Renton, WA |
| 19 | | Hazwoper Refresher - Kirkland, WA | 25 | Forklift Operator Certification - Renton, WA |
| 19 | | Developing an Accident Prevention Program | 30-31 | P/EVO Instructor Certification - Kirkland, WA |
| 20 | | P/EVO Certification - Kirkland, WA | 30-Apr. 1 | Traffic Control Supervisor - Bend, OR |
| 23 | | Traffic Control Supervisor Recert - Portland, OR | | |
| 23-24 | | Forklift Instructor Certification - Renton, WA | | |
| 23-24 | | EverSafe Driving Instructor Certification - Kirkland, WA | | |
| 24 | | Lead Renovator Repair & Paint - Kirkland, WA | | |