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# Safety Solutions

## The Best Defense May Actually Be Avoidance

By Eric Tofte, Director of Training ESC

As most of you know, safety is very important to us here at Evergreen Safety Council. For the most part we do focus on workplace safety, but there are other areas of safety that we all need to be aware of, such as our personal safety. January is National Personal Self-Defense Awareness Month. **The BEST Self Defense is Awareness and Avoidance.**

The crime reports from 2015, compiled by the FBI, reveal that while there was a 2.6 percent decrease in the number of property crimes, there was a 3.9 percent increase in the number of violent crimes from the previous year.

**According to the report, there were an estimated 1,197,704 violent crimes committed around the nation in 2015.**

- The estimated number of murders in the nation was 15,696.
- There were an estimated 327,374 robberies nationwide.
- During the year, there were an estimated 90,185 rapes.
- Property crimes resulted in losses estimated at \$14.3 billion.

Now that we have your attention here are some tips that can help you avoid becoming a victim of a crime. A few simple precautions can help reduce the risk to yourself, and also discourage those who commit crimes.

### At Home

- Always leave your headlights on when arriving home after dark until doors are unlocked.
- Have the door key ready so you can open the door immediately.
- Know who is at your door before opening it. (Consider a wide angle door viewer)
- Never let anyone into your home without proper identification and don't be afraid to ask for it.
- Always leave outside lights on after dark, or use motion lights.
- In an apartment building, NEVER be alone in the laundry room.
- If you suspect anyone is in your house, do not go in, call the police.
- If you see or hear anything suspicious, call the police.

### While You Are Out

- Pay close attention to your surroundings, avoid "automatic pilot" and be alert for suspicious persons.
- Stick to well-lit areas.
- Use common sense; plan your route to avoid uninhabited parks, parking lots, garages, and alleyways.
- Try NOT to go out alone at night. If meeting someone arrange it so you do not have to wait alone.
- Carry minimal items. Don't display large sums of cash and don't carry any more cash than is necessary.
- Alone at work after business hours? Keep the door locked.
- Working late? Have someone walk you to your car.

### In Your Automobile

- Have your keys in hand so you can open the car door without delay.
- Don't park in dark or poorly lit areas.
- Never pickup hitchhikers.
- Never leave your keys in the car.
- Always check the back seat of your car before getting in.
- Always lock your doors while driving.
- Never allow another vehicle to follow you home.
- If you stop to aid others, do not get out of the car. Ask what the problem is and call the police.

And above all always stay alert. If something in your gut tells you to avoid an area or situation, avoid it. If we stay alert we can stay safe and **have a great New Year.**





**Did you know?** The leading cause of death for both men and women is **heart disease**. Heart disease kills an estimated 630,000 Americans each year. An estimated 85.6 million people in the U.S. are currently living with cardiovascular diseases, including heart attack, stroke, high blood pressure and chest pain. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medication.



### Scholarships for Members and their Families

Evergreen Safety Council views membership as a safety partnership with you and your employees. Members have low-cost access to valuable information, resources, and training that will help protect you, your employees, and your business from dangerous situations, accidents, and costly mistakes.

#### Did you know that members and their families also have access to apply for several different scholarships?

ESC has the **Monty C. Lish & Stanley O. McNaughton Scholarship for Safety and Health Careers**. This scholarship was developed to encourage more college students to consider safety and health professions as viable and worthwhile careers. A percentage of membership fees are set aside each year to fund this scholarship. Up to two awards of \$1,000 each will be granted.

**Deadline: February 15, 2017.**

We are also proud to offer ESC members access to apply for a \$1000 college scholarship from the **American Association of Safety Councils (AASC)** **Deadline: March 1, 2017.**

Learn more about the requirements and applying on our website under Membership, then go to Scholarships and Awards.

### John D. Spellman Safety Award

#### Celebrate your organization's safety achievements!

Nominations are now being accepted for this award created to recognize organizations that have demonstrated a focus on safety awareness. Include details of your business's safety efforts, along with examples of how involved employees and committed management helped foster a positive safety culture within your organization. Data supporting your achievements is welcomed and highly encouraged. Learn more about the requirements and applying on our website under Membership, then go to Scholarships and Awards.

## February is American Heart Month

The first **American Heart Month** was declared by President Lyndon B. Johnson in 1964.

It was created to encourage Americans to join the battle against heart disease. Since 2004, February also has been the month for the American Heart Association's **Go Red For Women** campaign to raise awareness of this number one killer of women.



#### Heart disease is the leading cause of death for both men and women in the United States.

While the entire month is dedicated as American Heart Month, the day of February 5th is **National Wear Red Day**. By wearing red on February 5th you are helping raise women's awareness and support education on cardiovascular health.

Why should you Go Red? Heart disease is the number one killer of women, taking more lives than all forms of cancer combined. Every 80 seconds, one woman is killed by heart disease and stroke. That's 1 in 3 deaths among women each year. 80% of these deaths can be prevented with education and action. These statistics can be shocking, but building awareness is one of the best ways to fight this horrible disease.

Cardiovascular disease is also the leading global cause of death, accounting for more than 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030.

While heart disease kills around 630,000 Americans each year, about 750,000 people in the U.S. have heart attacks each year. Of those, about 116,000 die. About 550,000 people in the U.S. have a first-time heart attack each year, and about 200,000 have recurrent heart attacks.

The American Heart Association gauges the cardiovascular health of the nation by tracking seven key health factors and behaviors that increase risks for heart disease and stroke. Called "Life's Simple 7," they are: not smoking, physical activity, healthy diet, body weight, and control of cholesterol, blood pressure, and blood sugar. You don't have to wait until February to get a jump on Life's Simple 7:

- Get active
- Control cholesterol
- Eat better
- Manage blood pressure
- Lose weight
- Reduce blood sugar
- Stop smoking

Do a My Life Check® through the the American Heart Association website at <http://bit.ly/2hkfLiW>

## SAFETY STATISTICS

Each year, 24% of weather-related vehicle crashes occur on snowy, slushy or icy pavement and 15% happen during snowfall or sleet.

# 24 %

## Be Prepared for Winter Driving

By Tom Odegaard, President/Executive Director ESC

Driving in the winter can be nerve wracking whether you are driving in the coastal rains or in snow and icy conditions. Getting prepared before a trip, or even day-to-day driving, can make all the difference in winter driving. It's a good idea to review these things periodically even if you made an initial pass at the beginning of the winter

### Tips to Winterize Your Car

- Install winter wipers.
- Flush the cooling system and replace the coolant.
- Check your battery.
- Mount winter tires.
- Keep (non-freezing) washer fluid full.
- Pack a winter safety kit.
- Service your vehicle regularly (including tune up, battery check, and cooling systems).
- Maintain proper tire pressure.
- Keep the gas tank as full as possible.
- Clean all debris from your vehicle.
- Keep your rear-window defroster in working order.

**Being Prepared**—Accidents, pass closures, and other winter events can mean unexpected time in your car. One of the most important items from the above list is making sure you have a winter safety kit.

### Items for this emergency winter weather kit should include:

- Flashlight with extra batteries,
- Blanket/sleeping bag and warm clothing including: gloves/mittens, socks & hats, and boots,
- Nonperishable, high-energy foods,
- Water,
- First Aid Kit,
- Cell phone charger/battery booster,
- Tire chains and tool kit,
- Ice scraper/snowbrush,
- Small shovel,
- Cat litter/sand/salt to help with traction,
- Jumper Cables,
- Flares/Warning Triangle, and
- Whistle to signal for help.



When planning your trip and before leaving, **check the weather**. Watch weather reports prior to long-distance trips or before driving in isolated areas. Delay trips when especially bad weather is expected. If you must leave, let others know your route, destination and expected time of arrival.

### A Few Winter Driving Tips:

- Avoid driving when you are tired.
- Always keep at least ½ tank of fuel in the vehicle.
- If you start your vehicle to warm it up – do it outside – avoid carbon monoxide poisoning.
- Accelerate and decelerate slowly – reduce your speed overall.
- Do not use cruise control in wintry conditions.
- Increase following distance to 8 to 10 seconds.
- Look and steer in the direction you want to go.
- Avoid using your parking brake to slow or stop.
- If possible, don't stop when going uphill.
- Be extra careful at intersections – cars may have difficulty stopping and vision may be impaired.
- Be extra alert for pedestrians.
- Share the road with snow removal equipment/crews.

If you do get stranded in an unfamiliar area, do not leave your car. Light flares in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or any object.

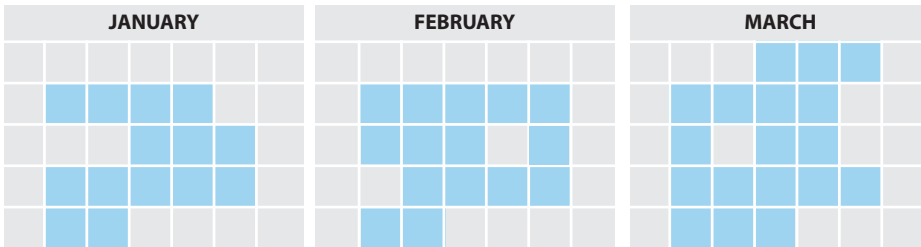
**Be Prepared and Be Safe This Winter.**



**Your Safety Consultants**

12545 135th Ave. NE  
Kirkland, WA 98034

Change Service Requested



**To REGISTER  
1-800-521-0778  
or [www.esc.org](http://www.esc.org)**

# Calendar of Events

**Jan**

- 9 – 11 Traffic Control Supervisor Certification - Kirkland WA
- 12 Traffic Control Supervisor Recertification - Kirkland WA
- 18 Forklift Operator Training - Renton WA
- 19 – 20 Forklift Instructor Training - Renton WA
- 20 Flagger Certification - Kirkland WA
- 23 Traffic Control Supervisor Recertification - Portland OR
- 24 – 26 Traffic Control Supervisor Certification - Portland OR
- 27 First Aid/CPR Certification - Kirkland WA
- 30 – 31 EverSafe Driving Instructor Certification - Kirkland WA

**Feb**

- 6 Forklift Instructor Recertification - Renton WA
- 6 – 8 Traffic Control Supervisor Certification - Spokane WA
- 9 Traffic Control Supervisor Recertification - Spokane WA
- 10 Flagger Instructor Recertification - Spokane WA
- 10 Pilot/Escort Vehicle Operator (P/EVO) - Kirkland WA
- 13 – 15 First Aid/CPR Instructor Certification - Kirkland WA
- 17 Flagger Certification - Kirkland WA
- 21 Traffic Control Supervisor Recertification - Salem OR
- 22 Forklift Operator Training - Renton WA
- 22 – 24 Traffic Control Supervisor Certification - Salem OR
- 23 – 24 Forklift Instructor Training - Renton WA
- 24 Lead Renovator Refresher - Kirkland WA
- Feb 27 - Mar 3 COSS Safety Certification - Kirkland WA

**Mar**

- Feb 27 - Mar 3 COSS Safety Certification - Kirkland WA
- 6 - 8 Traffic Control Supervisor Certification - Kirkland WA
- 9 Traffic Control Supervisor Recertification - Kirkland WA
- 13 Flagger Instructor Recertification - Kirkland WA
- 15 Traffic Control Supervisor Recertification - Boise ID
- 16 Flagger Instructor Recertification - Boise ID
- 20 - 21 Forklift Instructor Training - Renton WA
- 21 Traffic Control Supervisor Recertification - Eugene OR
- 22 Forklift Operator Training - Renton WA
- 22 - 24 Traffic Control Supervisor Certification - Eugene OR
- 24 Flagger Certification - Kirkland WA
- 27 - 29 Safe Supervisor - Kirkland WA