

150 SAFETY

Information compiled by your Safety Committee from recent safety publications

Fall Driving Hazards

According to the National Safety Council's 2009 "Injury Facts" in 2007, the highest monthly mileage death rate of 1.53 deaths per 100 million vehicle accidents occurred in **September**, when 3,710 people were killed in motor vehicle crashes, while 3,490 were killed in **November** and 3,480 in **December**.

Avoiding Deer

- Slow down and prepare to stop. **Stopping your vehicle is safer than taking evasive action.**
- When you see a deer, watch for more, **Deer frequently travel in groups.**
- Know that deer are nocturnal animals. **Deer-vehicle crashes typically occur between 6 pm and midnight.**
- When driving at night, watch for reflections from your headlights. Deer eyes may reflect the light, giving you more reaction time. **Use your bright lights when no traffic is approaching.**
- Do not swerve into another lane to avoid striking a deer. **It is better to strike a deer than another vehicle or a fixed object.**
- If you hit a deer, call 911 and wait for assistance from law enforcement personnel.

A study showed motor vehicle collisions with a deer are 3 times more likely to happen in November than in the spring.

Info from the National Safety Council's Family Safety and Health (Fall 2009)

Energized Electrical Work Permit

The purpose of the energized work permit is to ensure that the increased risk associated with exposure to an exposed energized electrical conductor **receives adequate consideration.**

- Owners and managers do not always understand that working on or near exposed energized conductors exposes workers to **unnecessary risks.**
- The work permit provides workers, managers, and owners with an **opportunity to recognize this increased exposure to Electrocutation or an Arc Flash event.**
- The majority of energized electrical work according to **NFPA 70E (The Standard for Electrical Safety in the Workplace)** requires:

That all work to be done on or near an exposed electrical conductor or circuit parts must be authorized by a signed written permit.

Info from NFPA 70E Handbook

Maximum Capacity

As a nation, 66% of all adults at least 20 years old are considered overweight or obese.

With larger people come larger challenges in the workplace, particularly to worker safety and PPE.

As workers become heavier, safety equipment manufacturers are working to accommodate their needs. However, is that a solution or simply a bandage for a far greater problem?

- Equipment manufactures have addressed the growing size of workers by offering safety gear that can handle heavier loads.
- Some studies point to a link between **overweight workers and workplace injuries.**
- Being obese or overweight can lead to an array of **health problems, which can cost an employer down the line.**

The Centers for Disease Control and Prevention defines overweight and obesity by using a Body Mass Index (BMI)

Less than 18.5 - underweight

18.5 to 24.9 - healthy weight

25.0 to 29.9 - overweight

30 or higher - obese

Find your body mass index at:

www.nsc.org/plus

Info from the National Safety Council's (NSC) Safety and Health (Aug 2009)

150 Safety Committee

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