



Union County Safety Council Newsletter

November 2017 EDITION

Information - Cooperation - Motivation

October Recap *Fire Prevention*

The Marysville Fire Department is always available for public speaking engagements, fire extinguisher training classes, and performing fire inspections on all commercial buildings. Just call to request any help you might need.

Grinder Safety: the two most important facts to remember are that you have properly installed your grinders and that you have received the proper training. Other safety considerations are to inspect for cracks, ensure that you have properly matched the wheel to the grinder, never remove the guard, and always wear eye, hearing, and respirator protection as well as gloves and boots. Before operating a grinder know where the fire alarms and fire extinguishers are, who is around you, where your sparks are landing, and where the escape routes are in case of fire.

Space Heaters: cause 79% of fire deaths and are the second leading cause of home fires because people do not use them properly. They leave them unattended and do not maintain them properly.

Fire Prevention Week

The theme for this year is "Every Second Counts: Plan 2 Ways Out". You have about three to four minutes to get out of your house when there is a fire. Your kids also need to know how to get out of your house safely and without your help. There may be a time in which you cannot get to your children, so they need to know how to get out and to your pre-arranged meeting place. This is why you need to create and practice home fire drills. Your entire family needs to be able to evacuate your house without thinking.

November 8 Lunch and Learn

11:15 a.m. – Union Rural Electric, 15461 US Highway 36

Speaker: Rob McIntosh, Forklift Training Systems

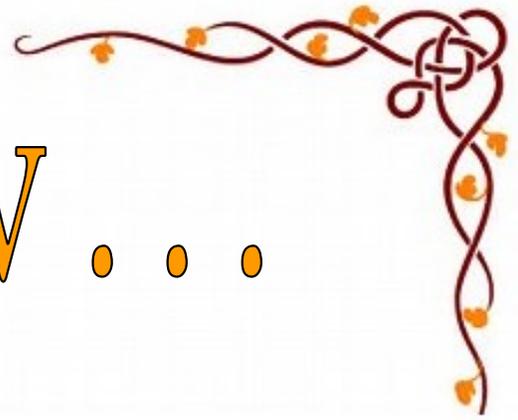
Our Lunch Sponsor: Thomas & Marker Construction



Your Union County Safety Council Officers, October 2017 - September 2018

- President—Brian Dostanko (Human Resources Director, City of Marysville) (937-645-7366)
- Vice-President—Robert "Cricket" McClintock (Union Rural Electric) (937-537-0400)
- Secretary—Rachel Gwilliams (Honda Trading America Corp) (937-644-8033)
- Safety Manager—Angie Venable (Union County Chamber of Commerce) (937-642-6279)

Did You Know ...



Public employer rates are going down. Ohio public employers will pay an average of 6.1% less in workers' compensation premiums beginning in January.



About 2,000 Thanksgiving Day home fires occur every year, according to the US Fire Administration. In fact, Thanksgiving is the peak day for home cooking fires, with unattended cooking the leading cause. Turkey fryers are often a culprit, and the National Safety Council and the National Fire Protection Association strongly discourage the use of turkey fryers.

SAVE THE DATE!!



As we 'Fall Back' to Shorter Days, Take Extra Care on the Road

(www.nsc.org)

Shorter days, fatigue, rush hour and impaired drivers all contribute to making driving at night more dangerous than any other time of day. In fact, the risk of a fatal crash is three times greater at night, according to National Safety Council research.

DARKNESS

When Daylight Savings Time ends on Sunday, November 5, many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver. Even with high-beam headlights on, visibility is limited to about 500 feet creating less time to react to something in the road, especially when driving at higher speeds. What should you do to combat darkness?

- Aim your headlights correctly and make sure they are clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they are anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

FATIGUE

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another 37% have fallen asleep at the wheel. Of those, 13% say they fall asleep while driving at least once a month and 4% say they have caused a crash by falling asleep while driving. The reasons are many—shift work, lack of quality sleep, long work hours, sleep disorders—and it does not only happen on lengthy trips. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 am, midnight to 2 am, and 2 to 4 pm. Drowsy driving puts everyone on the road at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

- Get seven or more hours of sleep a night
- Do not drive if you have been awake for 24 hours or more
- Stop every two hours to rest
- Pull over and take a nap if you are drowsy
- Travel during times you are normally awake

RUSH HOUR

Evening rush hour (between 4 to 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it is dark during rush hour, compounding an already dangerous driving situation. How can you make it home safely during rush hour?

- Do not be an impatient driver; slow down
- Stay in your lane and beware of drivers who dart from lane to lane
- Even though the route may be familiar, do not go on autopilot; stay alert
- In unfamiliar areas, consult a map before you go and memorize your route
- Do not touch your phone, eat, drink, or do other things that are distracting

IMPAIRED DRIVERS

Nearly 30 people die every day in crashes that involve a driver impaired by alcohol, according to the CDC. Drivers impaired by prescription medicines and other drugs increase that number significantly. Impaired drivers are most frequently on the road after dark, particularly between the hours of midnight and 3 a.m. on weekends. While drunk driving has declined by about one-third since 2007, the number of drivers under the influence of drugs has increased. Many states have not yet updated their impaired driving laws to address this growing problem.





The Real Costs of Fatigue in the Workplace (www.nsc.org)

It is a big problem few people spend much time thinking about. An over-worked, over-tired condition has become the norm for many. But a good night's sleep isn't just a novelty, it is a necessity. Our bodies are programmed to be tired at night and alert during the day, but work often requires us to override those natural sleep patterns. Sleep disorders and sleep deficiency are hidden workplace issues that can affect every employer. New research has revealed that a US employer with 1,000 workers stands to lose about \$1.4 million each year in absenteeism, diminished productivity, and healthcare costs related to fatigue.

As fatigue increases, you are more likely to experience microsleep which is a brief episode of unconsciousness that can last up to 30 seconds. This is especially dangerous in the workplace. Highly fatigued workers are 70% more likely to be involved in an incident resulting in injury, and workers with disturbed sleep are nearly twice as likely to die in a work-related incident. About 13% of all workplace injuries can be attributed to fatigue. The National Safety Council conducted a survey and found that 43% of Americans do not get enough sleep which jeopardizes safety and impairs their ability to think clearly, make informed decisions, and be productive. The survey also found:

- 76% of workers feel tired at work
- 97% of workers have at least one fatigue risk factor
- 80% of workers have multiple fatigue risk factors

Fatigue can happen to anyone, although some are more at risk than others. About 15% of full-time employees work on shifts. Night shifts, long shifts, rotating shifts, or irregular shifts all put employees at risk. These types of work schedules can upset circadian rhythms, the physical, mental, and behavioral changes that follow a 24-hour cycle. Did you know that safety incidents are 30% higher during night shifts?

Also at risk are people who sleep less than seven hours per night, workers who perform a task for extended periods or repeatedly perform a tedious task, parents of young children, people with sleep disorders or those taking certain medications.

Employers can take steps to reduce the risk of fatigue in their workplaces and assist employees in getting enough sleep.

- Avoid assigning night-shift or long-shift schedules
- Provide adequate time to recover between shifts
- Give employees a voice in their schedules
- Provide frequent breaks
- Allow napping where feasible
- Educate employees about the importance of sleep
- Adopt a culture that promotes sleep

Fatigue affects drivers in much the same way as alcohol; reduced attentiveness, slowed reaction time, and impaired judgement. In fact, losing two hours of sleep is like having three beers. Driving while drowsy increases crash risk by nearly 300%, and it is estimated that 21% of all fatal crashes may involve a drowsy driver.

Sleep disorders also increase employer costs. Obstructive sleep apnea, for example, costs about \$150 billion a year in higher healthcare costs, motor vehicle crashes and reduced productivity.





HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

1. THANKSGIVING
2. HOLIDAY
3. FAMILY
4. FRIENDS
5. THANKFUL
6. FOOD

7. TURKEY
8. POTATOES
9. STUFFING
10. SALAD
11. BREAD
12. YAM

13. PUMPKIN
14. PIE
15. VEGETABLES
16. HAM