

Safety Matters



SEPTEMBER 2022

EMPLOYEE SAFETY NEWSLETTER



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Protect Workers In Trenches

In 2022's first six months, 22 workers have fallen victim to the deadly hazards present in trenching and excavation work – surpassing 15 in all of 2021.

OSHA is calling on all employers engaged in trenching and excavation activities to act immediately to ensure that required protections are fully in place every time their employees step down into or work near a trench.

When employers fail to install trench protection systems or properly inspect the trench, workers are exposed to serious hazards, including risk of being buried under thousands of pounds of soil. By some estimates, a cubic yard of soil can weigh as much as 3,000 pounds, equal to that of a compact car.

When done safely, trenching operations can reduce worker exposure to cave-ins, falling loads, hazardous atmospheres, and hazards from mobile equipment.

OSHA standards require that trenches and protective systems be inspected daily and as conditions change by a competent person before work begins.

Never enter a trench unless:

- It has been properly inspected by a competent person;
- Cave-in protection measures are in place;
- There is a safe way to enter and exit;
- Equipment and materials are away from the edge; and
- It is free of standing water and

atmospheric hazards.

Prevent trench collapses:

- Trenches 5 feet deep or greater require a protective system;
- Trenches 20 feet deep or greater require a protective system designed by a registered professional engineer.

Protective systems for trenches:

- SLOPE** or bench trench walls by cutting back the trench wall at an angle inclined away from the excavation.
- SHORE** trench walls by installing aluminum hydraulic or other types of supports to prevent soil movement.
- SHIELD** trench walls by using trench boxes or other types of supports to prevent soil cave-ins.

Do's & Don't's For The Office

DO:

- Report** uneven surfaces or torn carpet;
- Clean up** spills immediately, no matter how small;
- Get help** or use equipment to move heavy or bulky items;
- Use** a step stool or ladder, never stand on furniture;
- Keep** file and desk drawers

closed when not in use;

- Report** worn or frayed electrical cords;
- Arrange** desktop so that items being used are within easy reach.

DON'T:

- Overload** electrical outlets;
- Carry** loads that block your vision;
- Store** items in traffic areas;

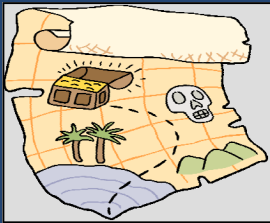
- Open** more than one file cabinet drawer at a time;
- Overload** shelves or cabinets;
- Leave** electrical appliances on at night;
- Attempt** to repair office equipment unless qualified;
- Place** extension cords across traffic areas;
- Use** broken equipment.

Why Is Speeding So Dangerous?

If the average speed for all vehicles on the road increases by **10%**



The bottom line:
Slow Down!
 Driving within the speed limit keeps drivers and others on the road safer.



“Use a floor plan to mark the location of what you and your co-worker find. See who finds the most.”

Make sure the eyewash has been flushed on a weekly basis



Speeding is illegal and endangers not only the lives of the occupants in the speeding vehicle, but all the people on the road around them, including law enforcement officers. In the US, driving over the speed limit or too fast for conditions is the factor cited most often by law enforcement officers when they investigate a fatal crash.

A driver needs at least one second to react. The faster you drive, the farther your car will continue to travel before it can stop. This means

you’re more likely to crash. And, the faster you drive, the greater the amount of mechanical (kinetic) energy that must be absorbed by the impact so you’re more likely to be killed or seriously injured.

Speeding means that the driver is going faster than the speed limit. It also includes driving too fast for road or weather conditions, even if you’re not going over the speed limit.

In 2020, 11,258 people were killed in speeding-related crashes, accounting for 29% of all traffic fatalities in the United

States. On average—30 per day.

Of these, the majority killed were drivers (73%) followed by passengers (21%).

Speeding was involved in 37% of the fatal crashes in construction or maintenance zones.

Did you know?

The U.S. EPA reports that for most vehicles, gas mileage usually decreases rapidly at speeds above 50 mph. In general, each 5 mph you drive over 50 mph is like paying an additional 20 cents a gallon for gas.

Find The Treasures

Do you know where the treasures are in your work area?

They may not seem valuable right now, but in an emergency, they could be life-saving.

Those treasures are your emergency equipment...

Items like fire alarm boxes, fire extinguishers, first aid kits and

especially AEDs.

And, **there are more...** Electrical panels, SDS sheets and at least two emergency exits.

Could you find each of these items in an emergency?

Are you sure?

Willing to **bet your life** on it?

Now would be a great time to take a stroll around your work area and find all the treasures.

Make it fun...take a co-worker.

See who can find the most.

Someday **your** life may depend on **your co-worker knowing** where the equipment is.

And While You’re At It...

Does your work area have an emergency shower / eyewash station?

While you’re exploring your work area looking for the emergency equipment, check to see if there is one.

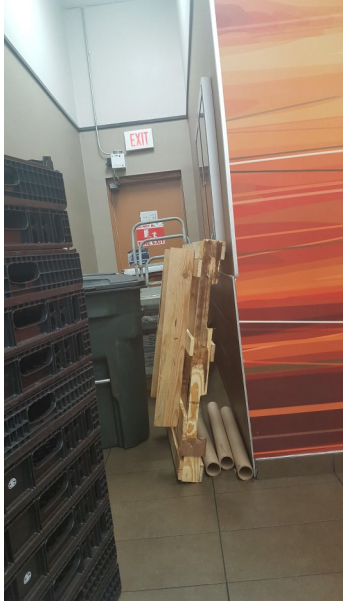
If your work area has an emergency shower / eyewash station, you can check for a few things:

- The station is clearly visible;
- Make sure the path to the station is clear of any obstructions;

- The eyewash nozzles have caps on them; and
- The station is clean and free of debris or other contaminants.

In an emergency, this is one piece of emergency equipment everyone needs to know the location of.

No Way Out



National Pedestrian Safety Month

Unfortunately, in 2020 there were 6,516 pedestrians killed in the United States. That is 18 pedestrians a day and 125 pedestrians a week.

On average, a pedestrian was killed every 81 minutes and injured every 10 minutes in traffic crashes in 2020.

October is National Pedestrian Safety Month. Yield for pedestrians.

Put the phone down and watch out for pedestrians. Sending or reading

a short text takes your eyes off the road for almost 5 seconds. At 55 mph, that's like driving the length of a football field with your eyes closed.

RETHINK how you drive. Behind the wheel, are you:

- Alert and focused?
- Looking out for people walking?
- Obeying all posted signs and speed limits?
- Driving a few miles over the speed

limit might not feel like a big deal, but in a collision with a pedestrian, it can be the difference between life and death.

Do not block crosswalks when you stop at intersections.

Take extra care while driving around schools, playgrounds, and neighborhoods.

Avoid alcohol and drugs when driving; they impair your abilities and your judgment.



Child Passenger Safety

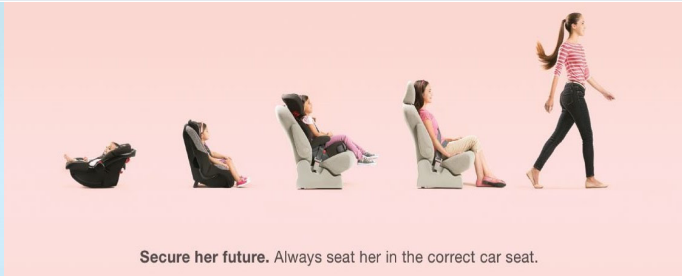
Child Passenger Safety Week: September 18-24, 2022 - National Seat Check Saturday: September 24, 2022

Car crashes are a leading killer of children ages 1-13. For more information, click on the pictures below or visit:

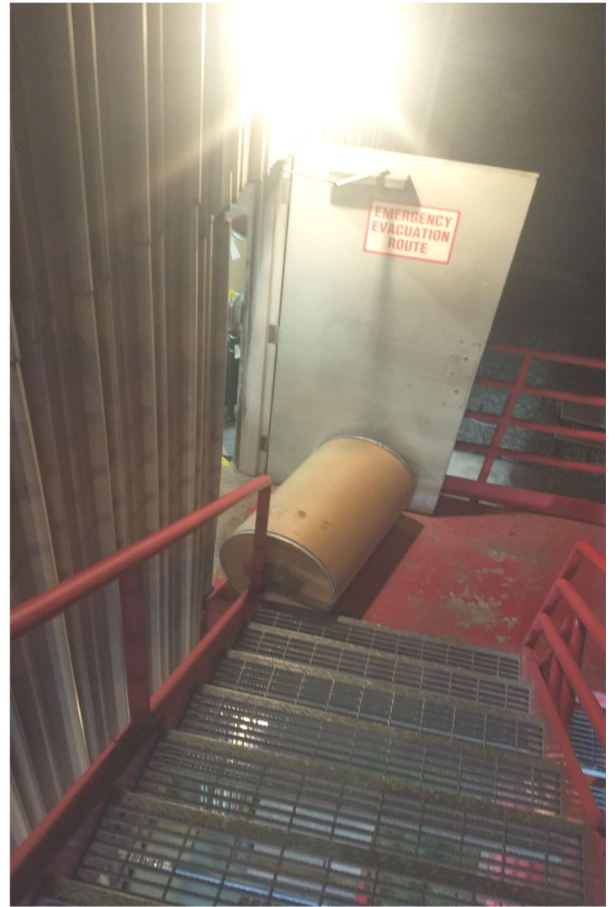
Safercar.gov/therightseat



Secure his future. Always seat him in the correct car seat.



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**When Thunder
Roars,
Go Indoors!**



STOP all activities.

Seek shelter in a substantial building
or hard-topped vehicle.

Wait 30 minutes after the storm to
resume activities.



www.lightningsafety.noaa.gov



What's Wrong With This Picture?

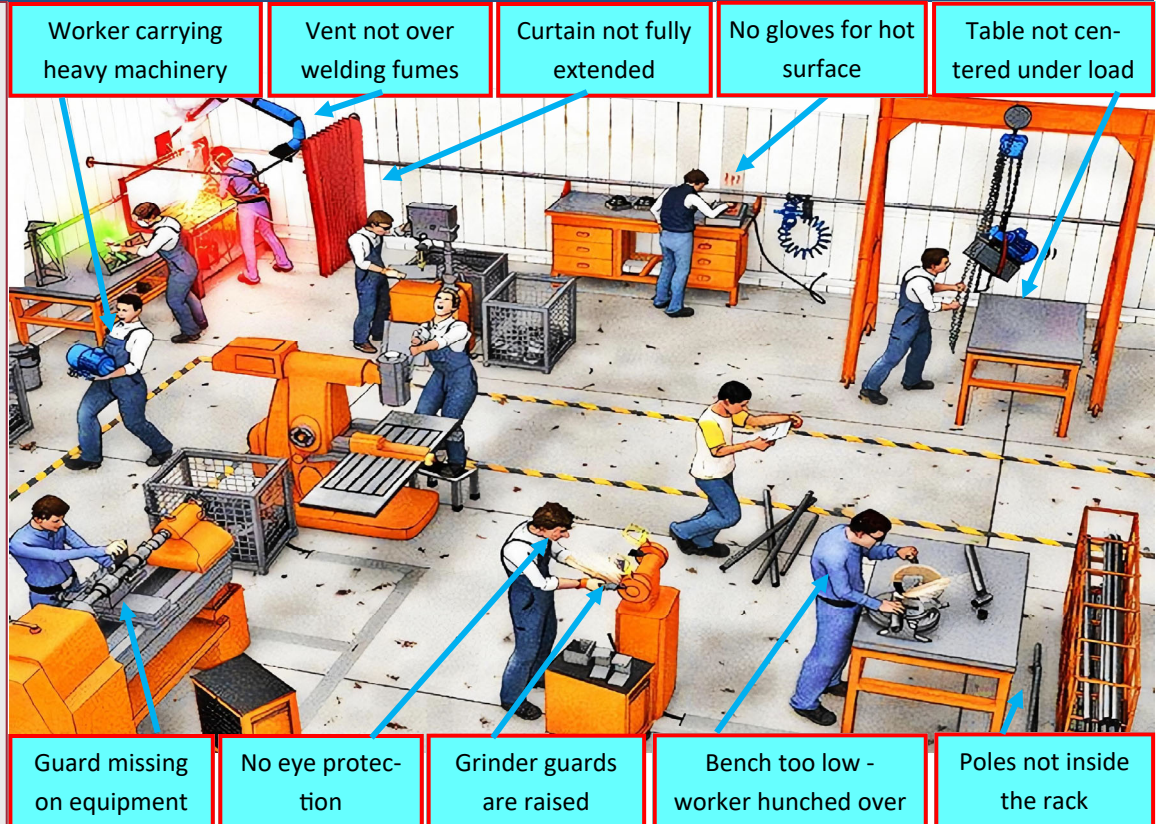
Here are some of the safety issues from last month's "What's Wrong With This Picture?"

Some other problems many of you found included:

- Worker reading while walking;
- Pipes scattered on floor;
- Workers with sleeves down could catch in machinery;
- Electrical cord could be trip hazard;
- Worker straining while on stool; and
- Dirty shop floor.

Thanks to all of you who took the time to respond!

Congratulations to all those sharp eyes!



Worker carrying heavy machinery Vent not over welding fumes Curtain not fully extended No gloves for hot surface Table not centered under load

Guard missing on equipment No eye protection Grinder guards are raised Bench too low - worker hunched over Poles not inside the rack

Reprinted with permission from the Sept. 2021 quiz on <https://www.upehs.com/>

Be sure to look for next month's issue for a new photo in our "What's Wrong With This Picture?" feature.