

# Safety, Safety & More Safety

## Safety Training Schedule 2010

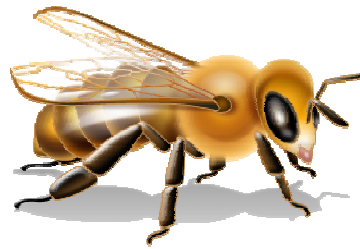
January:	Fire Extinguisher Safety
February:	Hand & Power Tool Safety
March:	Electrical Safety Awareness
April:	Back Stress Prevention/Safe Lifting
May:	Substance Abuse/Safe Driving
June:	Confined Space Entry
July:	Hazard Communication PPE/MSDS
August:	Lockout/Tagout Try
Sept:	Fall Protection/Ladder/Scaffold Safety
October:	Violence in the Workplace Emergency
November:	Hearing Conservation
December:	Blood Bourne Pathogens

## Africanized Honeybees

In 1956, a breed of African honey bee was brought to Brazil in an effort to increase honey production. When these bees interbred with European honey bees, they produced a new variety of bees called the "Africanized honey bee."

These bees are sometimes referred to as "killer bees" because of their aggressively defensive behavior around their nests. Although bee keeping and bee transportation are regulated by the government, the Africanized honey bee has now become part of California's environment and can be found in areas along with the European honey bee.

Both varieties of bees are valued for pollination, honey and beeswax. The Africanized honey bee looks and sounds like a European honey bee. Both types of bees sting once and the effect of the sting is similar. However, the two types of bees differ in several important ways:



- A key difference from the European honey bee is how Africanized honey bees behave when their nests are disturbed. They are aggressively protective of their young and respond quickly by viciously stinging a suspected intruder. They may attack within five feet or more from the nest. Equipment vibration can activate bees from a distance of 100 feet or more.
- Africanized honey bees may continue the defense of their nest, by pursuing an individual for a distance of 1/4 mile or more, and in some cases, for a period lasting several hours.
- Africanized honey bees build nests any place that provides some protection from the weather. They nest in walls or empty structures like old tractors, trailers, cars or equipment. They find hollow trees, stumps, and animal holes a good place to build nests. They even nest underground in irrigation pipes, meter boxes and drainage ditches. They can be found nesting around trash areas, in wood-piles, and in bushes or shrubs.

(Continued on Page 2)

### Safety Resource Links

State Compensation Insurance Fund:  
www.scif.com

OSHA: www.osha.gov

Home Safety Council: www.homesafetycouncil.net

BSI Temporary Services

5071 Business Center Drive, Suite 2

Fairfield, CA 94534

(877) 246-2202

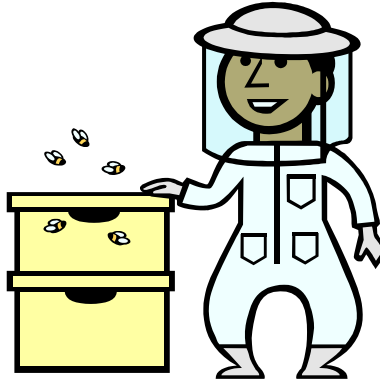
Fax: (877) 575-4943

www.bsitemporaryservices.com

## Africanized Honey Bees (Continued from Page 1)

What should you do if you encounter Africanized honey bees?

- Protect the head, eyes, nose and mouth with hands, arms or clothing. Stingers, which remain in the skin, leave an odor that attracts other bees to sting in that spot.
- Get out of the area as quickly as possible.
- Get into a shelter such as a vehicle or building. Some bees may follow you in, but you will get away from the majority of bees in the swarm.
- Seek professional medical care. Although the toxicity of the Africanized honey bee is similar to the European honey bee, multiple stings can cause troubled breathing or trigger allergic reaction that could lead to death.
- Report suspicious bee activity to a supervisor or employer



## Caught or Crushed Injuries

Each year, workers suffer approximately 125,000 caught or crushed by injuries that occur when body parts get caught between two objects or entangled with machinery. These hazards are also referred to as “pinch points.” The physical forces applied to a body part caught in a pinch point can vary and cause injuries ranging from bruises, cuts and scalping to mangled and amputated body parts, and even death.

Workers in field, industrial, and office settings are all affected by caught or crush hazards to some degree. Get training and learn about the caught/crush hazards and pinch points specific to your tasks, tools, and equipment so you can take precautions.

Dress appropriately for work with pants and sleeves that are not too long or too loose. Shirts should be fitted or tucked in. Avoid wearing loose or dangling jewelry. Tie back long hair and tuck braids and ponytails behind you or into

your clothing. Wear the appropriate, well-fitting gloves for your job.

Look for possible pinch points before you start a task. Take the time to plan out your actions and decide on the necessary steps to work safely. Give your work your full attention. Don't joke around, daydream, or try to multi-task on the job—most accidents occur when workers are distracted. Read and follow warning signs posted on equipment. If you value all that your hands can do, THINK before you put them in a hazardous spot.

Machinery can pose a hazard with moving parts, conveyors, rollers and rotating shafts. NEVER reach into a moving machine. Properly maintain and always use the machine and tool guards provided with your equipment; they act as barriers between the moving parts and your body. Don't reach around, under or through a guard and

always report missing or broken barriers to your supervisor. Turn equipment off and use lockout/tagout procedures before adjusting, clearing a jam, repairing or servicing a machine.

Caught/crush hazards are not limited to machinery. Vehicles, powered doors, and forklifts can pose a crush hazard unless they have been blocked or tagged out. Never place your body under or between powered equipment unless it is de-energized. Doors, file drawers, and heavy crates can pinch fingers and toes. Take care where you place your fingers. Test the weight before lifting, carrying, and placing boxes; an awkward or heavy load can slip and pinch your hands or feet. Get help or use tools to move large and/or heavy items.

If you have ever slammed your finger in a door, you can appreciate the pain associated with this type of injury.



## Driving Distracted

Driving down the road is no longer a lonely, quiet experience. With cellular phones, two-way radios, and stereos, the interior of your vehicle no longer offers a quiet place to focus on driving.

These days with everyone's life so busy, paying attention while driving can be difficult. Have you ever been driving down the road and suddenly you notice you don't remember the last three miles you traveled? Although your attention may only be diverted for a split second, the ever-changing variables of the road and other vehicles can make you instantly vulnerable to accidents.

The following rules can help you concentrate on what you should be doing.....driving.

- Tie up loose ends before your leave the office.
- If you must travel in heavy traffic areas, plan your travel at times

other than rush hour.

- Know the condition of the roads on which you are traveling and drive only as fast as those conditions allow.
- Wear your safety belt at all times.
- Set the radio to a station and leave it there until you stop again.
- Stay alert and drive defensively, with caution.
- Watch out for and anticipate other drivers, pedestrians or children on or near the road.
- Stay out of other vehicles' blind spots.
- Keep a safe distance from other drivers by maintaining a safety cushion around your car.

Safe drivers scan constantly for haz-

ards, predicting how they may be affected by a hazard and pre-determining how to avoid or reduce them.



## Employee Safety Responsibilities

California employers are responsible for maintaining a safe work place and adopting an Injury and Illness Prevention Program (IIPP) to protect workers from job hazards. But employers are not the only ones responsible for safety on the job—California workers have responsibilities for maintaining a safe workplace as well. Do you know your safety responsibilities?

Know and follow all of your employer's health and safety rules such as safe work practices and standard operating procedures. Be familiar with the Cal OSHA safety requirements that regulate your industry. These regulations and guidelines are designed to educate and

protect you from hazards and injuries on the job. Know the emergency and evacuation procedures and the location of emergency equipment on your jobsite; clear thinking and immediate action in an emergency can save lives.

Attend all of the safety training that your employer offers. Training helps you identify job hazards and take the appropriate precautions to protect yourself and co-workers. Never operate equipment unless you have been properly trained. Read and understand the material safety data sheet (MSDS) and know the hazards and

safe work practices for all of the chemicals that you work with. If you have a question about equipment, a chemical, or a process, ask your supervisor—taking a chance at work can mean taking a chance with your life.

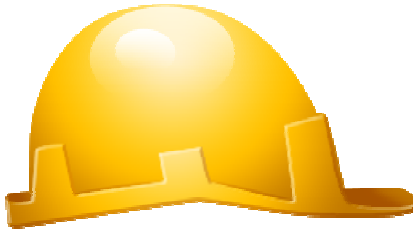
You are responsible for the safety of your own actions while on the job. Conduct yourself professionally and with your mind on your own safety and the safety of others at all times; the workplace is no place for horseplay or lack of attention. Serve as a good role model to co-workers for safe

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## Employee Safety (Continued)

work practice and behavior. Maintain your personal work area and common areas in a clean and orderly manner; good housekeeping means a safer workplace. Always wear the appropriate personal protective equipment (PPE) required for your job tasks.

Talk to your supervisor about safety. If you have a suggestion to make a process or equipment safer, speak up! No one knows your job and tools better than you. Immediately warn co-workers and notify your supervisor of any malfunctioning equipment, hazardous



conditions, and unsafe behavior in the workplace—someone's life may depend on it. All accidents and near—misses should also be reported to your supervisor because investigating these incidents can lead to a safer environment. If you have a job related injury or illness, promptly report it to your employer and seek appropriate treatment.

**When you share the responsibility for safety in the workplace, everyone wins!**

## Managing and Reducing Stress

Stress is an everyday fact of life. When you have too much stress, or it lasts too long, it can be harmful. At work, unmanaged stress can lead to illness or injury, low productivity, and unsafe acts. But not all stress is bad. The best level of stress is the amount which improves a person's performance without causing harmful side effects.

You can manage stress and make it a more positive force in your life when you identify your stressors, understand them, and take charge of the stress by relieving or preventing it. Using alcohol or drugs will not help you manage your stressors. In some cases, it can add to your stress. In any stressful situation, you have choices. You can:

- **Accept it**—Some things are out of your control and all you can do is accept them and learn from them. Seek helpful advice or support from friends or coworkers.



- **Avoid it**—Stay away from recurring situations or sources of constant frustration. Remove yourself from the situation or rearrange your surroundings. For time related stress, plan ahead.
- **Alter it**—Communicate your feelings to your employer or supervisor. Change your feelings or ask someone else to change their be-

havior. Ask for help with your job or take advantage of your company's Employee Assistance Program.

- **Adapt to it**—Learn to cope with the situation or look at it as an opportunity. Focus on the positive things in your life. Try to make time for the activities you enjoy. Maintain a healthy lifestyle including exercise, meditation, and a balanced diet.

It is important for employers, supervisors, loss control personnel and workers to recognize stressful jobs, situations and signs of stress in themselves and or in the co-workers before accidents, injuries or violent incidences occur.