

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

Time Change Means Increased Road Risks

According to Adele Kristiansson, Director of the National Road Safety Foundation “Since night falls an hour earlier, the commute home from work or school will likely be in the dark. Also the change of waking time coupled with earlier nightfall throws off our internal clocks. It can take as long as two weeks for our bodies to adjust.

The problem that we have in our current 24/7 society is that everyone is already somewhat sleep deprived and when we make even small adjustments in sleep schedules, that can have a negative impact.

In short, the shift from daylight savings to stan-

dard time this weekend could put us a greater risk of traffic accidents on your Monday commute—and maybe even for the next couple of weeks.

Extra Care is Needed:



People should be especially careful when driving home after a long, hard day at work. “Combining dark roads with end-of-day exhaustion and stress is a recipe for disaster.

Drivers are not the only one that need to be more careful.

A study by the Carnegie Mellon University found that the risk of pedestrian fatalities following the time change jumped 186%, before dropping again in December. The study claimed that along with dark roads, difficulty adjusting to the end of daylight saving was a factor in these accidents.

The Effects of Fatigue are:

- Reflexes
- Judgment
- Concentration
- Alertness
- Mood

Research shows that inattention and other mental lapses contribute to as many as 50 percent of all crashes. While fatigue may not be involved in these crashes, it clearly contributes to them.

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

OSHA Encourages Workers to Speak Up

OSHA encourages employees to be active players in their workplace's safety and health effort. Specifically OSHA encourages workers to join with their employers in promoting safety on the job.

Working cooperatively to reduce hazards: Employees are encouraged to discuss safety and health problems with their employers, and other workers.

Right to refuse to perform unsafe

work: BSI ALWAYS tells employees that they have the right to refuse to perform any work that they feel may place them or another worker in danger and to always call our office if they



have questions about any work assignment.

Report Unsafe Conditions: BSI encourages our employees to report any unsafe condition to our office by phone, mail, email or fax. Those contact numbers are:

Phone: (877) 246-2202

Fax: (877) 575-4943

Email: nfo@BSItemporaryservices.com

Right to confidentiality: If you request that your name not be used,

How to Lower High Blood Pressure Risk in the Workplace

According to the Centers for Disease Control and Prevention (CDC), almost one-fifth of people who have high blood pressure don't know they have it. And, doctor visits for high blood pressure-related maladies top 44 million a year.

High blood pressure is called "the silent killer" because people who have it rarely show any signs of disease. Sometimes it will cause frequent headaches or nosebleeds, but usually there will be no symptoms at all.

The risk factors for having high blood pressure include:

- A family history of high blood pressure
- African-American ancestry
- Diabetes
- Being Overweight

- Smoking

Untreated high blood pressure can cause damage to several areas:

- The brain
- The kidneys
- The eyes
- The heart
- The arteries

All workers are encouraged to consult their physician to find out what their blood pressure is and ways that you can take the pressure off. Here are some options:

- Reduce sodium intake: Sodium increases blood pressure—read labels and put down the salt shaker!
- Maintain a healthy weight: People 20% or more over their ideal weight have a greater risk

of developing high blood pressure.

- Exercise: Regular exercise reduces blood pressure and helps in weight loss. Sometimes weight loss alone brings blood pressure back to normal.
- Avoid Stress: Prolonged stress constricts the blood vessels and makes the heart work harder.
- Don't use alcohol to relax:
- Stop smoking: Smoking & high blood pressure are a dangerous combination.

