

Safety, Safety & More Safety

Safety Training Schedule

2009

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| October: | Violence In The Workplace/ Emergency Preparedness |
| November: | Hearing Conservation |
| December: | Blood Borne Pathogens |

Lead Story Headline

One way to prevent back injuries is to improve the condition of your back. Here are some tips that can help you keep your back in shape:

- Physical conditioning of your back means not only improving your back muscles but also related muscles, such as the ones in your stomach and thighs. Regular exercise should help keep your back strong, maintain your flexibility and prevent strains and sprains.
- Staying flexible and limber is also important. Your exercise program should emphasize flexibility so that you can bend, turn and twist your back without injury.
- Try to lose weight that contributes to poor posture and puts a strain on your back muscles. Your exercise program should also help you lose weight—another way that exercise helps keep your back

healthy.

- Consult your physician before starting an exercise or weight loss program.

Here are some exercises that you can do to prevent back injuries. These exercises are intended to improve conditioning and flexibility while helping you lose or maintain your weight.



Remember to consult your doctor before starting an exercise program.

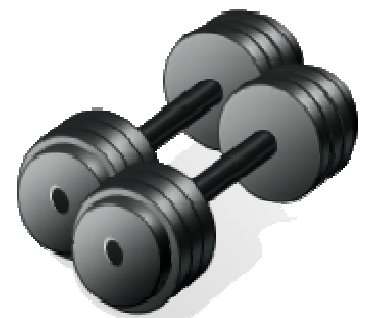
- Walk for 30 minutes per day this will help strengthen muscles and prevent weight gain
- A daily program of stretching exercises will improve flexibility and keep your back in good condition. Stretching exercises might include bending backwards or side-

ways, rotating your hips, or twisting gently from side to side.

- Sit-ups help strengthen your stomach muscles, which in turn support your back

- Leg lifts help strengthen the muscles in your hips and buttocks. These can be done when you're standing or when lying on the floor

- Another good exercise is squats. These strength your back, stomach and leg muscles, and also help you practice good lifting techniques.



Safety Resource Links

State Compensation Insurance Fund:
www.scif.com

OSHA: www.osha.gov

Cal/OSHA: www.dir.ca.gov/dosh

Home Safety Council:
www.homesafetycouncil.net

BSI Temporary Services

5071 Business Center Drive,
Suite 2

Fairfield, CA 94534

(877) 246-2202

www.bsitemporaryservices.com

First Rule of Safety: Know Your Job

Knowing how to do a job properly includes knowing how to do it safely. To protect yourself and your co-workers you have to get to know your job inside and out.

In fact OSHA requires it. It says that employees must “comply with occupational safety and health standards” and all OSHA rules and regulations that apply to their “own actions and conduct.”

In order to meet OSHA’s mandate, employees have to learn the rules and the specific requirements for doing a good, safe job. Even if you have experience doing a certain job somewhere else, you may not know how to do it the way your current employer requires it be done.

Orientation begins the process, but is only the first step. A safe worker is all about knowledge and knowledge begins with learning the basics.

To know your job and work safely, employees must learn essentials such as:

- How to operate machines and

equipment correctly and safely

- How to select and use materials, including chemicals, correctly and safely
- How to use protective devices, equipment, and controls such as machine guards, personal protective equipment (PPE), and ventilation
- How to perform routine work area safety inspections
- How to perform each step in a task in the proper order
- How to report safety problems and hazards
- What to do if something goes wrong.

You also need to know:

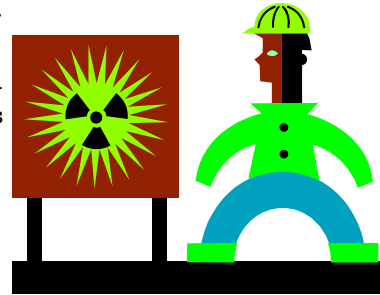
- Types of accidents that could occur on the job

- Hazards present in the work area, especially hidden hazards
- Hazardous materials in the workplace

- Health risks
- Consequences of inattention, fooling around and careless acts.

You should also be on the lookout for potential risks, such as:

- Slip, trip and fall hazards
- Electrical problems
- Chemical leaks and spills
- Ergonomic hazards
- Machine & equipment malfunctions
- Fire Hazards
- Anything that just doesn’t “seem right”



2009 H1N1 Flu: Update

Each week CDC analyzes information about influenza disease activity in the US and publishes findings of key flu indicators. Findings during the week of Sept. 13—19, 2009 showed that influenza activity has continued to increase in the US.

Flu Symptoms are:

- The symptoms for all flu, including H1N1 are similar. They include fever, cough, sore throat, runny or stuffy nose, body aches, headaches and chills.
- If you have H1N1 you should stay

home, follow your doctor’s orders and watch for signs that you need immediate medical attention

Taking Care of Yourself If You Are Sick:

- Stay home until you have been free of fever for 24 hours
- Avoid close contact with others
- Clean hands with soap and water or an alcohol based hand rub often
- Cover coughs and sneezes

- Wear a face mask when sharing common spaces
- Drink Clear Liquids
- Get plenty of rest
- Get medical attention right away if you: have difficulty breathing or chest pain, have purple or blue discoloration on lips are vomiting & unable to keep liquid down or show signs of dehydration, such as feeling dizzy when standing or being unable to urinate.

