

# Safety, Safety & More Safety

## Safety Training Schedule

2009

September: Fall Protection/  
Ladder  
Scaffold Safety

October: Violence In The  
Workplace/  
Emergency  
Preparedness

November: Hearing  
Conservation

December: Blood Borne  
Pathogens

### Safety Resource Links

State Compensation Insurance  
Fund: [www.scif.com](http://www.scif.com)

OSHA: [www.osha.gov](http://www.osha.gov)

Cal/OSHA: [www.dir.ca.gov/dosh](http://www.dir.ca.gov/dosh)

Home Safety Council:  
[www.homesafetycouncil.net](http://www.homesafetycouncil.net)

BSI Temporary Services  
5071 Business Center Drive,  
Suite 2  
Fairfield, CA 94534  
(877) 246-2202  
[www.bsitemporaryservices.com](http://www.bsitemporaryservices.com)

## Minimizing a Pandemic

The more you know about pandemics, about how flu viruses are transmitted, and about how to prevent the spread of infection, the more likely you will be able to minimize the impact on your family.

### Transmission:

Flu is primarily transmitted through the air, when infected people cough or sneeze. Flu viruses can also be transmitted in other ways. For example, you could get the virus if you:

- Shake hands with a contagious person.
- Touch a surface, such as a door knob, phone, keyboard, counter or tool handled by an infected person.

### Symptoms:

Initial flu symptoms may

## Spiders & Ticks

When you are outdoors, there's always the possibility of a close encounter with a wasp, bee, or other insect that stings or bites. You may not feel the sting or bite when it happens but

you'll probably soon notice swelling, redness, itching, or even pain. If you are allergic the bites could cause more serious symptoms, including: hives, dizziness, stomach cramps or nausea. In rare cases,

include:

- Fever (usually high)
- Headache
- Fatigue
- Cough
- Sore Throat
- Runny Nose
- Muscle Aches
- Stomach Upset

Indications that the flu might be getting worse include:

- Rising fever
- Increased respiratory distress
- Bluish Skin
- Shaking Chills
- Pain
- Confusion

- Inability to move an arm or leg
- Persistent vomiting

Be sure to see your doctor if you or a family member experiences early signs of the flu during a pandemic. If symptoms get worse, you should call your doctor

right away or call 911, if no doctor is available.

### Prevent the Spread of Infection By:

- Covering your mouth
- Wash your Hands
- Stay home from work if you are sick.



people feel weak or have trouble breathing or swallowing. In the worst incidences, that can lead to unconsciousness, and even shock or death.

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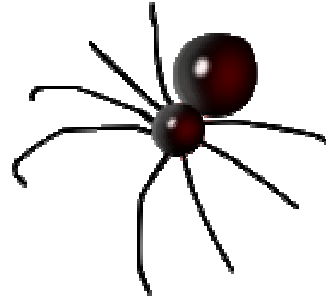
## Spiders & Ticks (continued from page 1)

**Spider bites are generally harmless**, with a few exceptions, such as black widow spiders. This spider is glossy black with a red hourglass mark on the stomach. The bite itself may not hurt, but it could cause bad stomach pain and cramps, breathing difficulty, nausea, sweating, twitching, shaking and tingling in the hand. See a doctor immediately for a black widow bite.

The brown recluse spider is another spider to be alert for. They are smaller than a black widow and have a white pattern on their back that looks

like a violin. Their bites can be painful and cause some of the same reactions as a black widow, but are not as dangerous.

Tick bites are a particular concern. Some ticks carry serious illnesses such as Rocky Mountain spotted fever and Lyme disease. Check yourself and your clothing when you finish an outdoor job. If one of these insects is on your skin, remove it quickly. Grab the tick with



tweezers, getting as close to the skin as possible. Then pull it straight up with steady even pressure, so you get all its body parts. If you can't remove it yourself, medical help is needed. Once it is out, wash the area gently with water and apply rubbing alcohol.

See a doctor if you develop a red spot, or have swelling, joint pain or flu like symptoms.

## Home, Safe Home

According to the Home Safety Council, the top 5 causes of nonfatal, unintentional injuries are:

1. Falls
2. Stuck by/against
3. Cut/pierce
4. Overexertion
5. Poisoning

These 5 causes account for almost 80% of injuries. Falls alone account for more than 40% of all nonfatal, unintentional home injuries.

Follow these fall safety tips to protect you and your family from slips, trips and falls:

- Keep floors free of clutter.
- Make sure stairways are well lit.
- Check that all stairs have sturdy railings.
- Tack down any loose pieces of

carpet or linoleum.

- Use nonskid mats or decals in bathtubs or showers.

Good housekeeping is for more than just a good impression. Many struck by/against and cut/pierce injuries can happen from poor housekeeping.

- Stack & store items in kitchen cabinets, closets and shelves in a stable manner.
- Watch where you are going.
- Pause before opening a door—swing it gently.
- Carry sharp objects pointing down & away from your body.
- Store sharp objects in sheaths.

Overexertion dangers in the home can include shoveling, raking leaves & lifting & carrying furniture or heavy objects.

**Follow these tips to help keep your home a healthy, happy place.**

- Lift safely by bending at knees.
- Shovel at a steady pace.
- Don't overdo.

You can help prevent poisonings in your home if you:

- Read labels on cleaners, paints, garden supplies etc & follow instructions.
- Store cleaning solutions, pesticides & other hazardous materials where children can't reach them.
- Keep containers closed when not in use.
- Dispose of old, used or unlabeled substances
- Post local Poison Control Center phone numbers near your phone.