



## Keep S-A-F-E!

### Remember these four steps to greater safety

#### Stay alert.

Give your work your full attention. Avoid becoming complacent or taking shortcuts, no matter how many times you've done a job or how many years of experience you have. Be prepared for the unexpected.

#### Ask questions.

Check with your supervisor when you are unsure about a substance, procedure, or piece of equipment. If you're not sure if something is a hazard, ask. If something feels wrong, ask. Never let a safety question go unanswered!

#### Focus on safety problems.

Take time to look for and identify hazards. Inspect your work area, tools, equipment, and materials before you start to work each day. Anticipate potential problems before you begin a job, and be prepared to deal with problems that arise.

#### Eliminate hazards.

Take responsibility for your safety. Follow safety rules. Use assigned PPE. Keep your work area neat and safe. Remove or repair safety hazards you're trained to handle, and report other hazards to your supervisor right away.

Make safety an important part of your job — every minute of every working day.

### ANGER MAY CAUSE STROKE

Here's a good reason to keep your cool:

A study conducted by the Israel Center for Disease Control finds that anger and other negative emotions may trigger strokes.

Doctors know that emotional and mental stress have been linked to heart attacks. Now the researchers, who studied 200 stroke victims, say that nearly a third of those people reported an emotion such as anger, guilt, fear, irritability, or hostility 2 hours before their stroke.

Another trigger was a sudden change in body posture due to a startling event, such as reacting suddenly to a loud noise or an abrupt temperature change.

"It is possible that negative emotions evoke more intense reactions," conclude the researchers. Although they say that it is too early to draw long-term conclusions, keeping negative emotions at bay whenever possible certainly seems like a good idea.

### New safety suggestion box is a success!

YCPARMIA received 6 anonymous suggestions on the first day that our new Safety Suggestion Box was up and running.

**Why:** In an effort to assist our members meet the Cal/OSHA's IIPP requirement for every employer to have a system of anonymous notification by employees about hazards, we have added this new function to our website. This allows individuals to report hazards in your workplace electronically and anonymously.

**How:** Just go to our website at [www.ycparmia.org/](http://www.ycparmia.org/), and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



## YCPARMIA

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# Be Good to Your Back

The best way to protect your back against the many hazards it faces on and off the job is to develop habits that reduce the strain on back muscles. For example:

- ☛ **Slow down.** Back injuries that result from slips, trips, and falls can often be prevented by walking instead of running from place to place. Wear shoes with nonskid soles and, of course, look where you're going.
- ☛ **Stretch first.** Your back muscles, and the stomach muscles that help them, benefit from stretching before heavy use, so stretch gently before lifting or other back activity. Gentle stretches at the beginning of the day, and periodically during the day, also help keep your back muscles flexible.
- ☛ **Rest your back.** When you sleep, your back gets a rest from carrying your body around. To give your back the best rest, sleep on a firm mattress. The best sleep positions for your back are on your side with your knees bent or on your back with your knees elevated.
- ☛ **Lift safely.** Break large loads down into smaller, more manageable parts. Whenever possible use material handling equipment, such as hoists, hand trucks, and dollies rather than your body to lift objects. Push hand trucks, don't pull them.

## Home Safe Home: Prevent falls around your house

**Did you know** that falls account for more than half of all accidental deaths in the home? Since school is out for summer, family members are more likely to spend greater amounts of time at home, increasing their risk.

Follow these precautions from the experts at the Ohio State University Extension:

- Make "Walk, Don't Run!" a household rule.
- Wipe up spills immediately.
- Be careful when going up or down stairs in flip-flops or other floppy sandals.
- Never use small rugs at the top or bottom of stairways.
- If you use throw rugs in other parts of the home, tape the edges down to keep them from skidding.
- Don't stretch electrical cords across the floor.
- Use a ladder or stepladder rather than a chair to reach high shelves.
- Keep others away while washing floors to avoid slips on wet surfaces.
- Install nightlights in bedrooms, hallways, and bathrooms.
- Close drawers as well as cabinet and closet doors after use.
- Teach children not to leave toys, shoes, balls, or other items lying around, especially on stairs.