

SAFETY NEWSLETTER

City of Boynton Beach, Florida
Volume 10, Issue 3

Risk Management Department
Fall 2011

RISK MANAGEMENT MUSINGS

Staff Reduction Through Attrition?

What excuse have you used or heard for not following safe procedures or wearing PPE?

- "I left my safety glasses in the truck. I'm almost done anyway."
- "It's too hot to wear that PPE. I'll be busy thinking about trying to cool off and then I'll get hurt."
- "We never have any major injuries. You have to expect the minor ones."
- "I know what I'm doing. I've been doing this for years and never had a problem."
- "We don't have time for all that. We need to get the job done."
- "The way we do it, it's not that dangerous."
- "No, I didn't check. I'm sure it's locked out. Besides, everyone gets a little shock once in a while."
- "I'll follow the safety procedures when everyone else does."

And our favorite excuse of all:

- "Injuries are just part of the job."

CHUCK MAGAZINE, RISK MANAGER

(Excerpted from "Safety Matters," Employers Mutual Inc., October 2011)

Smothering Mayhem

Its Super Bowl time and the Fins are up 14-0. Half time commercials are as good as ever and the stock trading baby has us all laughing. Suddenly, Justin Mayhem shows his face and an electrical short causes the baby's computer to burst into flames. Fire rapidly spreads through the room as the baby narrowly escapes. The local fire department shows up and extinguishes the flames but only after the bedroom, hallway and attic are destroyed. Being the conscientious tot that he is, the stock trading baby goes through the bedroom safe and pulls out his Farm State All Coverage Insurance policy. He checks the date and it's in force. The policy covers fire. Radical! Like an awesome neighbor, Farm State All Coverage was at his door the same day. Everything is paid for. The baby is overjoyed until he discovers his mother did not escape the fire. A social worker from DCF arrives to take the stock trading baby to a foster home where he is given a bottle, some toys and no computer. The baby later takes his own life.

If only this had been a commercial for home fire sprinklers. It would have gone something like this.

Its Super Bowl time and the Fins are up 14-0. Half time commercials are as good as ever and the stock trading baby has us all laughing. Suddenly, Justin Mayhem shows his face and an electrical short causes the baby's computer to burst into flames. A single sprinkler head extinguishes the fire before it has time to spread from the desk. The local fire department shows up and stops the water flow. Some water damage occurred but was minimal. The baby and his mother are safe. Farm State All Coverage Insurance writes a check that covers the damage less a deductible. The baby is overjoyed and checks his investments on a laptop he bought with the insurance money. He doubles his stock in the XYZ sprinkler company. He grossed over two million dollars in returns over the next few years. He was last seen partying on a yacht in the Caribbean with a babe on each arm.

The catch phrase from the commercial comes to the screen.

Home Fire Sprinklers – Invest Like your Life Depends On It!

- The primary victims of fire are usually children under the age of 10 and adults over the age of 70.
- Installing both smoke alarms and a fire sprinkler system reduces the risk of death in a home by fire by 82%, relative to having neither.
- 90% of fires are contained by the operation of just one sprinkler.
- Sprinkler systems discharged an average of 341 gallons of water/fire. Compare this to the 2,935 gallons of water/fire that would have been released by firefighter's hoses.

* Statistics from the Home Fire Sprinkler Coalition

Division Chief Raymond Altman, BA, EFO, EMTP
Boynton Beach Fire Rescue

Leadership....

Is the art of accomplishing more than the science of management says is possible. COLIN POWELL

Health Beat



Improving Brain Function

Did you know there are foods you can eat that could improve brain function? These foods can protect your brain, improve how it works, and actually build new brain cells.

I know, we have been told that our brain stops growing as an adult, but, research has proven otherwise. The brain can reconnect at any age; but, the cells need nutrients just like other parts of your body to improve and stay healthy.

Building your Brain

Healthy Fats, yes that is what I said, is very important in your diet to build your brain. These include Omega-3 fatty acids, which are in cold water fish, like, salmon and tuna. In general, other foods are soybeans, eggs, walnuts, and canola oil, to name a few.

Protecting your Brain

Antioxidants protect your brain by merging with the free radicals in your blood and make them harmless. Free radicals are the molecules responsible for aging, breakdown of tissue and some diseases. They are unstable and try to bond with other molecules destroying your energy and responsible the detrimental process.

Antioxidants merge with the free radicals in your blood and make them harmless. Good sources of antioxidants include tea, blueberries and other berries, red grapes, tomatoes, broccoli, garlic, spinach, carrots, whole grains, and soy.

Sparking your Brain

Your brain includes neurons and chemicals called "neurotransmitters". These are messengers that carry brain signals from one neuron to another. Your brain structure may be great, but, your brain won't function properly if the neurotransmitters are insufficient. There are components of neurotransmitters, such as tryptophan, can't be made within the body but must be consumed directly from your diet. Others, such as, tyrosine can be made by the body but still require the right foods in your diet.

The best foods for boosting alertness, concentration, and energy include seafood, meat, eggs, and dairy products.

Pam Brown, Claims Administrator

Fire Prevention Week

October 9 – 15, 2011

"Curiosity killed the cat." We have all heard this adage and hope we never run into situations that this could occur. This goes with children and fire, especially young boys.

Here's a story many of us have heard or dealt with:

My grandson age seven at the time had a curiosity with fire and wondered what would happen. He found a lighter and lit a dollar bill, when the bill went up in fire he tossed it behind his bedroom chest out of fear. My granddaughter saw what happened and ran and told my daughter and they were able to avert a tragedy. Mind you, they live in a mobile home and in a matter of minutes they can completely engulf in flames. My daughter thought he would never think of, or even act on this impulse. Finally, she and her husband sat down with their children explaining the dangers of fire and the consequences of what could have happened.

The moral of this story is don't let this happen in your family, sit down and discuss the dangers and at the same time, go over such tips as:

- Call 9 – 1 – 1 if there is a fire
- Escape routes and fire drills
- Stay low to the floor when escaping
- Feel doors before entering another room
- Don't play with matches or lighters
- Don't play with electrical cords
- Don't place items over lamps
- Make sure the stove is off when done
- Practice what you have learned

And, last of all, should your clothes catch fire,

Stop, Drop and Roll.

Pam Brown, Claims Administrator

They Walk Among Us

While looking at a house, my brother asked the real estate agent which direction was north because, he explained, he didn't want the sun waking him up every morning. She asked, "Does the sun rise in the north?" When my brother explained that the sun rises in the east, and has for sometime, she shook her head and said, "Oh, I don't keep up with all that stuff."

www.ebaumsworld.com

FATAL OCCUPATIONAL INJURIES IN 2010

A preliminary total of 4,547 fatal work injuries were recorded in the United States in 2010, about the same as the final count of 4,551 fatal work injuries in 2009, according to results from the Census of Fatal Occupational Injuries (CFOI) program conducted by the U.S. Bureau of Labor Statistics. The rate of fatal work injury for U.S. workers in 2010 was 3.5 per 100,000 full-time equivalent (FTE) workers, the same as the final rate for 2009. Final 2010 CFOI data will be released in Spring 2012. Economic factors continue to play a role in the fatal work injury counts. Total hours worked were up slightly in 2010 in contrast to the declines recorded in both 2008 and 2009, but some historically high-risk industries continued to experience declines or slow growth in total hours worked.

Some key findings -

Work-related fatalities resulting from fires more than doubled from 53 in 2009 to 109 in 2010--the highest count since 2003. Workplace homicides declined 7 percent in 2010 to the lowest total ever recorded by the fatality census, but workplace homicides involving women increased by 13 percent.

Fatal work injuries among non-Hispanic black or African-American workers declined by 9 percent in 2010, while fatalities among non-Hispanic white workers were higher by 2 percent. The number of fatal workplace injuries among police officers increased by 40 percent, from 96 in 2009 to 134 in 2010.

The number of fatal work injuries resulting from fires and explosions rose from 113 in 2009 to 187 in 2010, an increase of 65 percent. The increase was led by an increase of 106 percent in fatalities resulting from fires which rose from 53 in 2009 to 109 in 2010. Fatal work injuries among government workers were up 3 percent in 2010, due largely to an increase in fatalities to state government workers from 75 in 2009 to 107 in 2010. Fatal work injuries incurred by local government workers were also higher in 2010, *but* fatal injuries among federal government workers were lower (down 21 percent to 96 fatal work injuries in 2010).

For more detailed information on fatal injuries by incident, see the 2010 tables at www.bls.gov/iif/oshcfoi1.htm. From Department of Labor Bureau of Labor Statistics

The Bottom Line – Safety is about saving lives, not just saving money.

ASSE Recommends ICE Phone Programming

The American Society of Safety Engineers has joined rescue personnel in asking people to program their cell phones' address book **In Case of Emergency (ICE) contacts** as a way to easily reach a family member or other emergency contact should an illness or accident render one unconscious.

ICE can help emergency personnel quickly identify an injured individual and their next of kin in minutes instead of hours,"

Making ICE a common practice for cell phone users will help make it a routine measure for rescue personnel to check cell phones when necessary. ICE is free and only requires a cell phone to use it. An individual can program a new contact in his cell phone's address book with the letters ICE, followed by the name and phone numbers of their emergency contacts.

Keep in mind that **ICE entries need to be used IN ADDITION TO AND NOT IN PLACE OF** standard forms of healthcare information.

Mark Bobich, Safety Administrator



How many dangers can you find in this picture?

SAFETY NEWSLETTER

Published by
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Please note that the Risk Management Department has moved to City Hall First Floor in the former Recreation and Parks offices.



CONFESSION IS GOOD FOR THE SOUL

Investigators solved a \$62,000 bank robbery in Houston, Texas, thanks to the suspects posting details of the crime to Facebook. Two days before the heist, bank teller Estefany Martinez, 19, posted, "Get \$\$\$." The day after, she posted, "IM RICH".

Her boyfriend, Ricky "Ricko Gee" Gonzalez, 18, posted "WIPE MY TEETH WITH HUNDEREDS" and "U HAVE TO PASS THE LINE SOMETIMES!! TO GET DIS MONEY!!" Online friends tipped the cops to the posts after hearing about the robbery at Martinez's bank. The only other teller on duty during the robbery, Anna Margarita Rivera, also 19, was also arrested in the plot. Her brother, Arturo Solano, 22, allegedly helped Gonzalez pull off the actual heist. Martinez was on duty during a previous real robbery and, she told detectives, thought staging a robbery would be "easy" to pull off. (MS/Houston Chronicle) ...Sure it's easy to do a robbery. The hard part is getting away with it.

(www.thisistrue.com)

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

(Excerpted: *Children say the Darndest Things!*)

Five-year-old Becky answered the door when the census taker came by. She told the census taker that her daddy was a doctor and wasn't home, because he was performing an appendectomy. "My," said the census taker, "that sure is a big word for such a little girl. Do you know what it means?" "Sure! Fifteen hundred bucks, and that doesn't even include the anesthesiologist!"

(Joke of the Day)

Darwin Awards

(Named in honor of Charles Darwin, the father of evolution to commemorate those who improve our gene pool by removing themselves from it.)

Hotter Copper Whopper 2011 Darwin Award Nominee Confirmed True by Darwin

(3 July 2011, Leeds, UK.) Thief! How, many, thieves, have to die, to prove that you shouldn't steal copper wire? Besides the risk, it's not right to cause thousands of dollars worth of damage, for hundreds of dollars in profit. HEY YOU IMMORAL IDIOTS, It makes bad environmental sense to destroy more than you recoup. Angry lecture!

Copper Kills! CE Electric UK recently began marking the copper using 'SmartWater' technology to deter malicious, costly vandalism. American Electric Power is converting from copper grounding wire to copper-clad steel wire that has little scrap value and is tougher to cut.

Knowing that species evolve, why are we so dumb? Like Darwin's Finches, humans are filling the 'new islands' (evolutionary niches) created by our civilization, and our mutations are being tuned by each self-limiting step we take.

Which brings me to a Leeds teenager, who at 16 became a deceased Darwin Award winner by making one such self-limiting step. Copper theft is a killer, and also a nuisance. CE Electric UK has dealt with 279 incidents in the last year in West Yorkshire. They plead, "We are pleading with thieves to think about the consequences and how much they are risking for such a small return. DANGER OF DEATH signs are posted for a reason!"

Stealing copper? Fast track train to Charles Darwin's heavenly estate. "Welcome home, Leeds teen. You were old enough to know better!" Sometimes a friend has to cram life into too few years, but we comfort ourselves knowing that his destiny was to serve as a warning to others.

CARPERPETUATION (kar'pur pet u a shun) n. The act, when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.

(www.jokesgallery.com)



Fire Safety Month

- Sprinkler
- Detector
- Extinguisher
- Fire
- Matches
- Prevention
- Smoke
- Checklist
- Battery
- Electric
- Flammable
- Ignite
- Sparks
- Safety
- Extension
- Circuit
- Emergency
- Escape Plan
- October
- Boynton Beach

I R E F T S I L K C E H C G O
 E Y C N E G R E M E N G E B N
 R O T C E T E D R T I E O P A
 E L E C T R I C Y A P Y N O N
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 M C U W E B B L E E I P I R N
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 R T P R E V E N T I O N T M T
 E X R E H S I U G N I T X E X



Congratulations to Heidi Sagel of Utilities for answering last issues puzzle correct and winning a gift card for Publix. All employees that turn in a correct puzzle to Risk Management will be included in a drawing to win a \$25 gift card. Drawing to be held Thursday October 13, 2011.

Creating an Interesting Safety Meeting

Do you hear employees gripe, "Safety meetings are boring and a waste of time?" When conducted properly, safety meetings do not have to be boring and when planned properly, inattentive employees will listen. When this happens, their safety record will improve. Preparation is crucial to a good meeting. To have a powerful safety meeting, you must put some time into planning it. Choose one topic to discuss, getting across only a few factors to remember. Plan safety goals or even discuss a recent incident that may have occurred.

Using visual aids, handouts, slides, and even videos, can perk up a meeting. Telling a funny story or joke can have an impact for the employees to remember safety tips. Showing a damaged tool or personnel protection equipment (PPE) that is unsafe could prove more valuable by seeing the danger than just hearing about it. If possible, demonstrate the effectiveness of proper PPE .

While running your meeting, sell the benefits of safety and safety techniques. Explain that some of these techniques can help them at home to protect their families and homes.

When employees participate in a meeting, they're more likely to remember what you present. Ask employees to describe any safety problems they may have and work together to find a solution.

At the end of the meeting, always review the points. A short quiz is always a good way to see how much they have retained. Thank your employees for attending, and remind them you expect them to consistently carry out the points you presented.

Pam Brown
Claims Administrator

If you jumped off the bridge in Paris,
you'd be in Seine.

(Excerpt: Puns for Educated Minds)

Lightning Strikes Twice in Broward, 2 Injured

Two people suffered injuries Monday afternoon (August 15, 2011) after being hit by lightning in separate incidents in Broward County.

Around 2 p.m., a 38-year-old man was weeding the yard at Indian Ridge Middle School in Davie when lightning hit a chain-linked fence he was near, Davie Fire Rescue said. The electric current traveled through the fence and shocked the unidentified man, who was transported to the hospital, officials said.

Almost two hours later, a construction worker in Deerfield Beach was struck by a lightning bolt while working near Pioneer Park on Dixie Highway, Deerfield Beach Fire Rescue said.

The unidentified man was operating a crane with a remote control when the bolt hit the crane, sending electricity down to the remote the man was holding, officials told the [South Florida Sun-Sentinel](http://www.sun-sentinel.com).

The man suffered first-degree burns and was taken to the hospital, fire rescue officials said.

Remember the 30/30 rule! If you hear thunder within 30 seconds of seeing lightning, stay indoors for at least 30 minutes, or until storm passes.

(www.sun-sentinel.com)
Mark Bobich, Safety Administrator

Florida officials have launched a campaign to promote a hot line residents can use to report suspicious activity.

The campaign is called "If You See Something, Say Something." The initiative features a toll-free, statewide number — [1-855-FLA-SAFE](tel:1-855-FLA-SAFE). Residents also can go to www.fdle.state.fl.us to report suspicious activity.

"As we draw closer to the 10-year anniversary of 9-11, there is no better time to remember the many lives lost that day a decade ago, and to remind citizens of the need to remain vigilant," Gov. Rick Scott said. "This is another tool that citizens and tourists can use to contact authorities when they witness something they know is out of place."

(www.fdle.fl.us)

You Can't See It! You Can't Smell It! It Will Kill You!

A car, a gas or charcoal grill, generator, or any other fuel burning device produces CO (carbon monoxide).

It is a danger in any structure that might have any kind of fuel burning device. It is especially hazardous during hurricane season when the power goes out.

Symptoms of CO Poisoning:

- Initial symptoms are similar to the flu, but without the fever:
- Headache, fatigue, shortness of breath, nausea, dizziness.
- If you experience any of these symptoms, get fresh air immediately. You could lose consciousness and die if you stay inside. Better to be safe than sorry.

Warnings:

- Never run a car in a garage, even with the door open;
- Never run a generator in a home or near open doors or windows (always run a generator downwind from the home);
- Never burn charcoal in an enclosed area or near any doors or windows;
- For about \$20, install a CO detector and save your life.

(Excerpted: Safety Matters, EMI)

**Don't Wait
It may be too late!**

**Make sure your safety rules
Are up to date!**

(Excerpted: The Ultimate Slogan Book)

Using Hand Tools

Tools can be essential, and using them safely and correctly is important to your safety. Unfortunately, tools contribute to numerous injuries if used incompetently.

- Always use the correct tool for the job.
- Keep tools in good condition.
- Use power tools according to their instructions.
- Make sure power tools are properly grounded. Never cut the three-prong plug off or use a two prong adapter.
- Unplug power tools before changing blades, servicing or repairing.
- Make sure clothing does not have any loose ends.
- Wear appropriate personal protective equipment (PPE).
- Keep all guards and shields in place.
- Unplug and put tools away after use.
- Report any unsafe tools or equipment to your supervisor.

Pam Brown
Claims Administrator

Talk Amongst Yourselves



What Would You Do?

A few months ago, you started a new position that requires you to spend a lot of time entering data on the computer. You're now noticing a stiffness in your shoulders and neck which disappears on your days off. What would you do?



**Only in
Boynton
Beach**

More-On Safety

Firearm Safety Class given by a complete moron

Uploaded on September 21, 2009

This article appears in the St. Louis Post Dispatch:

The Jefferson County Sheriff's Office says a firearm safety demonstration turned deadly Friday when a 40-year-old Imperial man accidentally shot and killed himself.

Police say James Looney of the 4300 block of Rock Valley court was teaching his girlfriend about firearm safety when he put a gun to his head and asked her if it would go off. Police say he did this with two other weapons and varied safety mechanisms before the last one went off, said Lt. Dave Marshak. Police also believe alcohol was involved.

"Imagine that..."

Don't Run Red Lights!

Running red lights is dangerous for both you and the other driver. Most people run red lights when they are in a hurry, when in fact it only saves seconds. The most common violation occurs when a driver proceeds through an intersection:

- When a red light is displayed on a traffic signal, or
- Without coming to a complete stop and following right-of-way requirements.

State traffic allows drivers to turn right on a red light after a complete stop, unless posted "No Turn On Red". Also, a left turn is allowed in the same manner from one-way street to another.

Some facts of red lights:

- Almost all drivers fear being struck by a red light runner,
- Majority of drivers admit to running a red light,
- Red light running is due to aggressive driving and is preventable,
- One third of all drivers knows someone who has been involved in a crash,
- Red light runners can be anyone that drives.

Slow down, have patience so you don't become a red light runner.

As a reminder, more and more red light cameras are being installed around the county.

(Excerpt: City's Defensive Driver Training Program)

First employee who calls 742-6677 and is correct to say where this image below is from, wins \$10.00 on Monday October 10, 2011 after 9:00 am.



THIS WAY UP

HANDLING INSTRUCTIONS:

Before lifting your BIG BOX MEAL, be sure to warm up thoroughly. Lift with your knees—not your back—and focus on your breathing. Don't be afraid to request a spotter. Lastly, always wear steel-toe boots for protection.



THIS WAY UP