

# SAFETY NEWSLETTER

City of Boynton Beach, Florida  
Volume 9, Issue 2

Risk Management Department  
Summer 2010

## RISK MANAGEMENT MUSINGS

### FEELING HOT...HOT...HOT !!!

It's hot out. Are you taking the necessary precautions to avoid a heat injury? Here are some tips:

- Wear a hat and use a high SPF sunscreen product to coat all exposed skin areas when working outdoors.
- Perform the most physically demanding work during the coolest part of the day.
- Know the symptoms of heat injuries, and work in pairs so you can watch each other.
- Drink a cup of cool water every 15 minutes and avoid drinks containing caffeine and do not consume alcohol.
- Avoid eating heavy meals.
- Wear light, loose-fitting breathable clothing.
- Take frequent mini-breaks in cool areas to allow the body to cool down.

And to all supervisors – remember you are responsible for the safety and welfare of your people.

**CHUCK MAGAZINE, RISK MANAGER**

## Hurricane Complacency

“Hurricane Complacency” is not the name of the third hurricane of the season. The 2010 hurricane season is here. Are you prepared? Every year many of us are guilty of not taking it seriously.

Many of us wait till the last minute to make preparations – if at all. We don't think about evacuating or going to a shelter before a big storm.

While there were fewer storms the last two years due to the El Niño, it is showing signs of weakening and may be gone by July, as told at the National Hurricane Conference in March of 2010.

It will be five years since Katrina hit New Orleans and Wilma hit South Florida; and, to many of us, that seems like a lifetime ago. Memories fade to the power and devastation a hurricane generates. We start to relax and think that this is the norm.

Complacency sets in and before we know it, a hurricane is upon us and we are not prepared. This leaves not only your property, but you and your family vulnerable to the wrath of the storm.

So, what should we do? Let's prepare prior to a storm's arrival. The focus should be; if a storm blows our way; our damages can be reduced and the time after goes by a little more comfortably.

**NOW** is the time to purchase water, non-perishables, batteries, shutters or plywood, etc. You do not have to fight the crowded stores and can do the necessary last minute preparations required before, the storm arrives.

Storms are unpredictable and it only takes one to make it an unpleasant season.

## 2010 Hurricane Names

Alex	Lisa
Bonnie	Matthew
Colin	Nicole
Danielle	Otto
Earl	Paula
Fiona	Richard
Gaston	Shary
Hermine	Tomas
Igor	Virginie
Julia	Walter
Karl	

### Leadership....

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

# Health Beat



In the time you spend each morning calibrating your hair gel, you could be doing something more important, with a much better payoff – eating breakfast. Mom was right (and it's okay to admit it). Breakfast is the most important meal of the day.

**It keeps you slim:** Breakfast eaters are less likely to be overweight than breakfast skippers, and successful dieters are also more likely to be breakfast eaters.

**It keeps you healthy:** Eating breakfast may reduce your risk of serious illnesses like heart disease, stroke, diabetes, and cancer, and it strengthens your immune system so you're more resistant to common ailments like colds and the flu. Tenth Caller on Monday the 28<sup>th</sup> at 10:00 am wins \$10.00.

**It keeps you sharp:** Memory and concentration get a boost from breakfast. A study on children found that kids who eat breakfast score higher on tests and are less likely to suffer from depression, anxiety, and hyperactivity. It should help you at the office, too.

[www.yahoo.com/health](http://www.yahoo.com/health)

A guy woke up in the morning with a terrible hangover. Next to the bed was a couple of aspirins, a glass of water, and a note from his wife? Honey, there's a hot breakfast waiting for you in the kitchen. Love, your wife. He looks around the room and sees that it is in perfect order, spotlessly clean. So is the rest of the house.

He stumbles into the bathroom and notices a huge black eye. After shaving, he goes to the kitchen, and sees that the hall mirror is broken too.

His son is in the kitchen and as he's eating his huge breakfast the guy asks the son what all this is about. Well, last night you came home drunk as a skunk, stumbled into the mirror and hit your head on the doorknob.

Mom helped you to bed, and as she's trying to get your pants off you kicked her away and said, "get off me lady, I'm married".

## Social Networking Safety Tips

- **Read the Web site's policy and learn how to report abusive content.** Usually it is disclosed during the registration phase.
- **Parents: Talk to your children about social networking.** Topics to discuss would be to not post private information. Explain the difference to them and stress the need to decline any request to meet people.
- **Know that people are not who they are.** You don't reveal personal details to just anyone, do you? Don't post it on your profile unless you want everyone to see it.
- **If you want to meet someone, do it safely.** This can be difficult, but should you choose to meet someone, do it in a safe, public location. Bring a friend to be safe and ensure a good time.
- **Be careful — Social Networking is a double-edged sword.** It is fun to connect with people on social networks, but just be careful to the immoral people that prey on others. Also, remember that whatever is posted could be seen by potential hirers in the future should you be looking for a job.
- **Set your profile 'Private' to screen outsiders.** Social networks permit you to set your profile private to prevent outside individuals from viewing your profile. Parents should insist that children's profiles remain private.
- **Maintain your computer's protection.** It's important to make sure you have an updated anti-virus, firewall, anti-spyware and operating system updates.
- **Consider using an alias.** Using a "screen name" makes sense for social networks.
- **Don't get 'Phished'.** Phishing is a tactic of spammers to take over someone's account and send messages touting their products. Understand how to properly login to the social network. Don't click links you didn't ask for or expect.

These are some helpful hints for safety but does not cover all aspects of online safety.

## Insects and Spiders

If you are stung by a bee, remove the stinger gently (with tweezers, if possible) and avoid squeezing the poison sac. Apply an ice pack or a cloth dipped in cold water to reduce swelling and itching.

Stings from a yellow jacket can be deadly; these insects feed on dead animals and can cause blood poisoning. If you have an allergic reaction to a sting or bite, get medical help immediately.

Black widow and brown recluse spiders can be considered serious threats. The black widow has a shiny black body, about the size of a small pea. With legs extended, it's about an inch long. Females have a red or yellow hourglass mark on their underside. Their bite is less painful than a pinprick and may not cause a hole in the skin, but soon, intense pain and stiffness set in. Symptoms may also include fever, nausea, abdominal pain and chills. For children and the elderly, black widow bites can be lethal.

When it comes to bites, the bite of the brown recluse spider is one of the most feared. This yellowish-tan to dark brown spider is 1/4-1/2 inch long, and has a characteristic fiddle-shaped mark on its upper body. Its bite can be painful, disfiguring, and deadly. Within hours of a bite, victims may suffer severe pain and stiffness, fever, weakness, vomiting or a rash. Within 24 hours, the wound can erupt into an open sore ranging from the size of a thumbnail to that of an adult's hand.

Insects are generally shy and try to avoid contact with humans. Leave them to their dark, secluded spaces – under rocks, in debris piles, sheds, closets and attics, and there's no worry. Invade their space, though, and risk a bite. Spiders may attack if trapped or if pressed against the skin. Not all people react the same way to stings or bites. The variation may be due to the amount of venom injected or the person's physiology or immune system. The first line of treatment, if you suspect a bite is to apply a cold compress. If you are stung or bit and experience other side effects, seek medical treatment immediately.

## Great Hurricane Blowout

The following is a great website for everyone to get ready for the upcoming hurricane season.

Visit [www.greathurricaneblowout.org](http://www.greathurricaneblowout.org) today to complete your family emergency plan, the first step to breathing easy! Our tools will help you find, gather and record all of the important information you will need in the face of a storm.

[www.greathurricaneblowout.org](http://www.greathurricaneblowout.org)

## GAS GRILL SAFETY TIPS

The smell of a summertime barbecue is a fun ritual; however, this turns to tragedy each year for approximately 30 people who are injured as a result of gas grill fires or explosions. Share these tips to keep your employees safe from gas grill hazards:

- ◆ Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clean tubes and push blockages through the main part of the burner.
- ◆ Check grill hoses for cracks, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- ◆ Move gas hoses as far away as possible from hot surfaces and dripping grease. If you can't move the hoses, install a heat shield to protect them.
- ◆ If you detect a leak, immediately turn off the gas. Do not attempt to light the grill until the leak has been fixed by a trained and authorized repair person.
- ◆ Keep lit cigarettes, matches, and open flames away from the grill.
- ◆ Keep the grill at least 10 feet away from your house, your car, and any dry vegetation. Never use a grill indoors, in a garage, breezeway, carport, porch, or under any surface that can catch fire.
- ◆ Keep propane gas tanks upright while transporting them. Never store a spare tank under or near a grill or indoors.
- ◆ Always read and follow the manufacturer's directions.

(Excerpted – July 1998, COBB Newsletter)

Why is stuff sent on ships called "cargo" and UPS sends "shipments?"

## SAFETY NEWSLETTER

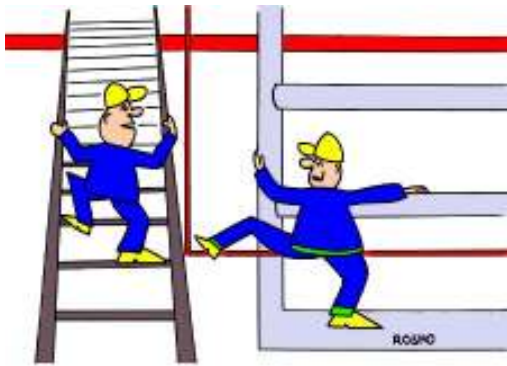
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Pam Brown

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Safety Administrator  
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I AGREE YOU CAN REACH EARLY.  
BUT I WILL REACH SAFELY!

**Mother Dear** – Michael Kelly, 31, got a call from his mother. She was hysterical; his son was missing, she said. Terrified, he raced over to her house – at speeds up to 120 mph – to rescue his 9-year-old. After blowing through a red light, Rowan County, NC, deputies tried to pull him over; he kept going, leading a chase. When they finally got him stopped, Kelly was arrested, and charged with the red light violation, driving with a suspended license, and speeding to elude arrest – a felony. Oh, and the little boy? Just fine; it was April 1, and Kelly's mother was just playing an "April Fools" joke on him. (Charlotte Observer)

...When the court orders her to care for the kid while Kelly is in prison, will that be bad or good?

[www.thisistrue.com](http://www.thisistrue.com)

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did.

Somebody got angry about this, because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

## Darwin Awards

2009 Darwin Award Winner

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

(12 April 2008, Florida) Traffic was moving slowly on southbound I-95. Shawn M. had recently left a Pompano Beach bar, and now he was stuck in traffic. As the saying goes, you don't buy beer – you just rent it, and Shawn couldn't wait another moment to relieve himself. "I need to take a leak," he told his friends.

Traffic was deadlocked, so the waterlogged man climbed out, put his hand on the divider, and jumped over the low concrete wall... only to fall 65 feet to his death. "He probably thought there was a road, but there wasn't," said a Fort Lauderdale police spokesman. The car was idling on an overpass above the railroad lines.

His mother shared her thoughts. "Shawn didn't do a whole lot for a living. He got along on his charm, just like his father."

Though his death was tragic, Shawn's downfall proves the old adage: Look before you leak!

### JUST LET ME ASK YOU A FEW QUESTIONS FIRST

Businesses are only as good as the people they hire. We've all come across people in stores, on the phone or in offices and wondered to ourselves "How did they get hired?" Well, sometimes there's not a lot out there to choose from. A questionnaire was sent out to Vice Presidents and personnel directors of the one hundred largest corporations asking them to describe their most unusual experience interviewing prospective employees. Here are some of their responses:

- \* A job applicant challenged the interviewer to an arm wrestle.
- \* Interviewee wore a Walkman, explaining that she could listen to the interviewer and the music at the same time.
- \* Candidate announced she hadn't had lunch and proceeded to eat a hamburger and French fries in the interviewer's office.
- \* Candidate said he never finished high school because he was kidnapped and kept in a closet in Mexico.
- \* Applicant interrupted interview to phone her therapist for advice on how to answer specific interview questions.

([www.davesdaily.com](http://www.davesdaily.com))



# 2010 Hurricane Names

- Alex
- Bonnie
- Colin
- Danielle
- Earl
- Fiona
- Gaston
- Hermine
- Igor
- Julia
- Karl
- Lisa
- Matthew
- Nicole
- Otto
- Paula
- Richard
- Shary
- Tomas
- Virginie
- Walter

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



**Congratulations to Jean-Hilare Auguste of the Golf course 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 July 1<sup>st</sup> at 4:00 pm.**

## Stress in Everyday Life

Stress is a fact of life. When stress is too much or lasts too long, it can be harmful. Stress can lead to illness or injury, low productivity, and unsafe acts. But all stress is not bad. The best amount of stress is what improves someone's performance without causing harmful effects.

You can survive stress making it a more positive force in your life when you identify your stressors, understand them, and take charge of it by easing or preventing it. The use of alcohol or drugs will not help you cope with your stressors. It actually can add to your stress. To handle stress, there are choices:

- **Accept it** – There are things out of your control and all you can do is accept and learn from them. Seek advice or support from friends or coworkers.
- **Alter it** - Convey feelings to your employer or supervisor. Alter your feelings or ask someone else to alter their behavior. Use your Employee Assistance Program, if necessary.
- **Avoid it** - Stay away from recurring situations or sources of everyday frustration. Take yourself from the situation or reorganize your surroundings.
- **Adapt to it** - Learn to cope with situations. Focus on the positive things in life. Make time for activities you enjoy. Maintain a healthy lifestyle including exercise, and a balanced diet.

It is imperative for employers, supervisors, and workers to recognize stressful jobs, situations, and signs of stress in themselves or coworkers before accidents, injuries, or violent incidences occur.

A logger walks into a hardware store and asks for a chain saw that will cut 6 trees in one hour. The salesman recommends the top of the line model. The logger is suitably impressed, and buys it.

The next day he brings it back, complaining that it would only cut down 1 tree and it took ALL DAY! The salesman takes the chain saw, starts it up to see what's wrong, and the logger says, "What's that noise?"

## Preventing Workplace Injuries

### At the Management Level

Read the Safety Manual. Working in the higher-risk areas, the manual has details for proper Personnel Protection Equipment (PPE) instructions, such as wearing hard hats, eye protection, etc. Knowing the hazards will make it easier to be prepared and avoid the dangers or react quickly when they appear.

Use safety meetings to discuss risk management and identify hazards with your employees. Use video presentation or Powerpoint Presentations created by Risk Management to conduct your meetings.

Put up signs and warnings in accident prone areas. Even if employees already know this, reminders are important. Continual training is essential to reinforce issues raised in the past.

### At the Personal Level

If you work alone, avoid situations that may result in an injury. Climbing ladders, lifting or loading heavy objects should be done when coworkers are around, so help can be provided. Do not use chairs or furniture to reach high areas.

When lifting or moving heavy objects, use your legs to lift so your back is not compromised. Do not bend down at the waist to pick up something.

Wear appropriate clothing to avoid exposure to chemical and physical dangers.

Use good quality equipment that will make your job easier. If you spend hours sitting, you probably need an ergonomic chair to avoid back and shoulder injuries, while those who work on computers should have wrist rests and an ergonomic keyboard to avoid carpal tunnel syndrome.



Which  
way do I  
go!!