

SAFETY NEWSLETTER

City of Boynton Beach, Florida
Volume 8, Issue 4

Risk Management Department
Winter 2009

RISK MANAGEMENT MUSINGS

Believe it or not, I want to be very positive in this issue.

Our workers' compensation numbers are down!!! Comparing FY 2008/9 to FY 2007/8, our numbers are dramatically down. The number of claims is down 32%. The total cost of claims is down 64%.

All departments are to be congratulated. I also want to congratulate Mark Bobich, Safety Administrator, and Pam Brown, Claims Administrator, for their hard work. Mark has been working with the departments to practice safe work habits. Pam has been working with individual employees to manage their claims and return to work promptly. Working together, we can develop a safe work environment and provide the necessary medical care for our injured employees. Kudos to everyone concerned.

I also want to take this time to wish everyone a happy and safe holiday season. Things can get pretty rough out there for some people. Just stop, take a deep breath, and reflect on what you are doing, and what you have. Let's be careful out there.

CHUCK MAGAZINE, RISK MANAGER

Everyone Should be a Safety Director!!

Each and all employees should be dedicated to safety, and all levels are empowered to assume ownership of workplace safety. Employees can make a difference when they see an unsafe act or behavior occurring.

Everyone is responsible for their own safety, as well as their co-workers. No task should be completed unless it can be completed safely.

Here are some common policies to adhere to, for you and your co-workers, for the safest completion of tasks:

- Comply with all safety programs, rules, procedures, and instructions that are applicable to your own actions and conduct.

- Use all safety devices and personal protective equipment (PPE) provided for your protection.

- Report all hazards, incidents, and near-miss occurrences to your immediate supervisor regardless of whether or not injury or property damage was involved.

- Promptly report all injuries and suspected work related illnesses; however slight, to your immediate supervisor.

- Participate in safety meetings, training sessions, and surveys as requested and provide input on how to improve safety.

- Refrain from any unsafe act that might endanger yourself or co-workers.

- Notify your supervisor immediately of any change in physical or mental condition or use of prescription drugs that would affect your job performance or the safety of yourself or others.

- Notify your supervisor within five days of any serious driving, drug/alcohol, or criminal convictions.

- Be a safe worker on (and off) the job. Help co-workers do their job safely.

Teach by example, if you are wearing your PPE and doing your tasks safely, your co-workers will follow your lead. By following the above policies daily both on and off the job, you will be a Safety Director.

Everyone needs to make a commitment to a positive change in safety.

Come to work everyday with a safe attitude!

Leadership....

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

Health Beat



Before any holiday event, eat a snack or light meal high in protein to help you eat less at the event. Fasting before a big meal or extra trips to the buffet may lead you to overeat.

Do not to let kids eat whatever they want during any time of year. Specifically, limit the number of sodas children drink. Soda has little or no nutritional value and is loaded with caffeine and sweeteners. These ingredients, which are found in many holiday goodies, can make your child hyper. Besides, weight gain isn't just an adult issue. Too many children are obese, so don't let your child's holiday fun add excess weight.

If you are hosting a holiday event, include nonalcoholic beverages and healthy items such as vegetables, salad, and fruit. Use low-calorie and fat-free salad dressings. Serving these items prior to the main entrée and sweets, will give everyone a better chance of not overdoing it with high-fat, high-calorie choices.

Use healthy substitutes for ingredients when you create your favorite holiday dishes. You may be able to use low-fat or skim milk products instead of whole milk products in some dishes. In some baked goods, you can swap applesauce for oil. Switching ingredients can create tasty results without the high calories that often come with rich foods.

People usually run into problems with weight gain during the holidays when they enjoy more high-sugar or high-fat foods. So what to do? Enjoy yourself! Eat tempting holiday foods, but use a bit of restraint. Eat small portions to keep yourself from indulging too much.

At the same time, be sure that you and your family members are getting enough of the nutritional foods your bodies need. Snacks and desserts are fine, but they're not meals. See that everyone keeps his or her nutritional balance with servings that include fruits and veggies.

Working Cards at ATMs

One day in line for the automatic teller I overheard:
[Person 1]: Gee, I don't get it..
[Person 2]: What's wrong?
[Person 1]: My card won't work.
[Person 2]: Did anything happen to it?
[Person 1]: I don't think so... It wasn't working very well for a while, so I rubbed the strip on the back with a magnet to recharge it... Now it isn't working at all!

Holidays and Alcohol

Do you know how many drinks you can drink in comparison to your weight? It does not matter the type of drink because most drinks virtually contain the same amount of pure alcohol.

Here is a chart showing the number of drinks you may have safely. The blue figures are when you start to become impaired. The red figures are the impaired figures at different levels.

Weight	Number of Drinks								
	1	2	3	4	5	6	7	8	9
100	0.032	0.065	0.097	.0129	.0162	.0194	.0226	.0258	.0291
120	0.027	0.054	0.081	0.108	0.135	0.161	0.188	0.215	0.242
140	0.023	0.046	0.069	0.092	0.115	0.138	0.161	0.184	0.207
160	0.020	0.040	0.060	0.080	0.101	0.121	0.141	0.161	0.181
180	0.018	0.036	0.054	0.072	0.090	0.108	0.126	0.144	0.162
200	0.016	0.032	0.048	0.064	0.080	0.097	0.113	0.129	0.145
220	0.015	0.029	0.044	0.058	0.073	0.088	0.102	0.117	0.131
240	0.014	0.027	0.040	0.053	0.067	0.081	0.095	0.108	0.121

After alcohol is absorbed into your bloodstream it leaves the body in two ways. About ten percent leaves through your breath, perspiration, and urine. The remainder is broken down through the process known as metabolism.

The rate at which alcohol is metabolized is the same for virtually everyone regardless of their height, weight, sex, race or other characteristics.

Here is a chart showing the length of time needed for the metabolism.

BAC Level	Metabolism Time in Hrs
.10	6.66
.08	5.33
.05	3.33
.02	1.33

But there *is* good news. You can easily avoid both alcohol-impaired driving by abstaining, drinking in moderation, or either being or using a designated driver (DD) who consumes no alcohol.

So this holiday season, please keep in mind –

Don't Drink and Drive!!!

Protect Your Hearing

Hearing loss can be sudden or gradual depending on the cause; it can be mild or severe, temporary or permanent and can affect people of all ages.

Avoiding loud noises and wearing hearing protection will prevent noise related hearing. Any noises over 85 decibels has the potential to cause hearing damage. One example would be, if you have to raise your voice for you to be heard, the noise around you is probably exceeding that 85 decibel threshold.

Some decibel levels are:

Jet Engine	140	Jackhammer	130
Rock Concert	120	Power Tools	110
Motorcycle	105	Chainsaw	100
City Traffic	80	Normal Speech	65

Some ways to protect yourself is to limit your length of exposure to excessive noise, turn down the volume and wear ear protection.

Our warehouse has the following supplies:

Ear Plugs	#200-003-00001
Hygiene Quiet Bands	#200-003-00013

Hearing is precious, do whatever necessary to protect it, as well as all of your other senses.

This is a true story, proving how fascinating the mind of a six year old is. They think so logically.

A teacher was reading the story of the Three Little Pigs to her class. She came to the part of the story where the first pig was trying to gather the building materials for his home. She read, "and so the pig went up to the man with the wheelbarrow full of straw and said: Pardon me sir, but may I have some of that straw to build my house?"

The teacher paused then asked the class: "And what do you think the man said?"

One little boy raised his hand and said very matter-of-factly..."I think the man would have said – "Well, I'll be damned!! A talking pig!!"

The teacher had to leave the room.

Organ Donation

Are you an organ donor? Here are some facts at a glance:

- People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissue can be donated.
- Organs and tissues that can be donated include: heart, kidneys, lungs, pancreas, liver, intestines, corneas, skin, tendons, bone and heart valves.
- All major religions approve of organ and tissue donation.
- An open-casket funeral is possible for organ and tissue donors.

(United Network for Organ Sharing)

How to Donate

Choose one:

Register with your state's donor registry. Most states have registries. Check the list at organdonor.gov.

Designate your choice on your driver license when you renew or obtain one.

Sign and Carry a donor card. Cards are available from organdonor.gov.

It's also important to tell your family you want to be a donor. Hospitals seek consent from the next of kin before removing organs.

(Excerpt: Palm Beach Post)

DID I SAY THAT???

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words, "Give me all your money or I'll shoot," the man shouted, "That's not what I said!"

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Darwin Awards

Confirmed true by Darwin

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

2009 August Weirdest Story

Knuckle Sandwich, To Go

When a 5'-11" robber weighing 235 pounds hit a Subway sandwich shop in Houston, Texas, the gal behind the counter wouldn't have any of it. "When the register opened, he lunged over and grabbed it," said clerk Yava Matthews. "My initial response was to hit him. So I hit him." The shocked robber fell back against a wall, but then realized he had the cash drawer in his hands and made a break for the door. "I jumped over the counter and then jumped on him," Matthews said. "A lot of people were standing around and I told them to give me something. Somebody brought me some handcuffs, so I got him and I handcuffed him." But the robber still struggled until someone handed her a Taser. "I am Tasing him and he says, 'I can't breathe. I can't breathe'," Matthews remembered. "I said, 'If you can talk to me, you can breathe. So be quiet before I Taser you again.'" At that, the robber started to cry, and about then police arrived and arrested Tracy Armstead, 29, for attempted robbery. (KHOU-TV Houston) ...He's 5'-11" and 235 pounds? You know, Subway has a wide variety of low-cal, low-fat choices.

**Safety is NOT a thing you do,
Safety is the way you do a thing!**

Excerpted: Safety & Teamwork Slogans

Trifecta Electra 2009 Darwin Award Nominee

(12 October 2009, Florida) A Palm Bay couple and their 15-year-old son were electrocuted while raising a ham radio antenna. The family trio failed to survey their surroundings, and were raising the pole at night, unaware of the presence of an unseen menace overhead. The radio antenna swayed and struck a power line, and Zap! Three Darwin Award winners.

"It is an unfortunate set of circumstances that led to the most tragic result," said the Palm Bay Fire Marshal. "It happened in an instant."

Readers beware, power lines lurk overhead waiting for the unwary. Our thanks to 55-year-old Melville, 49-year-old Anna and 15-year-old Anthony for reminding us not to stick a pole in the power grid. Ditto with forks in electric sockets. Just say no to premature cremation.

"MORE-ON SAFETY"

Two German motorists had an all-too-literal head-on collision in heavy fog near the small town of Guetersloh. Each was guiding his car at a snail's pace near the center of the road. At the moment of impact their heads were both out of the windows when they smacked together. Both men were hospitalized with severe head injuries. Their cars weren't scratched.

www.mustsharejokes.com

Did you know?

- "I am" is the shortest complete sentence in the English language.
- The longest one-syllable word is "screached".
- No word in the English language rhymes with "month".
- The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable".
- "OK" is the most used word in the world.

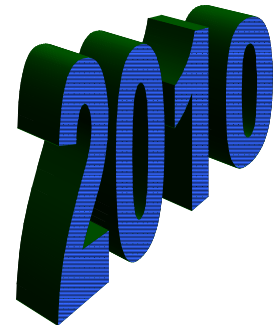


Happy New Year!!!

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

- APPETIZERS
- BABIES
- BALLOONS
- BANNERS
- BUFFET
- CELEBRATE
- CHAMPAGNE
- CONFETTI
- DANCE
- DAY ONE
- DECORATIONS
- END OF DECEMBER
- EVENTS
- FAMILY
- FATHER TIME
- FEAST
- FESTIVITIES
- FIREWORKS
- FIRST OF JANUARY
- FRIENDS HATS
- HOLIDAY
- HORNS
- KISS
- MIDNIGHT
- MUSIC
- NEW YEARS DAY
- NEW YEARS EVE
- NOISEMAKERS
- OCCASION
- PARADES
- PARTY
- PUNCH
- RESOLUTIONS
- SINGING
- STREAMERS
- THIRTY FIRST
- TIARAS
- WINE
- YEAR IN REVIEW

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



Congratulations to Janice Phillips (Recreation) 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 one of two \$25 gift card. Drawing to be held Thursday December 17 at 4:00 pm.

Simple Holiday Tips

Some reminders for this holiday season.....

Cooking: Always take your time in the kitchen and be aware of your surroundings and others, especially children, who like to see what is happening.

Christmas Tree: A fresh cut tree, the smell is delightful. Be sure to cut the base and add water daily so it does not become a fire hazard. When you decorate, use approved lights checking the strings for frayed wires or cracked bulbs. Always keep outdoor lights outdoors. They're too hot to handle inside.

Toys: Don't give toys with small parts to kids younger than three. Small parts can end up in small mouths. Remember to give age appropriate gifts to children of all ages.

Candles: They look festive, give great light, and smell wonderful but they can cause a fire if left unattended. Use sturdy holders and keep them away from children, pets, trees, decorations and wrapping paper.

On the Road

During the holidays, people are driving more to visit family and friends and are travelling longer distances, so it's even more important to be prepared.

Vehicle Security: Christmas is the season for thieves looking to steal vehicles or their contents. Lock valuables in the trunk. Never leave wallets, gas cards, credit cards or any identification in your vehicle.

Congratulations to Defensive Driver 100%

Richard Baier	Rodger Kemmerer	Ryan Plewki
Michael Besosa	Dean Kinser	Jonathan Raybuck
William Bingham	Edward Kolesar	Kevin Reddoch
Stanley Cale	Michael Landress	Robert Rehr
Alex Fernandez	Rick Lee	Thomas Reitz
Alvis Fernandez	Christopher Lemieux	Nicole Roberts
Michael Flaherty	Ruben Lopez	Kingman Schuldt
Ryan Galarneau	Amy McDeavitt	Michael Senseman
Luis Garcia	John Moore	Geoff Simpson
Barkley Garnsey	Eric Moschetti	Bradley Thyng
Eduard Herrmann	Joseph Nardi	Samuel Tolbert
Erick Joassaint	Christopher Perron	Brenton Tracy
Ronald Keister	Paul Phillips	James Witt
	Fire Rescue	
Mike Hurley	Michael Low	Tremaine Johnson
	Utilities	
Dan Icaro	Development	
Phillip Kelly	Golf	
Pam Brown		Charles Magazine
	Risk Management	
Jim Fedell	Recreation	

Shopping Online

Here are some safety tips for shopping online this holiday season:

Shop with companies you know. Anyone can set up an online shop under almost any name. If you are not familiar with a merchant, ask for a paper catalog to get a better idea of their merchandise and services. Also be sure to determine a company's return and refund policies before making your purchase.

Keep your password private. Never give your password to anyone. Avoid using a birthday or a portion of your Social Security number. If possible, use a combination of letters and numbers.

Use a secure browser. This is the software you use to navigate the Internet. Your browser should comply with all industry security standards. These standards encrypt or scramble purchase information you send over the Internet. Most computers have a browser installed. Some browsers may be downloaded from the Internet free of charge.

Pay by credit card. If you pay by credit card, your transaction will be protected by the Fair Credit Billing Act. Under this law, you have the right to dispute charges under certain circumstances and temporarily withhold payment while the creditor investigates them.

Keep personal information private. Do not give out your Social Security number, e-mail address, telephone number, or address unless you know who is collecting the information, why they're collecting it, and how they'll use it.

Save all transaction information, including e-mails and records of any phone conversations.

(Excerpted: www.sacsheriff.com)

Alex was five; all his Christmas presents were always signed, 'from Father Christmas.'

A little while after Alex had opened all his presents on Christmas morning, we became aware that he was looking quite down in the mouth for no obvious reason.

'What's the matter, Al?' I asked.

'Ummmm,' replied Alex slowly, 'I really hoped that you and Mummy would give me something for Christmas.'