
SAFETY NEWSLETTER

City of Boynton Beach, Florida
Volume 7, Issue 2

Risk Management Department
Summer 2008

RISK MANAGEMENT MUSINGS

It's getting hot out there

It's that time of year. It's getting hotter and humid. It's every employee's responsibility to protect themselves from heat injuries. But, it is also every supervisor's responsibility to insure that all their employees take precautions necessary to prevent heat injuries.

It is the responsibility of each and every supervisor to insure that their employees have and use fluids, sunscreen, and proper clothing. It is the responsibility of each and every supervisor to insure a safe work environment for all their employees.

The Warehouse has the appropriate fluids, sunscreen and clothing available for your employees. It is the responsibility of each and every supervisor to insure that it is made available and used by your employees.

Employees who fail to follow proper safety procedures to prevent heat injuries should be dealt with in the same manner as an employee who fails to follow departmental policies or procedures. Supervisors will be held to the same standards.

Let's be careful out there.

CHUCK MAGAZINE. RISK MANAGER

Keeping Cool in the Hot Weather!

As hot weather approaches, another safety hazard is added to our workplace. High temperatures and humidity can cause different heat illnesses. While most people acclimate to the hot weather over time, these illnesses can range from mild to fatal. The human body has internal mechanisms for coping with the heat and maintaining a normal body temperature such as, when sweat evaporates into the air, the body is cooled.

Illnesses occur when these mechanisms are overloaded with too much heat. The body's core temperature may rise to dangerous levels when the balance of water and minerals may be out of sorts. If this process continues unattended, brain damage and death can occur.

Ways to prevent heat illness:

- Acclimate your body slowly to adjust to the heat and humidity.
- Avoid over-exertion, work at a steady pace.
- Be sure to take your scheduled breaks to cool off and rest.
- Wear light, layered clothing to allow for maximum ventilation. Wear a hat and sunscreen in the sun.
- Drink fluids often, 8 – 10 glasses of water per day. Dehydration is a major cause to heat illnesses. Water and drinks that replace minerals are preferred, i.e. Gatorade, Powerade etc.
- Eat cool, light nutritious meals.
- Lightly salting foods may help maintain the balance of minerals, but, consult a doctor if you must restrict salt for any other medical problems.

Stages of heat illness and symptoms:

- Heat Cramps – This occurs when the body has lost too much mineral content through sweating. Cramps typically occur in the legs and abdomen. Drinking fluids and taking it easy usually control these cramps.
- Heat exhaustion – This is more serious and the victim may display a pale or flushed look. He may have weakness, sweating, clammy skin, a headache, dizziness or nausea. If this occurs call a supervisor immediately. Have them drink fluids slowly while fanning them or applying cool compresses. The victim should lie down with feet elevated.
- Heat Stroke – This is the most serious of heat illnesses and can be fatal. Symptoms are chills, confusion, dry, hot, flushed skin and a rapid pulse. **Call 911.** While waiting for help cool the person down as quickly as possible using ice packs or even a hose. Do not give fluids by mouth because it can cause the victim to choke to death.

Remember, it is important to prevent heat illnesses and be alert to all symptoms. Even the early symptoms should be taken seriously because they can lead to a dangerous condition including death. Remember to use your common sense practices.

(Compiled from WebMD, NOAA, CDC & Red Cross)

Leadership....

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

Hurricane Tips



Just a reminder that the 2008 hurricane season is here continuing until November 30. Now is the time to be prepared, not when a hurricane is approaching. Stock up on necessary supplies, including water, batteries, non-perishable food, and emergency supplies. Keeping an inventory of equipment would also be beneficial.

Remember, the better prepared you are, the less stressful the event may be to you and your family.

2008 Hurricane Names

Arthur	Hanna	Omar
Bertha	Ike	Paloma
Cristobal	Josephine	Rene
Dolly	Kyle	Sally
Edouard	Laura	Teddy
Fay	Marco	Vicky
Gustav	Nana	Wilfred

Remember, **SCHOOL'S OUT**, Please pay extra attention when driving in residential areas and near parks and playgrounds. The children will be focused on fun, and may gather at our work areas to watch and learn. Be safe and aware of their activities.

Health Beat



Summer means vacations, barbecues and days of relaxation by the pool. But your well-deserved break may not promote a healthy lifestyle. The professional staff and oncologists at the Hunterdon Regional Cancer Center emphasize the importance of maintaining a proper diet, which plays a major role in cancer causation and prevention. We can reduce our risk of many cancers through weight loss and dietary changes to prevent obesity.

As recently reported by the American Cancer Society, researchers suggest that each year as many as 90,000 individuals die of cancer due to excess body weight. The 16-year study, reported in the April 24, 2003, issue of the New England Journal of Medicine, concluded that being overweight accounts for 20 percent of cancer deaths among American women and 14 percent among men.

Of the 556,500 cancer deaths expected in 2003, one-third will be related to poor nutrition, obesity, physical inactivity and other lifestyle factors that could be prevented.

In the new study and previous ones, being overweight is associated with cancers of the breast, colon and rectum, esophagus, gall bladder, kidney and uterus. The study also links excess weight with cancers of the cervix and ovaries, pancreas and liver; multiple myeloma; non-Hodgkins lymphoma; and, in men, stomach and prostate cancers.

The staff of Hunterdon Regional Cancer Center offers these recommendations for staying healthy this summer - and all year long.

Cut down on total fat intake. Try to avoid excess saturated fats found in meats, poultry, eggs, and foods that contain palm or coconut oil. Limiting intake of polyunsaturated (margarines and corn, soybean and sesame oils) and monounsaturated (avocados, olives, peanuts, olive and peanut oil) fats is also recommended.

Eat more high-fiber foods. This includes whole grain breads, cereals, legumes, fruits and vegetables.

Add at least two servings each of fruits and vegetables a day to your diet. Also, add three to four servings of cruciferous vegetables (broccoli, Brussels sprouts, cabbage and cauliflower) per week.

Eat red meat sparingly. Choose fish or chicken as a substitute.

Try having one meatless meal each week and change the "focus" of your plate to emphasize vegetables, fruits and grains.

Avoid fried foods. Steam, bake or poach instead.

Grill safely by choosing lean meats. This helps reduce "flare ups" caused by dripping fat that can promote cancer causing substances.

Eat a variety of foods.

Drink alcoholic beverages in moderation, if at all.

And remember, "eating healthier" doesn't mean giving up fun foods. It just means learning to eat smarter - and that includes your guilty favorites! In moderation, of course.

(Excerpted: www.hunterdonhealthcare.org)

ASSE NEWS

Safety and rescue personnel are asking people to program their cell phones **In Case of Emergency (ICE) contacts** as a way to reach family members easily in an emergency should an illness or accident render one unconscious.

Making **ICE** in cell phones as a common practice will assist police, firefighters and other emergency personnel to routinely check cell phones, if necessary. The individuals listed should agree to the contact and should have knowledge of other contacts, physicians, work numbers, and even medical history including allergies, current medications, current conditions and previous medical procedures. If you have more than one contact, listing can be **ICE1, ICE2**, etc.

ICE is free and only requires a cell phone. Please remember that **ICE** entries should only be used in addition and not in place of standard information, such as, medical bracelets, medications, and copies of emergency contacts carried in purses or wallets.

(American Society of Safety Engineers)

What does 99% Compliance Mean?

Sure, you're pretty safe when you're working, right? You wear your safety glasses about 99% of the time. The same goes for gloves, shoes, hearing protection and all the other Personal Protection Equipment. You usually make sure the safety rules are followed about 99% of the time too, right?

What does 99% mean?

Here are a few examples of 99% compliance:

- 3,123 misdiagnoses in the ER daily in the U.S.;
- 300 unsafe landings each day in the U.S.;
- You will misstep 60 times each day;
- 77,777 incorrect prescriptions per day in the U.S.;
- 1,230 inpatient surgical errors daily in the U.S.;
- 116 newborns switched at birth each day in the U.S.;
- Over 1 million checks deducted from the wrong account daily.

Don't be caught in that 1%. Be safe 100% of the time.

(Excerpted: EMI Newsletter)

Crime Prevention Tips While You Are On Vacation!

A house with no activity is a tempting place for burglars. Here are some safeguard tips to follow while you are away:

- Have good locks on all doors and windows and **USE THEM!**
- Ask a neighbor or family member to watch your house and leave a number for them to contact you, if necessary.
- Stop all deliveries or arrange for mail, packages and newspapers to be picked up.
- Use timers to turn lights, radios and televisions on and off at appropriate times.
- Never leave a hidden house key around.
- Don't announce absences on your answering machine.
- Arrange for the outside chores to be done, i.e. mowing lawn, raking leaves, maintaining a neat appearance.
- Leave blinds and shades in normal positions when you are home, whether open or closed.
- Secure storage sheds, outside entrances and gates.

Keeping your home safe while you are away will make for a less stressful trip. Being a victim of crime is no fun. **RELAX**, have **FUN**, and be **SAFE!**

(Compiled from U.S. Dept of Interior and Compliance Resource Center)

Congratulations!!

The City of Boynton Beach recently received an award from the Safety Council of Palm Beach County for our quarterly **Safety Newsletter**.

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2008 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.)



Stella Awards

(The "Stella Awards" rank up there with the Darwin Awards. Stella Liebeck is the 81 year old lady who spilled coffee on herself and sued McDonalds. This case inspired annual awards for the most "frivolous lawsuits in the U.S.")

Edith Morgan is the mother of Kansas City Chiefs football star Derrick Thomas, who died after being thrown from his SUV in a crash while speeding in a snowstorm. Morgan said Thomas's neck was broken because the SUV's roof collapsed a few inches -- not from rolling down the highway because he wasn't wearing a seatbelt -- and sued General Motors. Her lawyer begged jurors to award more than \$100 million in damages, perhaps more -- he "did not want to put an upper limit on it." GM pointed out that Thomas's oversized SUV was exempt from federal roof crush standards, yet it met them anyway. The jury sent a message: of that \$100 million, it awarded Morgan ...nothing.

More-On Safety (say it quickly)

A police officer pulled over a driver and informed him that because he was wearing his seat belt, he had just won \$5,000 in a safety competition. "What are you going to do with the prize money?" the officer asked. The man responded, "I guess I'll go to driving school and get my license." At that moment, his wife, who was seated next to him, chimed in, "Officer, don't listen to him. He's a smart aleck when he's drunk." This woke up the guy in the back seat, who, when he saw the cop, blurted out, "I knew we wouldn't get far in this stolen car." At that moment, there was a knock from the trunk and a voice asked, "Are we over the border yet?"

(2 February 2008, Bulgaria) It was a cold but sunny February afternoon. Lidia, a biology teacher from Sofia, was driving two friends home from a memorial service. Suddenly the vehicle stopped. Bystanders saw all three occupants dash from the car to a nearby manhole, and start pouring down liquids and powders from various bottles and jars.

Apparently, the biology teacher had been performing chemistry experiments in her free time, and had some leftover noxious chemicals. It is still not entirely clear what the chemicals were, but two of the bottles were labeled diethyl ether and methanol, both highly flammable substances. The former is also used as a sedative, so one explanation for their actions is that they felt dizzy from the ether vapors and thought it was a good idea to pour them in the sewer.

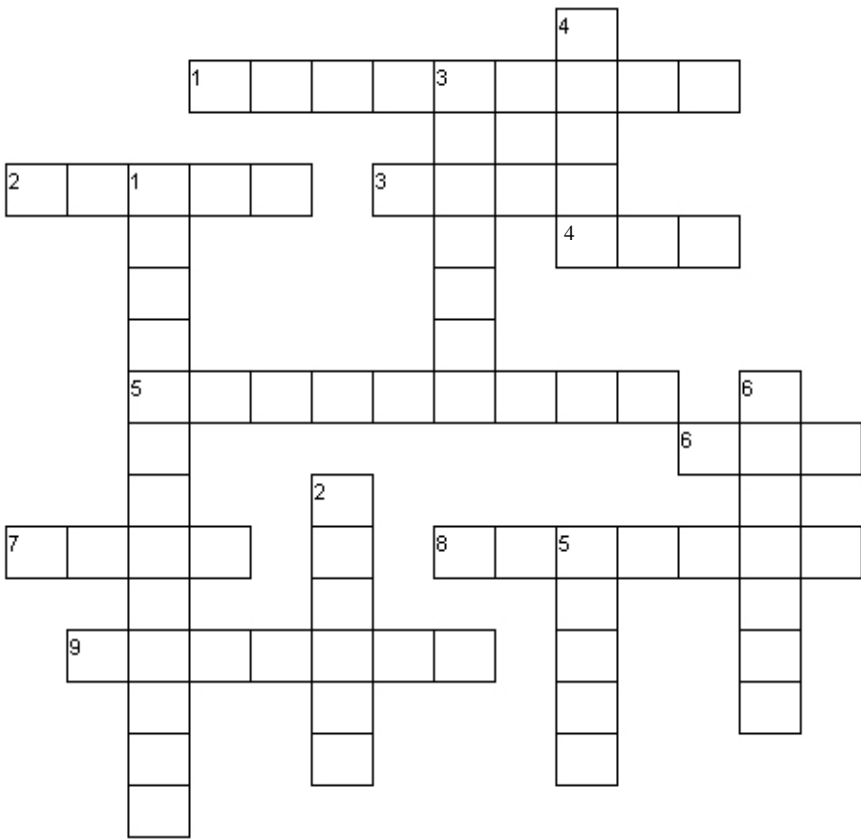
As it turns out, a good idea, it definitely was not. The cocktail of flammable substances in the enclosed space of the sewer caused an explosion so powerful that it launched the manhole cover into the air, decapitating the (briefly) surprised Lidia. Left without a head on her shoulders, she decided it was time to kick the bucket.

The other two people were not left unharmed, but were alive. They were taken to the hospital with burns on their faces. They may not regain their eyesight, but hopefully will be able to speak clearly enough to tell their children that tossing random chemicals down the drain is not as wise as it might at first appear.

"IDIOTS AT WORK" ... I was signing the receipt for my credit card purchase when the clerk noticed that I had never signed my name on the back of the credit card. She informed me that she could not complete the transaction unless the card was signed. When I asked why, she explained that it was necessary to compare the signature on the credit card with the signature I just signed on the receipt. So I signed the credit card in front of her. She carefully compared that signature to the one I signed on the receipt. As luck would have it, they matched. ("Idiots at Work," Leland Gregory)



Weather Safety Puzzle



ACROSS

1. 30/30 _____ safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay inside for 30 minutes after hearing the last clap of thunder.
2. The National Weather Service issues a _____ when conditions are favorable for dangerous weather to develop.
3. Long exposure to _____ temperatures can cause hypothermia and frostbite.
4. It only takes _____ inches of fast moving water flood water to knock an adult off of their feet.
5. A _____ occurs when strong winds pick up particles of dust and sand.
6. _____ temperatures can cause deaths from heat stroke, and are especially deadly when children and pets are left in cars.
7. A _____ is a normally dry streambed or flood channel. During a flash flood they can fill with water in under a minute! Never play or swim in fast moving water!
8. The National Weather Service issues a _____ when dangerous weather is imminent or accruing.
9. In the desert southwest, thunderstorms occur more frequently during the summer _____ from late June into September.

DOWN

1. _____ can produce flash floods, lightning, high winds, large hail, and tornadoes.
2. _____ kill more people per year than lightning, hurricanes, and tornadoes combined.
3. _____ of swift moving water can sweep away a car! Half of all flash flood deaths are in automobiles.
4. Severe Thunderstorm _____ can exceed 100 mph and can knock down trees and powerlines.
5. Monitor NOAA Weather _____ for the latest forecasts and warnings from your local National Weather Service office.
6. Seek shelter in a basement or small interior room in the center of a building (such as a closet, bathroom, or hallway) when a _____ warning is issued.

<p>CHOOSE FROM THE FOLLOWING WORDS:</p>			
RADIO	TORNADO	WINDS	WARNING
FLOODS	THUNDERSTORMS	DUST STORM	LIGHTNING
SIX	MONSOON	HOT	COLD
WATCH	WASH	TWO FEET	SNOWBALL

Congratulations to Vicki Robertson (Parks & Recreation) for answering last issues puzzle correctly and winning a \$25 gift card from 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, June 5 at 3:00 pm.

Fighting Identity Theft – The 3 D's

Deter:

- Shred financial documents and paperwork with personal information
- Protect your social security number.
- Don't give out personal information over the phone, through the mail or on the internet unless you know who you are dealing with.
- Never click on unsolicited emails.
- Don't use obvious passwords such as DOB, etc.
- Keep personal information secure.

Detect:

Be alert to signs that require immediate attention:

- Bills that do not arrive as expected.
- Unexpected credit cards or account statements.
- Denials of credit for no apparent reason.
- Calls or letters about purchases you did not make.

Defend:

- Place a "Fraud Alert" on your credit reports and review your reports carefully.
- Close accounts you are not using.
- File a police report if you detect any wrongdoing.
- Report the theft to the Federal Trade Commission.

Identity theft is serious so do what you can to protect yourself.

My wife and I had taken our two children to a popular children's movie and the theatre was filling up. Just before the movie started, another family with small children came in and the only remaining seats were in the very front row.

As the father was coaxing his children to walk across the row to sit down, a now quiet and dark theatre heard one child plainly say, "But Dad, we can't sit in front. What about the air bags?"

CITY OF BOYNTON BEACH

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