

## • June 19, 2018

## Safety First Recognizing National Safety Month









### Safety Engineering • Consultation • Training

## Guest Speaker Martin Hernandez 708-382-2900



## Agenda

- Safety Captains
- Safety Conversations with Employees
- Safety Resources
- Emergency Preparedness
- Fire Safety
- Wellness
- Falls
- Driving



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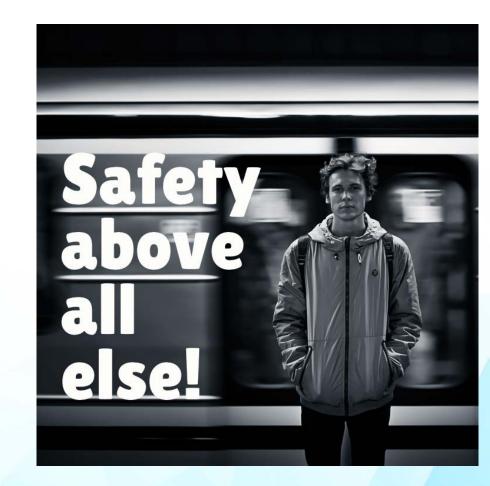


https://memecrunch.com/meme/97JMK/safety-officer



# Safety Captains

- Do not put themselves or others at risk.
- Are not experts in safety or emergency management.
- They may:
  - Perform drills
  - Maintain building contact lists
  - Assist building occupants
  - Aid Emergency Responders during emergency events
  - Help individuals with special needs
  - Ease panic, stress, and help restore order to the workplace
  - Liaise with OSHA or other safety organizations





## Safety Conversations with Employees

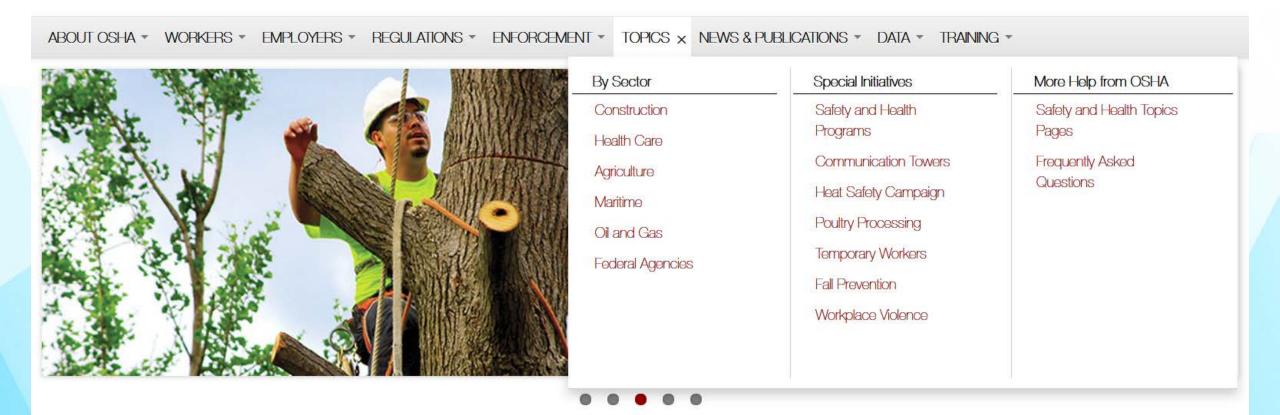
• Safety Tool Box Topics - <u>http://safetytoolboxtopics.com/Toolbox-Talks/</u>

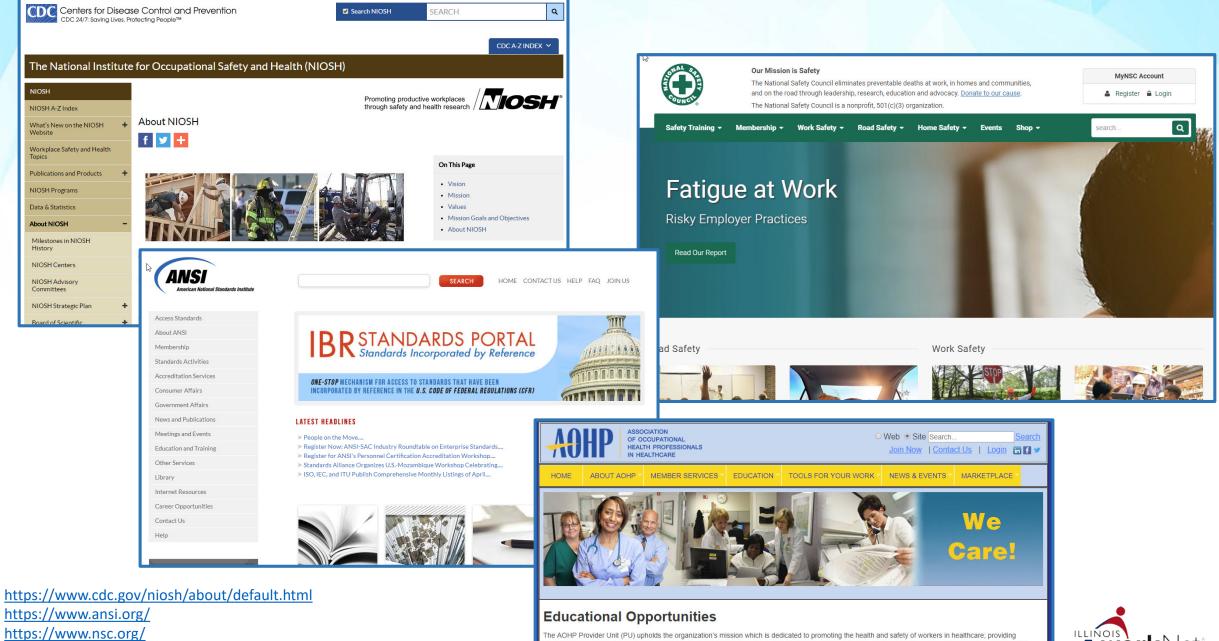
Awareness on the Job	Fire	Lightning Safety
Behavioral Safety	Forklifts	Office
Confined Space	Hazard Communications	Personal Protective Equipment
Disease Prevention	Hearing Conservation	Seasonal Issues
Electrical Hazards	Lockout Tagout	Slips, Trips and Falls
Ergonomics	Ladders	Small Tools
Fatigue	Lifting	Weather



## Safety Resources

- https://www.osha.gov
- Workman's Compensation Providers
- Illinois workNet Articles
- Safety Consultants





http://www.aohp.org/aohp/MEMBERSERVICES/EducationalOpportunities.aspx

occupational health education and networking opportunities; providing health and safety advancement through best practice and research; and partnering with employer, regulatory agencies and related associations. Our goal is to provide educational opportunities on local, regional and national levels, which are relevant to the occupational health professional's distinct scope of practice. The PU supports opportunities for competency ad professional growth through the annual national conference, traveling workshops and AOHP chapter requests, thus supporting the objective to meet legal and professional licensure obligations.



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# Emergency Ct Preparedness

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Draw a floor plan of your home. Mark two escape routes from each

## Fire Safety

### RACE:

- Rescue Get anyone in danger to safety
- Alarm Call 911 or alert the person in charge, and pull the fire alarm
- Contain Close all doors and contain the spread of smoke and fire
- Extinguish/Evacuate Extinguish the fire if safe to do so or evacuate the area

## PASS:

- Pull Pull the pin on the extinguisher
- Aim Aim the nozzle at the base of the fire from 3 to 6 feet away
- Squeeze Squeeze the handle to start discharging the extinguisher
- Sweep Sweep the nozzle from side to side at the base of the fire







# Wellness

- <u>https://www.nih.gov/health-</u> <u>information/science-based-health-</u> wellness-resources-your-community
- Health Insurance Providers



#### Your Surroundings

Learn how to make your environment safer and limit your exposure to potentially harmful substances to stay healthier.



#### Your Feelings

Find out how to successfully handle life's stresses and adapt to change and difficult times.



#### Your Body

Discover which physical health habits can help decrease your stress, lower your risk of disease, and increase your energy.



Your Relationships Learn how to create positive social habits that help you stay healthier mentally and physically.



Your Disease Defense Find out what steps you can take to protect your health and prevent diseases.

## Falls

https://safety.grainger.com/people/6-tips-help-prevent-slips-trips-and-falls

- Wet or greasy floors
- Wet, muddy, greasy or oily shoes
- Dry floors with wood dust or powder
- Uneven or sloped walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting, or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without skid-resistant surfaces
- Metal surfaces dock plates, construction plates
- Weather hazards rain, sleet, ice, snow, hail, frost



## Distracted Driving - National Safety Council Defensive Driving Course

BACK

Main Menu 🕝

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## Driving

https://www.nsc.org/safetytraining/defensive-driving

NSC-leading driver safety

## Thanks for watching



- Find more Safety articles on <u>www.IllinoisworkNet.com</u>
- Be Safe in Your New Job <a href="http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=33">http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=33</a>
- Stay Safe and Productive at Work <u>http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=54</u>
- Technical Skills <u>http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=45</u>
- Do You Need a Work Permit? <u>http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=48</u>
- Why Personal Health and Safety Matters-<u>http://www.illinoisworknet.com/Pages/Article.aspx?ArticleID=224</u>
- National Safety Month Article <a href="http://www.illinoisworknet.com/pages/article.aspx?articleID=294">http://www.illinoisworknet.com/pages/article.aspx?articleID=294</a>

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