



- 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





EVERY OFFICE HAS A SAFETY OFFICER

I AM THE CHIEF NATIONAL OFFICER OF OFFICE SAFETY OFFICERS

memecrunch.com

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 - <http://safetytoolboxtopics.com/Toolbox-Talks/>

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

ABOUT OSHA ▾ WORKERS ▾ EMPLOYERS ▾ REGULATIONS ▾ ENFORCEMENT ▾ TOPICS × NEWS & PUBLICATIONS ▾ DATA ▾ TRAINING ▾



By Sector

Construction
Health Care
Agriculture
Maritime
Oil and Gas
Federal Agencies

Special Initiatives

Safety and Health Programs
Communication Towers
Heat Safety Campaign
Poultry Processing
Temporary Workers
Fall Prevention
Workplace Violence

More Help from OSHA

Safety and Health Topics Pages
Frequently Asked Questions

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Search NIOSH SEARCH

CDC A-Z INDEX ▾

The National Institute for Occupational Safety and Health (NIOSH)

NIOSH
NIOSH A-Z Index

What's New on the NIOSH Website +

Workplace Safety and Health Topics

Publications and Products +

NIOSH Programs

Data & Statistics

About NIOSH -

Milestones in NIOSH History

NIOSH Centers

NIOSH Advisory Committees

NIOSH Strategic Plan +

Board of Scientific +

Promoting productive workplaces through safety and health research **NIOSH**

About NIOSH

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On This Page

- Vision
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- Values
- Mission Goals and Objectives
- About NIOSH

NATIONAL SAFETY COUNCIL

Our Mission is Safety
The National Safety Council eliminates preventable deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. [Donate to our cause.](#)
The National Safety Council is a nonprofit, 501(c)(3) organization.

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Fatigue at Work

Risky Employer Practices

Read Our Report

ad Safety Work Safety

ANSI
American National Standards Institute

SEARCH HOME CONTACT US HELP FAQ JOIN US

IBR STANDARDS PORTAL

Standards Incorporated by Reference

ONE-STOP MECHANISM FOR ACCESS TO STANDARDS THAT HAVE BEEN INCORPORATED BY REFERENCE IN THE U.S. CODE OF FEDERAL REGULATIONS (CFR)

LATEST HEADLINES

- People on the Move...
- Register Now: ANSI-SAC Industry Roundtable on Enterprise Standards...
- Register for ANSI's Personnel Certification Accreditation Workshop...
- Standards Alliance Organizes U.S.-Mozambique Workshop Celebrating...
- ISO, IEC, and ITU Publish Comprehensive Monthly Listings of April...

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We Care!

Educational Opportunities

The AOHP Provider Unit (PU) upholds the organization's mission which is dedicated to promoting the health and safety of workers in healthcare; providing 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 and professional growth through the annual national conference, traveling workshops and AOHP chapter requests, thus supporting the objective to meet legal and professional licensure obligations.

<https://www.cdc.gov/niosh/about/default.html>

<https://www.ansi.org/>

<https://www.nsc.org/>

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

An orange highlighter pen is positioned diagonally across the top half of the image, highlighting the title 'Emergency Checklist'. The pen is uncapped, and its tip is visible. The background is a document with various text elements, including a large blue checkmark at the top, a blue arrow on the right, and several lines of text. The title 'Emergency Checklist' is written in blue and is underlined with an orange highlighter stroke. Below the title, there are two checklist items, each with an unchecked checkbox. A circular white overlay is present on the right side of the image, containing the text 'Emergency Preparedness' and a URL.

Emergency Checklist

Emergency
Preparedness

<https://emergency.cdc.gov/>

- Discuss what to do about power outages and personal injuries.
- 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

Thanks to **Jim Grana**, Regulatory Compliance Safety Officer

Wellness

- <https://www.nih.gov/health-information/science-based-health-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





← BACK



Driving

<https://www.nsc.org/safety-training/defensive-driving>

Thanks for watching

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

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