



# 10 REASONS WHY WORKPLACE SAFETY IS IMPORTANT

Implementing an effective safety program for your workplace is one of the best decisions a company can make - both for its workers and for its bottom-line.

by Workforce Compliance Safety



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**SAFETY PROGRAMS CREATE PRODUCTIVE  
WORK ENVIRONMENTS**

2

**ABSENTEEISM DROPS WHEN EFFECTIVE SAFETY  
PROGRAMS ARE INTRODUCED**

3

**WORK PREMISES ARE KEPT TO HIGHER STANDARDS**

4

**A SAFE WORK ENVIRONMENT PRODUCES HAPPIER  
EMPLOYEES**

5

**EMPLOYEE INSURANCE CLAIMS DECREASE**

6

**A COMPANY'S MOST VALUABLE ASSET IS PROTECTED  
-- ITS PEOPLE**

7

**ENABLES A COMPANY TO WIN AND RETAIN BUSINESS  
CUSTOMERS**

8

**CREATES AN ENVIRONMENT WHERE SAFETY  
IMPROVEMENTS ARE CONSIDERED, ENCOURAGED  
AND IMPLEMENTED**

9

**ENHANCES THE BRAND VALUE AND GOODWILL  
FOR A COMPANY**

10

**REDUCES BUSINESS COSTS AND DISRUPTION**

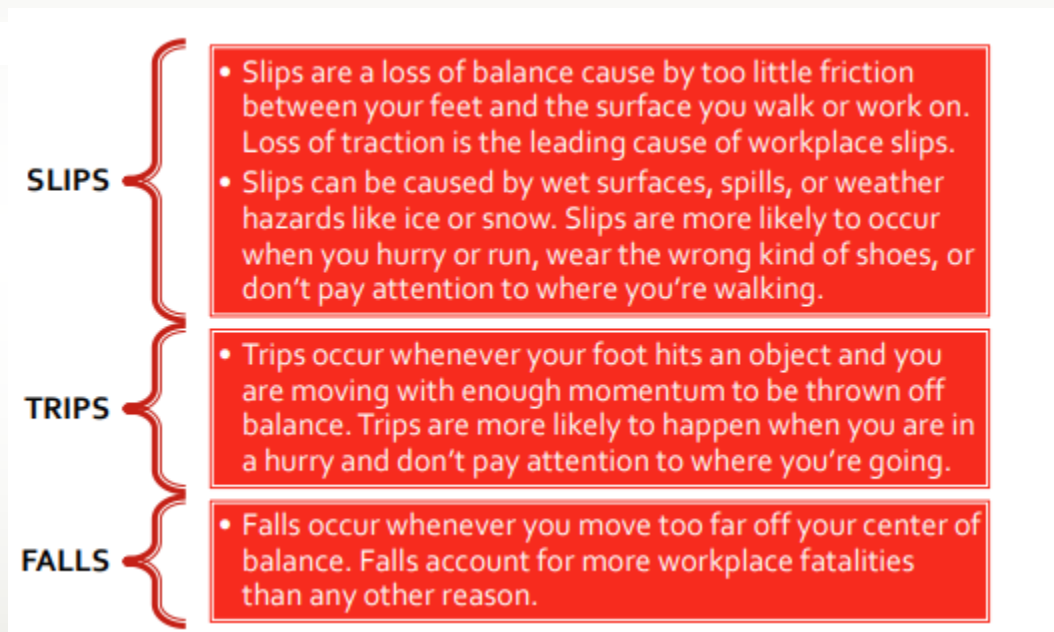
## SLIPS, TRIPS, & FALLS



In 2020, 805 workers died in falls, and 211,640 were injured badly enough to require days off of work. A worker doesn't have to fall from a high level to suffer fatal injuries; 136 workers were killed in falls on the same level in 2020, according to Injury Facts. Construction workers are most at risk for fatal falls from height – more than

seven times the rate of other industries – but falls can happen anywhere, even at a "desk job." More than 6.8 million people were treated in emergency rooms for fall-related injuries in 2020. A fall can end in death or disability in a split second, but with a few simple precautions, you'll be sure stay safe at home and at work.

There are three physical factors involved in slips, trips, and falls: friction, momentum, and gravity. Each one plays a role. Friction is the resistance between objects, momentum is affected by the speed and mass of an object, and gravity is the force exerted on an object by the Earth



### Tips to Stay Safe

- If you see something you might slip or trip on, tell your supervisor right away.
- Clean up spills and anything slippery. Check with your supervisor about how to use cleaning products. Don't use cleaners that could make the floor slippery.
- Clear walkways, stairs, and lobbies of anything that might be a tripping hazard, such as cords, wires, empty boxes, and clutter.
- Make sure that floor mats lay flat rather than wrinkled or bunched.
- Use handrails when you walk up and down steps.
- Before using any ladder or stepladder, make sure it opens fully.
- Check that ladder extensions are fully locked and that the ladder legs are stable on a flat, non-slippery surface.
- Clean off any slippery material on the rungs, steps, or feet of a ladder before you use it.
- Don't go over the load limit noted on the ladder.

## ERGONOMICS AND THE RULE OF 90-90-90

**How much time do YOU spend sitting every day?** According to the CDC, 1 in 4 US adults sit more than 8 hours per day! Between commuting, office work, tv time, and phone browsing, the hours add up. With the substantial amount of time we spend sitting, it is imperative to sit properly to prevent aches, pains, and repetitive motion injuries. Poor posture can lead to neck and back pain, digestion issues, muscle tension, and other aggravating conditions. A simple rule to remember how to sit properly is 90/90/90!



90/90/90 refers to the position of your elbows, hips, and knees while sitting. Your elbows, hips, and knees should all be at 90-degree angles. Your ears should be aligned above your shoulders and shoulders aligned above the hips. When you hold your head directly above your shoulders, it helps distribute the weight properly- with your head settling in at about 10 pounds. For every inch your neck is displaced from this position, the amount of weight it places on your spine nearly doubles.

An easy way to obtain this posture is ensuring your chair is at the proper height, with your feet flat on the floor. Make sure your body weight is distributed evenly across your hips. Do not sit with your legs crossed, as it can reduce blood flow and cause muscle strain. Your elbows should be parallel with your keyboard and kept close to your body. Ensure your hips are in line with your shoulders; you should not be leaning forwards or backwards. Try to remain aware of how you are sitting, especially as the day progresses and you become fatigued or distracted. It is important to remember not to become too stiff either. Engage your muscles throughout the day and switch positions regularly.

Correct posture can improve your balance, reduce strain on your body, improve spine health, and prevent injury. Some common “bad posture” positions to avoid are sitting with your weight shifted to one side, crossing your knees/ankles/legs, dangling your feet, leaning forward, holding your elbows out and up from the body, and slouching.

It is also important to remember that even if you are reasonably active throughout the day, hours of sitting can still cause muscle tightness in the hip flexor and hamstring muscles. Although you may be sitting with the 90/90/90 angles, it is still vital to break up your sitting throughout the day by walking, standing, or stretching! Ideally, you should take a 10-minute break for every hour of sitting.

## DRIVING DISTRACTIONS

County of Riverside Safety Manual Policy 4001 “Vehicle Use and Safety Guidelines” states “Vehicles shall be operated in a responsible and prudent manner in accordance with local, state and federal regulations” and “Employees are personally responsible for any traffic citations issued while operating vehicles on County business.”

Avoid the citation and arrive alive, don't drive while distracted! Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment, or navigation system — anything that takes your attention away from the task of safe driving. Cell phones are the main source of distracted driving and the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that amounts to driving the length of an entire football field with your eyes closed. You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

A few tips to follow as you prepare to get behind the wheel of any vehicle:

- 1) Devote your full attention to the road. Do not allow anything to divert your attention!
- 2) Store any loose items that could roll around in your car, so you are not tempted to reach for them on the seat or the floor.
- 3) Make any necessary adjustments BEFORE you take off. Make sure your seat, mirrors, steering wheel, climate control, sound systems and GPS are all adjusted before hitting the road.
- 4) Finish all necessary grooming and dressing at home before you get behind the wheel.
- 5) If possible, eat meals/snacks before or after your trip, not while driving and avoid any messy foods that can be difficult to manage.
- 6) Properly secure children and pets prior to getting on the road. If at any time they require your attention, pull off the road safely to care for them. The attempt to reach into the backseat can cause you to lose control of your vehicle.
- 7) Put aside all electronic distractions. Do not use cell phones while driving, handheld or hands-free, except in absolute emergencies. Never use text messaging, email functionalities, video games or the internet with a wireless device, including those built into the vehicle, while driving.
- 8) If you have passengers, procure their availability to assist so you can focus safely on driving.
- 9) If any other activity demands your attention, rather than trying to attempt it while driving, pull off the road and stop your vehicle in a safe place.
- 10) To avoid temptation, power down or stow devices before heading out.



DRIVING DISTRACTIONS



# DISTRACTED DRIVING

know the facts!



Distracted driving is any activity that could divert a person's attention away from the primary task of driving.

THERE ARE 3 MAIN TYPES OF distraction



visual

taking your eyes off the road



manual

taking your hands off the wheel



cognitive

taking your mind off what you are doing

## POTENTIAL DISTRACTIONS WHILE DRIVING



cellphones



eating & drinking



GPS



talking to passengers

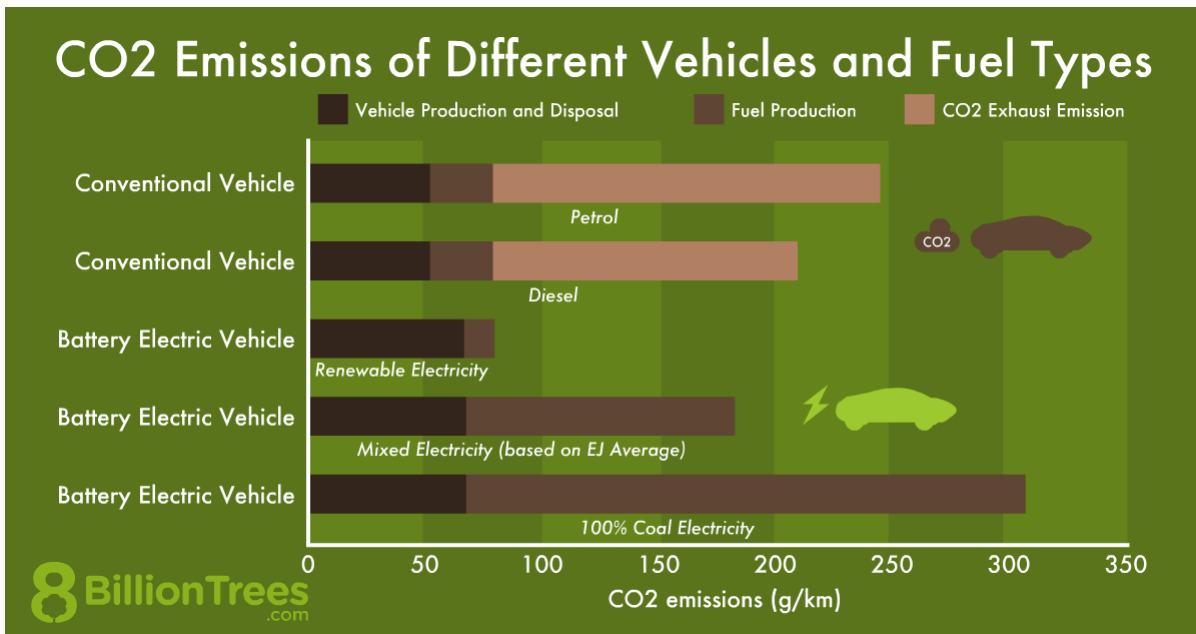
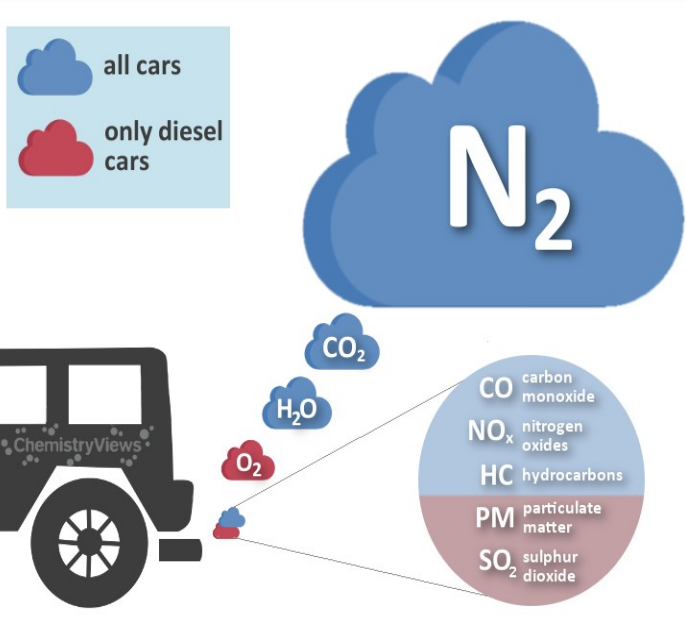
## ENGINE EXHAUST EMISSIONS

Vehicle exhaust emissions are created when the air-fuel mixture burning inside internal combustion engines releases carbon dioxide back into the atmosphere. Diesel-powered, gasoline-powered, and hybrid vehicles all produce vehicle exhaust emissions as the fuel used to power them contains hundreds of differently structured hydrocarbons that burn at different rates in different ways.

Vehicle exhaust emissions are also generated by the evaporation of fuel within the vehicle when the vehicle stops, and during fueling. The composition of exhaust emissions from gasoline-powered or diesel-powered vehicles differs depending on the individual vehicle's operating characteristics, as well as the type of fuel used. Most vehicle exhaust emissions are composed of carbon dioxide, nitrogen, water vapor, and oxygen in unconsumed air.

### Why are Vehicle Exhaust Emissions a Problem?

Vehicle exhaust emissions are a major contributor to air pollution and cause health problems. Several the compounds found in vehicle exhaust emissions are known to be carcinogenic in significant, long-term exposures such as those experienced by people living in large cities. Sulfur dioxide and carbon monoxide found in vehicle exhaust emissions contribute to the creation of tropospheric or ground-level ozone. Tropospheric or ground-level ozone is developed from the interaction between two or more precursor pollutants such as nitrogen oxide and volatile organic compounds (VOCs) in the presence of sunlight. This type of tropospheric ozone is believed to be responsible for poor air quality especially during the summer months and contributes to higher levels of respiratory illness as well as cancer in cities.



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