



Safety Newsletter



2020 HOLIDAY EDITION



**TAKE IT FROM ME,
IT'S HO HO HORRIBLE
TO GET INJURED AT WORK!
STAY SAFE!**



*Happy
Holidays*

FROM

RIVCO 1HR
safety division

TOP 10 SAFETY VIOLATIONS FOUND AT THE NORTH

As you already know, your world famous Riverside County HR Safety Division coordinators are in high demand these days! Just like most of us at the County, we have been at work day in and day out to provide the best customer service possible in some of the most challenging times any of us have encountered. But even with a busy schedule we took the time to answer a Mutual Aid request from our counterparts at the North Pole Safety Division. With the hustle and bustle of Santa's workshop, they needed a little help with some of their safety programs. Here's the top 10 safety violations our coordinators found during our recent safety inspection.....

1. Poor ventilation resulting in chimney smoke inhalation
2. Head injury due to falling tree ornaments
3. Accidents due to excessive Reindeer Games
4. No safety restraints in Santa's sled
5. Excessive light exposure from Rudolph's nose
6. Christmas tree splinters
7. Lack of first aid supplies for Polar Bear attacks
8. Stocking stuffing sprains and strains
9. Heat injuries to Frosty the Snowman
10. Lack of ergonomic seating in Santa's sled.....



THE 2020 SAFETY DIVISION HOLIDAY

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

WORD KEY →

- | | |
|---------------|------------------|
| 1. COUNTY HR | 9. EGGNOG |
| 2. FORKLIFT | 10. POTLUCK |
| 3. THE BOARD | 11. ERGONOMIC |
| 4. SANTA | 12. HAZARD |
| 5. REINDEER | 13. UGLY SWEATER |
| 6. INSPECTION | 14. HYGIENE |
| 7. CANDY CANE | 15. COOKIES |
| 8. FROSTY | 16. FIT TESTING |



A MESSAGE FROM THE CENTER FOR DISEASE CONTROL

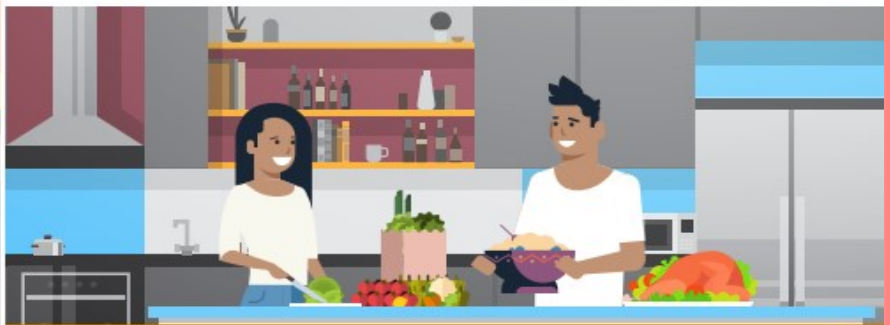
This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.

Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Doing what's best for you includes eating healthy foods and getting enough sleep.

Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

cdc.gov/coronavirus

PINCH POINTS



A Pinch Point is produced when two objects come together and there is a possibility that a person could be caught or injured when coming into contact with that area. Pinch points commonly impact fingers and hands, but can impact any area of the body. The injury resulting from a pinch point could be as minor as a blister or as severe as amputation or death. Conveyors, gears, loaders, compactors and other moving equipment are examples of machinery with pinch points.

Common Causes of Injuries from Pinch Points:

- *Not paying attention to the location of hands and feet*
- *Walking or working in areas with mobile equipment and fixed structures*
- *Loose clothing, hair or jewelry getting caught in rotating parts or equipment*
- *Poor condition of equipment and guarding*
- *Dropping or carelessly handling materials or suspended loads*
- *Not using the proper work procedures or tools*
- *Reaching into moving equipment and machinery*

Safety Controls for Pinch Points

- *Machine guarding: Verify all guarding is in place and effective*
- *Personal Protective Equipment: Heavy-duty leather gloves, forearm guards*
- *Pre-work inspection: Identify potential pinch points before starting work*
- *Stay in employee designated areas: Always make sure mobile equipment*
- *Operators know your location*
- *Lockout / Tagout: Always verify the equipment is de-energized*



THE INDUSTRIAL HYGIENE CORNER

What's that smell?

It's been a long hot summer, and if you haven't noticed, the weather is changing. Pretty soon it will be time to turn on the heaters. Well, throughout the spring and summer months as building heaters sit dormant, dust particles, debris and dried skin



James & Mike

cells collect on the heating coils inside the furnaces. At start of the cold season when the furnaces are turned on for the first time, those settled particles burn off and can create a rather unpleasant smell for the first few weeks (The smell may resemble burning hair or fabric). This may be rather annoying at first, but eventually, it dissipates. Annoying yes, harmful no!



PEDESTRIAN SAFETY AND DISTRACTION



Drivers are using their phones and being distracted in many different ways. Indeed, it is easier than ever to be distracted behind the wheel. Distraction has morphed from calls and text messages to sophisticated voice-activated dashboard systems that can make dinner reservations, surf the Internet and order coffee – none of which can safely be done while operating a multi-ton vehicle. Distracted driving continues to plague our roadways. Numerous studies have underscored that there is no way to reduce risk – not even through

hands-free, in-vehicle systems. Drivers must understand the dangers to which they expose themselves and others when they cannot disconnect. Pedestrians are at great risk due to an upward trend of driver and pedestrian distraction due to cell phone use and technology dependency.

We rarely are more vulnerable than when walking in urban areas, crossing busy streets and negotiating traffic. And we all are pedestrians from time to time, so it's important to pay attention to what is going on around us. Nearly 6,000 pedestrians were struck and killed by motor vehicles in 2017, with an estimated 7,450 pedestrian deaths (traffic and non-traffic) according to Injury Facts¹. The increase in these incidents has been most severe in urban and suburban areas, as well as at night. Additionally, more than 16% of all traffic deaths were pedestrians. Every age group is vulnerable, though 10- to 14-year-olds and 50- to 69-year-olds have 20% or more pedestrian deaths as a percentage of all traffic fatalities.

Pedestrians can be safe walking public roadways and streets. Follow these tips to stay safe as a pedestrian:

- *Whenever possible, walk on the sidewalk; if no sidewalk is available, walk facing traffic.*
- *Follow the rules of the road, obeying all traffic signs and signals.*
- *Cross streets at crosswalks. If no crosswalk is available and your view is blocked, move to a place where you can see oncoming traffic.*
- *Look left, right and left again before crossing the street, making eye contact with drivers of oncoming vehicles to make sure they see you.*
- *Stay alert – avoid cell phone use and wearing earbuds.*
- *Avoid alcohol and drug impairment when walking.*
- *Wear bright and/or reflective clothing and use a flashlight at night.*
- *Watch for cars entering or exiting driveways or backing up in parking lots.*
- *Children younger than 10 should cross the street with an adult.*



Visit <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/walkingchecklist.pdf> a walkability checklist

PEDESTRIAN SAFETY AND DISTRACTION



Pedestrians and Phones, Head Up

Distracted walking incidents are on the rise, and everyone with a cell phone is at risk. We are losing focus on our surroundings and putting our safety at risk. The solution is to stop using our phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own homes, proving that we need to stay aware of our surroundings whether indoors and out. Put the phone away to be aware of your surroundings.

Pedestrian safety is a shared responsibility. Drivers must fight distraction and watch out for pedestrians. When driving, help keep pedestrians of all ages safe by:

- *Stay alert – put down the cellphone and avoid distracted driving.*
- *Obey all traffic laws, especially posted speed limits in school zones.*
- *Watch for pedestrians at all times and be extra cautious when backing up.*
- *Yield to pedestrians in crosswalks, making eye contact to indicate that you see them.*
- *Never pass vehicles stopped at crosswalks. There may be people crossing that you can't see.*
- *Slow down and be prepared to stop when turning or otherwise entering a crosswalk.*
- *Use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.*
- *Do not drive under the influence of alcohol and/or drugs.*

Both pedestrians and drivers must understand the risks of being distracted and fight against it in order to prevent pedestrian injuries and deaths. Put down the cell phone and be responsible on the road. One costly mistake can change lives forever.

