

THE GREAT



Shake Out



DROP!



COVER!



HOLD ON!



OCTOBER 20TH

@ 10:20 AM

Join Us

October 20, 2022

in the World's Largest
Earthquake Drill.

Shake Out

www.ShakeOut.org

THE GREAT SHAKEOUT

OCTOBER 2022

Simple Drop, Cover, and Hold On Drill

This drill uses simple steps to inform all employees how to perform Drop, Cover, and Hold On – a quake-safe action designed to protect lives from falling furniture and flying objects that can become projectiles during ground shaking.

BEFORE the Drill

1. Inform your employees regarding:

- The date and time of the drill which is: October 20th, 2022 at 10:20 AM
- How to correctly perform Drop, Cover, and Hold On, wherever they are.
- Your expectations for their participation (i.e. Drop/Cover/Hold On under a workstation or any protective object in their office or home, post-drill discussions).
- If you will participate in a ShakeOut drill, encourage employees, staff, contractors, etc. to invite friends, families, and neighbors to register as individuals or organization at www.ShakeOut.org, in their area, so they can participate and receive information directly on how to be safe during an earthquake.

DURING the Drill

1. Via the public announcement (PA) system, email, cell phone/text message, or verbal direction:

- Announce that the earthquake drill has begun and to Drop, Cover, and Hold On.
- Suggest that while down on the floor, employees look around at what would be falling on them in a real earthquake. Items should be secured or moved after the drill.

2. After at least one minute, announce that the shaking is over and that employees can stand up again. Thank them for participating.

3. Encourage employees and staff to discuss their experiences with one another.

AFTER the Drill

1. Ask for feedback on how the drill went. Document the drill and findings on the Drill Reporting Form.

2. Schedule the next drill for one year later (or sooner if employees need to practice).

Encourage employees to be prepared to survive and recover at home by following the Seven Steps to Safety at www.EarthquakeCountry.org/sevensteps.



NATIONAL FIRE PREVENTION MONTH

OCTOBER 2022



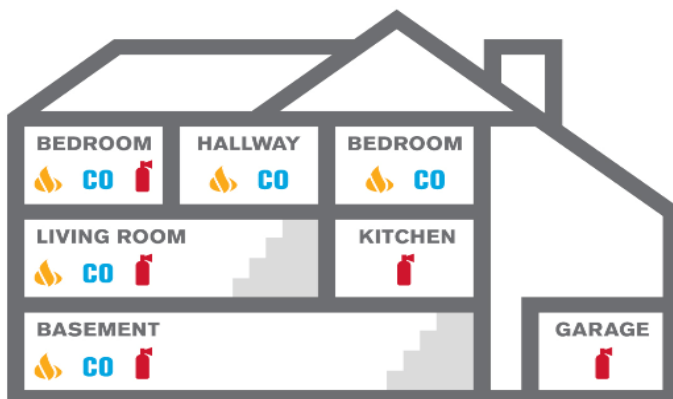
National Fire Prevention Month

October is **Fire Prevention Month!** The goal of Fire Prevention Month (and week **October 9th - 15th**) is to raise fire safety awareness, and help ensure your home and family is protected. In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments provide education to their communities, and encourage parents and loved ones to practice fire prevention and whole home safety.

The NFPA's 2022 campaign for Fire Safety Month is "Fire Won't Wait, Plan Your Escape." At First Alert, we are proud to support their mission and this year's theme. This year, Did You Know?

Fire Prevention Week is the perfect time to educate and talk with your whole family about fire safety – including testing alarms, changing the batteries or upgrading to 10-year sealed battery alarms, knowing how to use a fire extinguisher and escape route planning.

- 3 of every 5 home fire deaths resulted from fires with no working smoke alarms
- Less than 50% of homeowners have an escape plan*
- Carbon monoxide (CO) is the #1 cause of accidental poisoning in the US
- Only 47% of people report having CO alarms in their home
- Unattended cooking is the #1 cause of home fires



Smoke Alarm

One on every level and in every bedroom



Carbon Monoxide Alarm

One on every level and in every bedroom



Fire Extinguisher

One on every level, plus kitchen and garage

TIME TO FALL BACK....

END OF DAYLIGHT SAVING TIME CAN BE DANGEROUS OCTOBER 2022

On November 1st, most people in the United States will turn their clocks back one hour for the end of Daylight Saving Time. Most of us think: "*Fantastic! I get another hour of sleep*"; and yes you will. However, there is a huge difference between the "society clock" and the "biological clock" we all work from. During such time changes there is statistically an increase in safety incidents.

With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making our way home from work. Drivers aren't used to the decreased visibility – nor are pedestrians, who might take chances crossing roads when they shouldn't.

Pedestrians walking around at dusk are nearly three times more likely to be struck and killed by cars in the days following the end of daylight saving time than just before the time change. A study of seven years of nationwide traffic fatalities was conducted at Carnegie Mellon University, calculating the risk per mile walked for pedestrians. The study found that the **per-mile risk jumps 186 percent** from October to November.

The National Road Safety Foundation (NRSF) has done studies proving that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual. According to some health studies, changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived.

The end of daylight saving time can leave many feeling fatigued, which can pose safety risks both at home and in the workplace. Some things to keep in mind when switching back to standard time are:

Fatigue -- Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is a physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.

Accidents -- Evidence suggests that time changes increase safety problems both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Try to avoid building up a sleep debt in the days before the change.

DID YOU KNOW ?

STUDENTS ARE ABOUT 70 TIMES MORE
LIKELY TO GET TO SCHOOL SAFELY WHEN
TAKING A SCHOOL BUS INSTEAD OF
TRAVELING BY CAR.

What is School Bus Safety Week?

School Bus Safety Week is celebrated during the third full week of October each year. October 17 - October 21, 2022 marks this year's safety week. The goal of National School Bus Safety Week is to address the importance of school bus safety. More than 25 million children are transported to and from school on big yellow buses. These school buses provide 10 billion school rides a year. About 500,000 school buses travel the roads each day. Despite the number of miles school buses travel, accidents are infrequent.

Students are about 70 times more likely to get to school safely when taking a bus instead of traveling by car. That's because school buses are the most regulated vehicles on the road; they're designed to be safer than passenger vehicles in preventing crashes and injuries; and in every state, stop-arm laws protect children from other motorists.

Different by Design: School buses are designed so that they're highly visible and include safety features such as flashing red lights, cross-view mirrors and stop-sign arms. They also include protective seating, high crush standards and rollover protection features.

Protected by the Law: Laws protect students who are getting off and on a school bus by making it illegal for drivers to pass a school bus while dropping off or picking up passengers, regardless of the direction of approach.

Statistically, school buses are the safest way to transport school children. Yet more injuries and fatalities occur outside of or near a school bus because a motorist has failed to obey the stop-arm warning or to follow local traffic laws.

- From 2011 and 2020, there were 1.6 times more fatalities among pedestrians (183) than occupants of school buses (113) in school-bus-related crashes.
- A total of 218 school-age children (18 and younger) died in school-bus-related crashes during that period, either as occupants of school buses or other vehicles, or on foot or bike.
- Of the 218 deaths, 85 were children who were walking.



Respect the "**Danger Zone**"

The school bus loading and unloading area is called the "Danger Zone." Specifically, this is any side of the bus where a child may not be seen by the bus driver and, therefore, is in the most danger. Let's work together to keep our children safe as they wait to ride the bus to and from school.

Remember, **RED LIGHTS MEAN STOP**



Thank you

FOR WORKING SAFELY!



On September 15, 2022 Safety Loss Control Department of Transportation (DOT) Coordinator John Flores attended the annual District Foreman's Meeting held by Mark Lancaster, Director of Transportation-TLMA and Paul Russell, Highway Operations Superintendent-TLMA.

It was great to see how well Management and staff can communicate on the day to day issues regarding Safety, training/equipment, and how these issues can be resolved by communicating with each other. We would like to provide recognition on the awards for "**No Preventable Vehicle Accidents/Industrial Injuries**":

- ◆ Jeff Mitchell-Transportation Warehouse
- ◆ Rich Miller-Transportation Garage
- ◆ Mike Smith-Paint and Sign Shop
- ◆ Nick Aranda-Subgrade/Trucking Crew
- ◆ Spencer Jasper-Hemet Maintenance Yard, Spencer also received the Most Improved Safety Record plaque.

