

TRANSNEWS



Safety Tips



Volume 39

Boosting Safety Buy-In

W.F. Clayton offers unsurpassed resources to assist in your commitment to safety and loss control. If there are any questions please contact us.

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To be successful in safety, the power of persuasion often proves crucial. Safety Managers have to persuade:

- Workers to follow safe practices,
- Executives to support safety initiatives, and
- Those in charge of finance to fund safety programs

With these considerations in mind, here are three key persuasion principles for boosting safety buy-in.

1. Scarcity

People pay more attention to information that includes benefits not found elsewhere. The best way to use scarcity isn't to say the recipient of your message will gain something. Instead, tell them that if they don't take the desired action, they'll lose something.

For Example: Bose, the maker of high end radios, didn't have immediate success with its Wave Music System using ads that proclaimed the product as "new, new, new." But it later found success using this slogan: "Hear what you've been missing."

In safety: You might ask drivers/workers to "imagine you could never see or hear or lift your child or grandchild ever again if you were injured because you were talking on your cell phone while driving or because you were not using your PPE."

2. Authority

Credibility is king. People often believe what experts say has to be true. So what is the best way to show your credibility? Someone vouches for you.

What if you don't have someone

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Quick Tips

Design a safe work area. Safety should be planned into your work areas from the start. How machines are positioned, where materials are staged, how materials flows from one area to the next. Designing the work area with safety as a primary concern will result in a safe, efficient and productive workplace.

The Assistant Director of OSHA's enforcement division recently released the Top 10 OSHA violations of 2012 at the National Safety Council's 2012 congress in Orlando Florida.

Here are the top 10 OSHA violations for the 2012 fiscal year (October 2011 through November 2012).

1. Fall Protection – General Requirements (1926.501)

There were 7,250 violations. Many of the violations were due to unprotected sides and edges, holes and steep roofs.

2. Hazard Communication (1910.1200)

There were 4,696 violations. The citations that were issued for this standard covered many industries and many different violations. Examples: unlabeled chemical containers, lack of written hazard communication program

3. Scaffolding (1926.451)

There were 3,814 violations. Types of businesses hit hard with violations of this standard included masonry, roofing, siding and plastering.

4. Respiratory Protection (1910.134)

There were 2,371 violations. A big reason for violations of this standard: Companies lack written respiratory protection programs.

5. Ladders (1926.1053)

There were 2,310 violations. Common hazards companies don't correct: damaged side rails, workers using the top step and ladders used for wrong purposes.

OSHA's Top 10 (Continued on Page 2)

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to sing your praises? You might have to present your own credentials. In that case, people have a tendency to present their strengths first, then their weaknesses. Do the opposite: Lead with a weakness, followed with a strength.

For Example: The car rental company Avis uses the slogan “At Avis, we’re number 2, but we try harder.” People tend to remember what comes after the “but.”

In safety: Use messages like: “Sure, it’ll

take an extra moment to put on your PPE, but it’ll be worth it if you avoid an injury” or “Driving safely may cause you to be late to your destination, but it’ll be worth it if you arrive their safely.”

3. Consensus

People want to do what other people like them are doing.

For Example: What has worked best when hotels try to get guests to reuse their towels? Signs that say, “X% of people who have stayed in this room reused towels.” These signs identify a specific group of

individuals as having similarities with others by connecting them all to the exact room that they are staying in, and then encourage a specific behavior by stating what people “like” them have done.

In safety: It’s a mistake to say many people aren’t doing something, like wearing their PPE or using their seatbelts. That legitimizes the activity. Instead, turn it around. Not “our audit shows 10% of our drivers weren’t wearing their seatbelts,” but “90% were wearing their seatbelts.”

Practice the 5 P’s for Successful Safety Talks

There is a tried and tested technique that will help you give better safety talks. It is simple, it is effective, and it works. You will find that you can easily apply this technique not only to safety talks, but also to communication contacts or other vital subjects such as quality, productivity, service, job instruction and cost improvement.

PREPARE – Think safety. Write things down for your idea-bank. Read safety materials selfishly. Listen to others’ ideas and attitudes. Organize and outline your talks. Practice.

PINPOINT – Do not try to cover too much ground. Concentrate on one safety rule, one first aid hint, one unsafe practice, and one main idea – a communication bullseye.

PERSONALIZE – Establish common ground with your listeners. Bring it close to home. Make it important in their minds. Make it personal and meaningful to them.

PICTURE – Create clear mental pictures for your listeners. Appeal to both their ears and their eyes. Help them really “see what you mean.” Use visual aids, like those suggested in this manual.

PRESCRIBE – In closing your safety talk, answer the question the listeners always have – “So what?” Tell them what to do. Ask for special action. Give a prescription.

By applying the five P’s approach diligently, you have much greater assurance that your people will know, understand and retain the message you have communicated. Results will show an improvement in safety, quality and production and you will not be the only one to notice the benefits; your employees and your boss will too.

*OSHA’s Top 10 (Continued from Page 1)***6. Machine Guarding (1910.212)**

There were 2,097 violations. Industrial and commercial machinery are both subject to this standard. Examples: missing or damaged machine guards, equipment not properly adjusted

7. Powered Industrial Trucks (1910.178)

There were 1,993 violations. Lack of training, not removing vehicles in need of repair and failure to examine trucks before they’re used are reasons for violations of this regulation.

8. Electrical – Wiring Methods (1910.305)

There were 1,744 violations. Many

industries, including stores, face OSHA’s wrath over this standard because they use cords as permanent wiring.

9. Lockout/Tagout (1910.147)

There were 1,572 violations. Failure to document procedures, train workers and conduct periodic inspections are significant reasons why companies face violations of this standard.

10. Electrical – General Requirements (1910.303)

There were 1,332 violations. Violations of this standard center around installation and use of electrical equipment.

W.F. Clayton & Associates, LLC

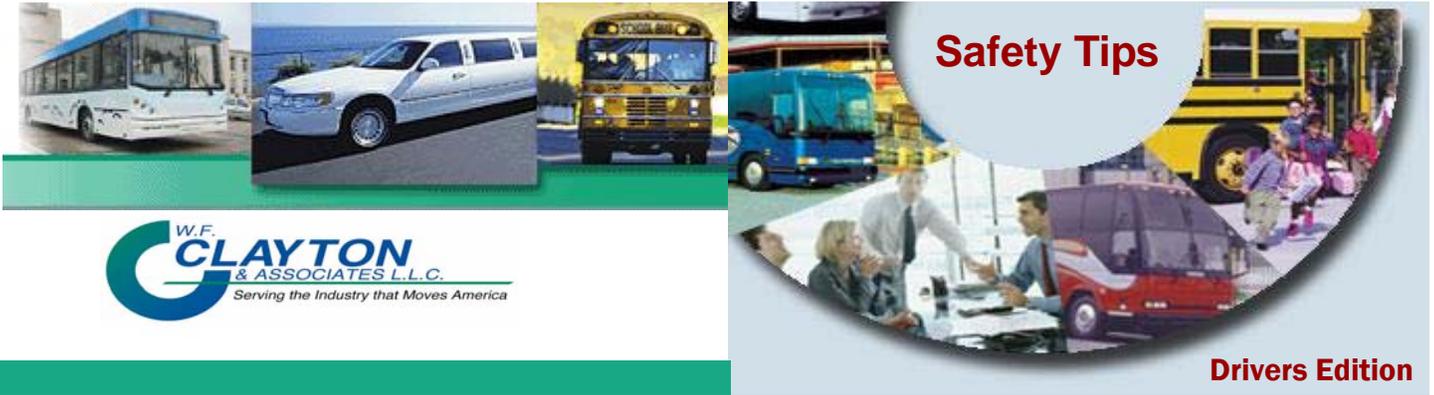
One International Blvd.
Suite 405
Mahwah, NJ 07495
Tel: 201-252-3010

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bpost@postfinancial.com

We're on the Web!
www.wfclayton.com



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Driver and Vehicle Fitness

Safe driving is a mix of three factors: a mechanically fit vehicle, and a driver who is both physiologically and psychologically sound. For example, it is not only important that your brakes are in working order, but also that your eyes are not tired or your stress level too high due to traffic conditions.

Many unsafe driving behaviors are obvious: for example, speeding, reckless lane changing, or drinking and driving. By avoiding these behaviors, we are safer drivers and are less likely to be involved in accidents. What drivers may not focus on

as much is being mentally and physically prepared for driving as a defense against accidents.

Consider fatigue – either physical, mental, or a combination of the two. When you're tired, or low on energy, you have a greater risk of falling asleep at the wheel. Physical work combined with missing lunch or neglecting to take breaks will contribute to drowsiness and/or fatigue. Your reflexes will slow and you are more likely to misjudge traffic conditions.

With the dangers of fatigue evident, a main priority for any driver should be staying alert

and attentive. Obviously being well rested is important for fending off fatigue, but other steps, such as ensuring that the vehicle is well ventilated, can help.

You can avoid eye fatigue by varying the focus of your concentration rather than staring at a single point in front of you. If you check your mirrors periodically as you should, you will have continual eye movement and have less of a tendency to focus only on the roadway in front of you, avoiding what is commonly termed "highway hypnosis."

Fitness (Continued on Page 2)

Inside this issue:

- Driver and Vehicle Fitness **1**
- Weight Control: Myths and Misconceptions **1**
- Five Common Head-ache Triggers **2**

Weight Control: Myths and Misconceptions

Myth #1: The best way to take off weight is through a starvation diet.

False: Starvation diets can actually contribute to weight gain. When people stop eating their metabolism slows down and the body begins to preserve fat. When they start eating again their body is more likely to turn food into fat.

Myth #2: Sit-ups are the best way to lose fat around the waist.

False: Sit-ups increase the strength of muscles and do nothing to eliminate the fat that covers them. The best way to lose fat is through a combination of sensible diet and aerobic exercise.

Myth #3: Fad diets work.

False: The word diet refers to a lifestyle of eating, not a drastic change in eating habits for a week or month. If they worked they wouldn't be called fads, they would be lifestyles.

Myth #4: People need to diet to lose weight.

False: It is possible to lose weight (fat) by adding exercise to people's lifestyle, even if they maintain the same eating habits. Combining exercise with sensible eating increases the effectiveness of a weight loss program.

Myth #5: Overweight people eat too much / Skinny people never eat.

Weight Control (Continued on Page 2)

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Fitness (Continued from Page 1)

One of the most common causes of vehicle accidents is a driver falling asleep at the wheel. If you find yourself becoming drowsy due to the monotony of driving (or any other reason), you should take appropriate steps depending on the situation. Remember not to try to be a hero – if traveling alone, take a ten-minute power nap – they work wonders. If you have passengers, take a quick break to stop to get some coffee and walk around a bit – there are lots of reasons you can tell any passenger you need to stop – and “I’m tired” shouldn’t be one of them! (Examples - check tire pressure because a tire pressure sensor has lit up; go to rest room; return urgent Company call because they won’t allow you to talk while driving) Remember, better to get there late than not at all.

Here are some other tips for getting there safely:

- Plan stops during long trips, and more frequently during overnight trips. If you have a co-driver, turn the wheel over to him/her before you get too tired. If you feel enough stops are not on the itinerary, incorporate some additional stops (bathroom breaks) or talk with your dispatcher.
- Plan your route on trips to unfamiliar areas. This will help you get to your destination as efficiently and safely as possible without having to worry about where you are going. Too much time spent searching for street signs or highway exits is a dangerous distraction.
- Reduce your stress behind the wheel. Most stress comes from traffic patterns or other drivers, so learn to

expect and cope with each. Expect inevitable traffic delays - it helps to think and know that other drivers are also frustrated and that traffic congestion is not a conspiracy against you alone. And, when other drivers frustrate you, learn to brush it off and maintain your head as the professional driver you are. Mental preparation for traffic congestion and other drivers’ inconsiderate actions is 90% of the cure.

Your driving goal should be to arrive safely. The key to success is trip preparation, adequate rest, avoiding distractions and taking interruptions in stride. Remember – you are in command and can control how you prepare before taking the wheel on a trip and how you react to stresses and any fatigue or drowsiness during the trip!

Weight Control (Continued from Page 1)

False: The body’s chemistry reacts to increased and decreased activity levels. When people exercise, their bodies become more efficient at burning fat. When people limit their activity levels their bodies become more efficient at storing fat.

Myth #6: If a person exercises their appetite will increase and they’ll gain weight.

False: Studies have indicated that exercise actually serves to suppress the appetite.

Myth #7: People need to lose weight.

False: Many things in the body have weight. These include muscle and bone. Certainly people don’t want to lose any of these. Many people who diet end up losing not only fat, but also muscle. Muscle is the furnace that burns fat. The more muscle people have the bigger the furnace available to burn the fat they want to lose. The scale not only weighs their fat, but also bones, muscles and water. The best method for monitoring fat loss is to get off the scale and see how clothes fit and how the body feels.

Five Common Headache Triggers

Headache sufferers spend more than \$4 billion a year on over-the-counter pain relievers. But prevention costs you nothing. **Here are five leading headache culprits to watch for:**

1. **STRESS:** Frayed nerves are a frequent cause of “tension” headaches and may also trigger migraines. **Ideas:** Take 30 minutes a day just to day-dream, meditate or otherwise relax. Daily exercise also helps ease stress and tension.
2. **EYESTRAIN:** Focusing on one object for a long time (such as a computer screen) can cause temporary head pain. **Suggestions:** Take occasional “eye breaks” by looking out a window; consider an eye exam to see if a vision problem may be a factor in your headaches.
3. **DIET:** Certain foods contain substances that can trigger headache pain. **Examples:** caffeine, red wine,

processed meats, chocolate, cheese, citrus fruits, lentils, snow peas and monosodium glutamate (MSG). **Suggestion:** If you get frequent headaches, start tracking when they occur and maintain a daily diary of meals and drinks so any parallels between diet and headache occurrence can be drawn.

4. **SITTING:** Staying seated for long periods, especially if you’re on the phone or hunched over for extended periods, can tighten muscles and lead to tension headaches. **Self-defense:** Shift positions; stretch once an hour; stand during phone conversations; take a lunchtime walk.

5. **SLEEP:** Too little or, surprisingly, even too much sleep can bring on headaches. **Best:** Control your body’s internal “clock” by going to bed and getting up at the same times each day – even when you’re not working.



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bpost@postfinancial.com

Energy-Saving Light Bulb Dangers

By now we have all seen them. We probably all have a few of them in our own homes. I am talking about energy-saving light bulbs. They have many different names: compact fluorescent lamp (CFL), compact fluorescent light, and compact fluorescent tube all describe a fluorescent lamp designed to replace incandescent lamp. Compared to their incandescent brothers, CFLs produce the same amount of visible light, consume less power (from 1/5 to 1/3) and have a longer service life (8 to 15 times).

These energy-saving light bulbs further our quest to be better

stewards of our planet, but there are also some potential dangers associated with CFLs that we need to be aware of. These CFLs have a small electronic ballast in their base. There is a fire hazard associated with these ballasts, but that is a conversation for another day. Let's talk about another danger posed by these "green" lamps: mercury exposure and poisoning.

Like all fluorescent lamps, CFLs contain mercury. This fact not only complicates their disposal under normal conditions, the problem is exacerbated when the lamp is broken and the mercury is

allowed "out of its box." The symptoms of mercury poisoning typically include: sensory impairment (vision, hearing, and speech), a lack of coordination, skin discoloration, tingling, itching, burning or pain, and desquamation (shedding of skin).

Mercury is typically present as either elemental mercury liquid, vapor, or both, since the liquid readily evaporates at room temperature. When broken indoors, lamps may emit sufficient mercury vapor to present health concerns. Breakage of multiple lamps presents a greater concern.

Light Bulbs (Continued on Page 2)

Obesity in the Workplace is a big problem

It is a growing problem with repercussions that have the potential to take some companies by surprise over the next few years. The impact on the workplace goes above and beyond the impact on the individuals involved and may be a major factor in future medical plan design and cost.

It is an ever-increasing expenditure affecting the bottom line of companies everywhere. In part, this is due to the fact that as we continue to shift from a manufacturing economy to a

service economy work environments are becoming more sedentary every year.

A primary benefit of reducing obesity in the workplace is having happier and healthier employees. A secondary side benefit is that happier and healthier employees are more productive and take less time off because of illness relating to problems caused by being overweight.

The most startling thing about the obesity problem in the workplace is the rapid and dramatic increase

over the last few years in the number of people who are becoming obese or even morbidly obese.

78 million U.S. Adults were considered to be obese in 2009-2010 by a Center of Disease Control and Prevention study published in 2012. 41 million being female and more than 37 million being male.

Just 10 years prior, a much smaller percentage of both men and women were considered obese.

Obesity (Continued on Page 2)

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Obesity in the Workplace is a big problem **1**

Take Two **2**

Light Bulbs (Continued from Page 1)

Injection of mercury into the body through broken glass that is contaminated is of particular concern.

Here is a scenario:

Mr. Smith uses CFL lamps in his home. One of those CFL lamps burned-out and Mr. Smith did not wait for the lamp to cool down before he stood on a chair and removed it. Because the lamp was still hot to touch, he dropped it. As the lamp hit the floor, it exploded. As Mr. Smith descended from the chair he stepped, barefoot, onto the broken glass and exposed mercury. Mr. Smith spent 2-weeks in the ICU and at one point it was feared that his foot would have to be amputated. Currently his foot is connected to a vacuum pump to continuously remove dead tissue.

The following are the recommend actions to take in the event of a broken CFL:

- Evacuate the room, taking care not to step on the broken glass littering the floor
- Ventilate the room for a minimum of 15 minutes (EPA recommendation)
- Do Not clean the debris of the broken lamp with a vacuum cleaner as this will spread the toxic mercury droplets throughout the house either immediately or upon further use of the vacuum
- Don protective gloves; use a broom or brush to sweep the debris into a dustpan; empty contents of the dustpan into a plastic bag; seal the plastic bag
- Do not dispose the plastic bag into ordinary refuse receptacle

- The debris is lawfully a Hazardous Material and must be disposed of accordingly

Mercury is a toxin, and should be treated with the utmost of care and respect. A CFL may be benign, and make you feel good about “going green,” but once the poison is “out of its box” and able to cause an exposure, it’s a brand new deal.

An energy-saving light bulb that can be used as an alternative to CFLs are light-omitting diodes or LED lights. LEDs consist of small capsules or lenses in which tiny chips are placed on heat-conducting material, as opposed to incandescent and florescent lights that consist of filaments in glass bulbs or bulbs that contain gases. LEDs are extremely efficient, long lasting, and can be disposed of much more easily.

Obesity (Continued from Page 1)

On average, one out of every three people you know and work with could be considered obese.

Health risks associated with obesity include: hypertension, diabetes, cardiovascular disease, cancer, endocrine problems, gall bladder disease, lung and breathing problems, arthritis, and premature death. These risks are reflected in costs associated with -both direct and indirect - which affects individuals and employers.

In 2008, medical costs associated with obesity were estimated at \$147 billion; the medical costs for people who were obese were \$1,429 higher than those of normal weight.

Employers can play an important part in providing a healthy work environment and offsetting or reducing the financial burden to the workplace resulting from this dramatic rise in obesity. **Examples:** promote a healthy life-style, provide educational programs and services, selecting healthy items for vending machines, posting healthy recipes on bulletin boards, health awareness day)

It is the individual responsibility of employees to do their part in addressing or fighting their own obesity issues and lifestyle choices, but it is in the best interest of employers to contribute to the solution as well.

Take Two

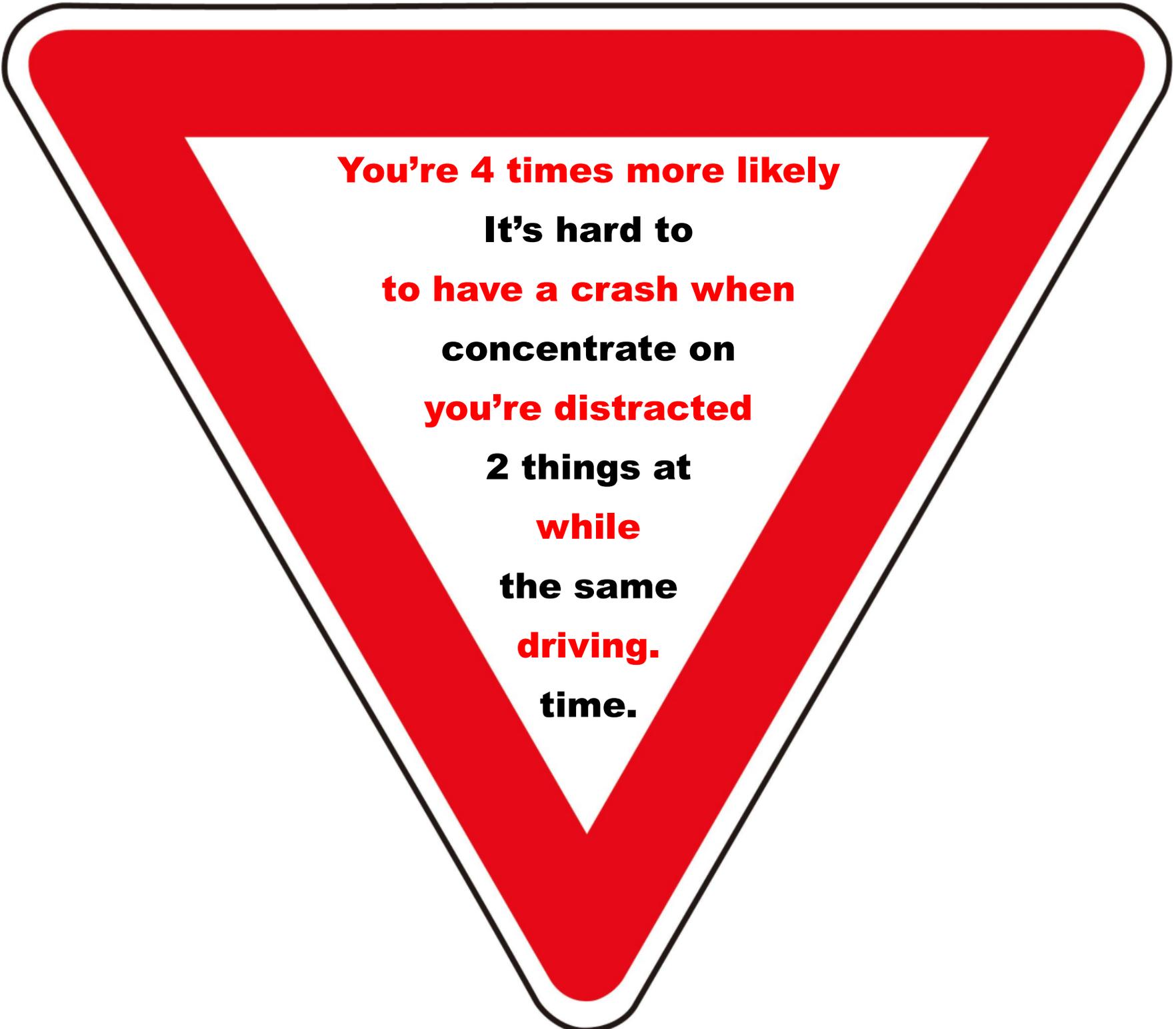
Nearly everyone at one time or another has stated the words “I just wasn’t thinking” when they performed an activity that had less than desirable results. In some instances this behavior resulted in something as frustrating, but harmless, as locking the keys in the car. Unfortunately, in some cases, these actions can result in things that are significantly more serious like an injury.

No one wants to get hurt. And no one wants to, or can, spend their entire day thinking about safety. For that reason it is essential that people learn to “Take Two” before they begin a new activity. Many people, through habit, check their pockets for their keys before they lock the door. Others may check the stove to make sure it is off before they leave the house. These things take little to no time and can save a person from being locked out of their house or even worse, starting a fire. These same principles

are very effective in reducing injuries at work.

Many people have worked at a job long enough for their behaviors to become habit. Unfortunately, it is when a job becomes “routine” that the risk of an injury can go up. This is demonstrated by sports teams who have played in several easy games and then “let-up” and are defeated by a less talented team. In a work environment the results of “letting up” can be much more dangerous and even life threatening.

Being safe means keeping alert and looking for situations that may put yourself or fellow employees at risk. One of the ways to accomplish this is to “Take Two.” Stop for two seconds and evaluate the activity you are preparing to do. Taking two seconds can, and will, make a difference.



You're 4 times more likely

It's hard to

to have a crash when

concentrate on

you're distracted

2 things at

while

the same

driving.

time.



**One International Blvd.
Suite 405
Mahwah, NJ 07495**

Insuring the industry that moves America