

Health & Safety

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Your picture here

Your Name Here

Are you accountable for safety?

How you behave has an affect on whether a job is safe, according to one CEO writing in OHSONline.com.

Brian Fielkow, CEO of Jetco Delivery, Inc., says both company and employee are accountable for safety.

An accountable employee:

- Admits fault.
- Knows the safe way and does the job the safe way.



- Actively seeks to understand a task.

Companies are accountable when they:

- Don't accept excuses for unsafe work.
- Make processes and expectations clear.
- Make reasonable demands with core safety values in mind.

Train trestles: The unexpected danger

It might seem romantic to walk on train tracks and trestles -- those mysterious roads to elsewhere.

But before do, you should know two things: It is always illegal and it can be deadly.

Railroad tracks, trestles (bridges), yards and equipment are private property and walking on them is trespassing. Railroads are very serious about enforcing this and they have to be.

Not only is trespassing dangerous, and possibly deadly, to the trespasser but it can be deadly for railroad personnel, also.

On the nation's 160,000 miles of track, train trestles or bridges in particular attract nuisance traffic. Some tracks necessarily pass over areas that could be attractive to kids, hunters or fishermen: wooded areas, ponds, rivers or lakes. The problem is it isn't obvious that there is zero clearance for a pedestrian on a



Long train trestles pass over attractive landscape. But once a train enters, a pedestrian is trapped with no place to go but down.

trestle, no place to stand except on tracks. The trestle is just wide enough for a train.

In 2015, an Indiana man found that out. He was fishing off a trestle that crosses a river. When the train approached, the teenager, trapped with nowhere to run, was clipped by the train, forcing him to fall more than 60 feet into shallow water. Rescuers were

amazed he survived. He suffered compound fractures to his leg and damage to the spleen, according to the Muncie Star Press.

Walking on tracks on the ground is dangerous. Even here there might be precious little clearance. Most people don't realize that a train overhangs the track by 3 feet and standing anywhere in train space is a deadly act.

The only safe place for a pedestrian to be on the tracks is at a designated pedestrian or roadway crossing, and then only for the brief time it takes to cross safely.

In Metro areas crossing tracks is especially dangerous. For one thing, trains can come from either direction, the first train blocking your sight of the second.

Always obey flashing lights. Never try to duck under crossing gates and guardrails. Never try to beat a train on foot or in a car. If you don't make it completely clear, the train wins.

Safety News

What's wrong with trucking? Fatalities climb as experts debate cause

Truck driver deaths are up and that's a trend that appears on the rise.

Since 2011, truck driver deaths have increased 25 percent. In 2017, there was a nearly 7 percent increase in deaths over the previous year, according to the Bureau of Labor Statistics.

The question is why now, with more safety standards in place than ever before?

According to trucks.com, truck drivers may be increasing speed because federal rules on driving hours make it difficult to make deliveries on time, especially with new required breaks. Federal regulation limits driving to 11 hours during a 14-hour period with a 30-minute break at eight hours.

Another possible explanation is driver distraction, a problem common in both professional and commuter driving. About two-thirds of car-truck collisions are caused by drivers of passenger cars. Smart phones and texting while driving are usually cited as a problem, according to trucks.com.

There is a debate whether new technologies like automatic emergency braking for trucks help or hurt drivers. New driver assistance technologies could actually cause drivers, especially new drivers, to pay less attention and become more complacent, accord-

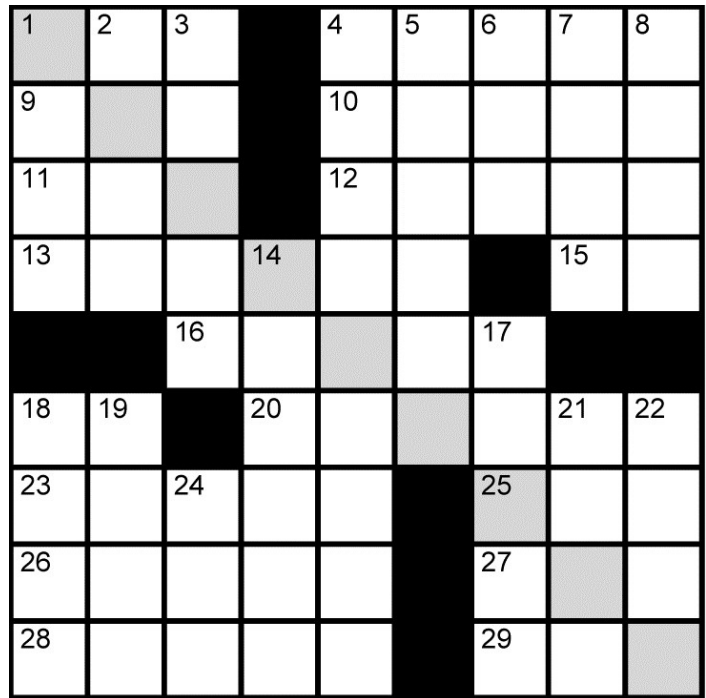
Across

1. Some trial evidence
4. Kitchen wrap
9. Sushi order
10. It may be perfect or present
11. 40 winks
12. Legislate
13. Field of activity
15. Tagged player
16. Prenatal test, for short
18. Sinatra's 'Way'
20. Fergie's ex
23. Spooky
25. Zeta follower
26. Manicurist's concern
27. Industrious insect
28. Refuse
29. Not dis

Down

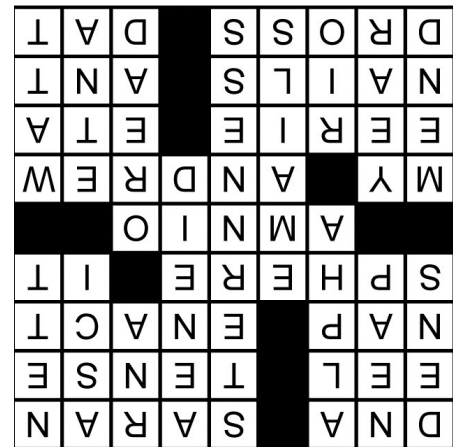
1. Cub Scout groups
2. Half-moon tide
3. ___ male (top dog)
4. Austerity
5. Trojan War epic
6. Genetic stuff
7. Fungal spore sacs
8. Bottom line, in the U.K.

Tax deduction



14. In-box contents
17. Companion of Artemis
18. Fix
19. Calendar span
21. Sicilian volcano
22. Light bulb unit
24. Brazilian hot spot

The headline is a clue to the answer in the diagonal.

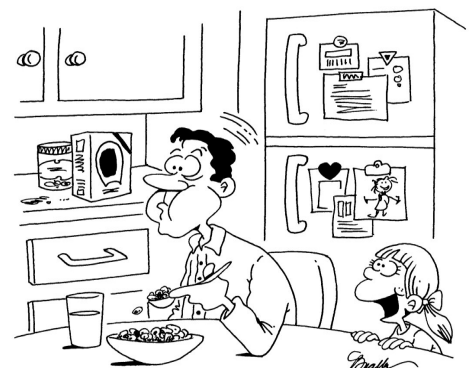


ing to Federal Motor Carrier Safety Administration officials.

The world's vast reserves of salt

The oceans contain vast amounts of salt. According to sciencescore.com, the saltiest ocean is the Atlantic. Oceans at the poles are the least salty. But there is so much salt that if we managed to dry up all the water in the oceans, the seabeds would be covered by a pile of salt as tall as a 12 story building!

In fact, if you could gather the salt around you could build a wall around the equator a mile wide and 180 miles tall.



"It's my Easter three bean salad, daddy. Lima, kidney and jellybeans."



Getting a good day's sleep on night shift

Starting out on the night shift can leave a person with sleepless days and sluggish nights but, it can get better.

At the root of this dilemma is the disruption of the body's circadian rhythm, the natural light-dark cycle that's controlled by an internal body clock.

The most significant threat of night shift work is that a continued lack of sleep diminishes reaction time, the ability to make decisions, process and remember information, and maintain awareness. These can cause preventable errors, accidents, and injuries--especially in high-risk situations.

The good news is that with a few changes, a person's circadian rhythm can be tailored to working a night shift. Then, the body is naturally prepared to sleep during the day.

The most critical phase in leaving a night shift is to minimize exposure to morning light. Wear dark sunglasses before walking outside, then continue to lessen as much exposure to light as possible before first going to sleep.

The next step is to follow a consistent program of sleep. Rather than dosing throughout the day, schedule the best time to sleep as long as possible. Strict adherence to this schedule creates a new rhythm that enables the body to be alert at night and sleep during the day.

When it's challenging to sleep long enough to feel rested, get up and stay up. Do not go back to bed in an hour or so in an attempt to fall asleep again. Instead, proceed with the normal daily routine. The next morning, when home from work, be sure to go to bed on time. The body will accumulate enough sleep debt that it will welcome a good day's sleep.

What to do when the first responder turns out to be YOU.

You see a crash on a dark road. You witness a co-worker injured in a machine accident.

These are cases when the first responder probably isn't wearing a uniform. The first responder is probably you and it's a scary place to be.

The first thing you may have to do is stop the bleeding.

- Heavy bleeding can drain out as much as 40 percent of the body's blood in just 4 minutes, according to First Aid for Life. More than that is life threatening. So it is crucial to work quickly.

Here is what you must do:

Make sure you are safe first. Get out of the traffic lane. Turn off machinery. You have to be safe yourself to help the victim.

- Locate the wound and call for help. Calling for help and starting treatment should be done simultaneously if possible. So, find the wound while calling 911. Never remove a foreign object from a wound. The object could be holding back bleeding.

- Use the cleanest cloth you have to

apply direct pressure to the wound. Don't use a wad of material since it reduces pressure on the wound. Fold your cloth into thick layers.

There will be bleed-through, but don't remove the cloth. Add another layer of cloth while you keep applying pressure. Never lift the cloth to see if the bleeding has stopped. The key is direct, constant pressure. Do that until emergency personnel arrive.

- Especially in cases of dramatic injuries far from help, a tourniquet might be required. This is the last choice in initial aid to wounded people. It can be done wrong and it can cause damage, but if rescue is far away, you might have to try.

Choose a sturdy length of material at least 1.5 inches wide. Tie tight and knot about five inches above the wound. Get an object like a knife or stick (windlass) and make another knot around it. Twist to tighten.

Leather belts might not work because they can't be twisted tightly enough around the knife or stick (windlass). A shoelace may be too thin.

Top cybersecurity threats in 2019

Data breaches, hacking, and skimming -- all of it poses a threat to consumers and business during 2019.

According to the Identity Theft Resource Center (ITRC), data breaches increased sharply in 2018 with 1,027 breaches reported and 57,667,911 records compromised.

Today's hackers are deft at outsmarting security measures, said Michael Bruemmer, Experian Vice President of Data Breach Resolution.

Experian's top five threat predictions for 2019 are:

1) Biometric hacking and detecting flaws in touch ID sensors, passcodes, and facial recognition. Although biometric data is the most secure method of authentication, it can be stolen.

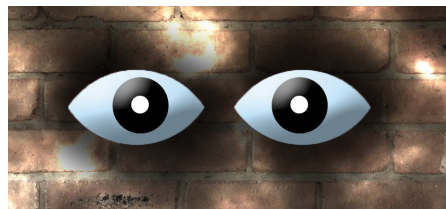
2) Skimming a major financial institution's national network with hidden devices to steal credit card information, and invading bank network computers with undetectable malware.

3) Attack on a significant wireless carrier with simultaneous effect on iPhones and Androids, stealing personal information from millions of smartphones.

4) A breach in the security operations of a top cloud vendor could jeopardize information of major companies.

5) The gaming community will be faced with cybercriminals posing as gamers for access to its computers and the personal data of trusting players.

According to the ITRC, significant breaches from 2005-2017 rose from about 200 per year to more than 1,300.



April 2019

Your picture here

Your company information and logo here.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's	2	3	4	5	6
7 Crime Victim Rights Week	8	9	10	11	12	13
14 Palm Sunday	15 Tax pay day	16	17	18	19 Passover Good Friday	20
21 Easter 	22 Earth Day End plastic pollution	23	24	25	26  Arbor Day	27
28	29	30				