

Safety Matters



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Workplace Eye Health and Safety Month

During this special month designated by Prevent Blindness America, we are reminded to undergo regular eye examinations and wear eyewear protective on and off the job. The most common causes of workplace eye injuries include flying objects (bits of metal or glass), tools, particles, chemicals, radiation, or any combination of these hazards.

To protect your eyes be sure to do the following:

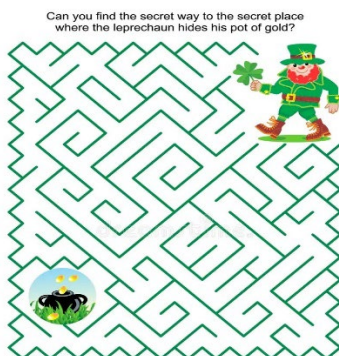
- Know the eye safety dangers on your job.
- Eliminate hazards before starting work.
- Use machine guarding, work screens, or other controls.
- Use proper eye protection.

Always use safety eyewear whenever there is a risk of eye injury. Whether you are actively working or just passing through hazardous areas, it is crucial to have protective eyewear. This includes prescription and non-prescription safety glasses, goggles, face shields, welding helmets, and full-face respirators.



Choose the type of protection you need based on the specific hazards in your workplace. For areas with flying objects or particles, the minimum requirement is the use of safety glasses.

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National Poison Prevention Week is March 17-23

Recognizing and Handling Poisons Correctly

The main focus of Poison Prevention Week is on children. As children develop, their curiosity often leads them to explore by putting various items in their mouths. That is why adults must create a safe environment.

Some effective ways to do this include:

- Storing products in their original containers
- Locking medicines, vitamin pills, household products, yard chemicals, and other potential poisons out of sight and out of reach of children.



Poison Prevention at Work

In the workplace, there are several hazardous products and chemicals in use, that can be accidentally ingested, inhaled, or enter the body through the skin.

In the event of a poison emergency, remain calm. If the victim has collapsed or is not breathing, call 911; if the victim is alert, contact poison control at (800) 222-1222.

Provide the person's age and weight, the poison container details, the time of exposure, and your contact details.

Follow the instructions given to you by 911 or poison control center.

March's Riddle (Answers on page 2)

- 1) Why did the donut go to the dentist?
- 2) Which crime fighter likes March the most?
- 3) What do you call a fake diamond in Ireland?
- 4) What's the problem with unemployment jokes?



Safety Focused

To work more effectively, STOP Rushing

This exercise can help you cultivate patience in your work and life. When you find yourself in the middle of a project, relationship, or the journey towards a personal goal, do you often respond by rushing and trying to force things? If so, try this:

- Do not focus on getting the job done, instead, experience and appreciate the journey.
- Take a few minutes to visualize yourself slowing down and enjoying the job. Being present allows you to perform the job more carefully.
- Pause and take a deep breath. Still, your mind so you can stay involved with what you are doing and be fully present.

“Slowing down will help you concentrate your energies, and you will have more insight”.

Diane Drecher.

It was one
of those
March
days when the sun shines hot
and the
wind blows cold:
when it is summer in the *light,*
and winter in the
shade.

~Charles Dickens

Oh Deer!!! Beware the hazards of deer collisions.

Deer collisions are dangerous and can sometimes be deadly, causing over \$1 billion in annual insured losses in the United States. With approximately 1.5 million deer-car accidents occurring each year, specific regions face higher collision risks. West Virginia has the highest risk, where one in 37 drivers will have a deer collision. Missouri is next, with a risk of one in 47. Pennsylvania has a risk of one in 51.

According to State Farm, deer-car accidents cause about 175 to 200 fatalities and 10,000 injuries yearly. While the mating season is from October to December heightens the risk, deer are active on the roads throughout the year. During spring, beware of does traveling with their young. Though deer crossing signs seem amusing, drivers should take them seriously. Deer follow consistent routes each day to find water, food, and a place to rest. If you are driving when deer are most active -- at dawn and dusk, especially from 6 p.m. to 9 p.m. -- keep an eye out. Remember that deer travel in groups and when you see one deer, there are likely several others behind it.

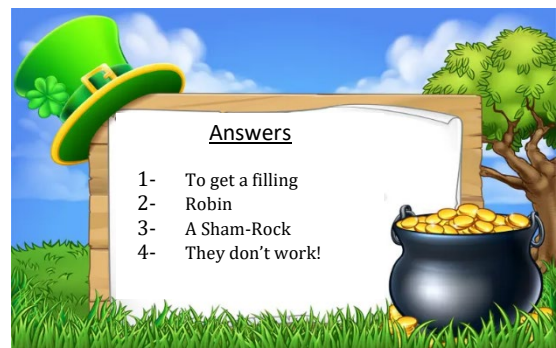
Some drivers avoid roads through forests and areas of heavy brush, where deer can appear suddenly. Others opt to drive at reduced speeds, allowing more time to stop and giving the deer more time to cross. At night, use high-beam headlights to enhance visibility. In the event of a deer encounter, turn off your high-beam headlights and apply the brake softly instead of swerving. Swerving can lead to more severe crashes, such as into an oncoming car in another lane, or swerving off the roadway. By slowing down, you maintain better control of your vehicle. Stay alert and drive cautiously to help prevent deer collisions.

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"No pets? Really? How do you come up with passwords?"

ANSWER:



Answers

- 1- To get a filling
- 2- Robin
- 3- A Sham-Rock
- 4- They don't work!