

THE

CONNECTION

NOVEMBER 2003

Back- to - Basics

Why is it that some of the most important safety rules are the ones that are the most quickly forgotten? Since it is the obvious ones that are too often forgotten, here is a list of some that bear repeating:

Maintain good housekeeping habits. This is especially important if there is a lot of forklift or handtruck activity. But no matter what the traffic pattern, floors should be clean, aisles clear, and all materials stacked safely.

Handle materials safely. Don't try to lift heavy cartons. If you need help with a load, ask a co-worker or use mechanical lifting devices.

Check any equipment before you use it. You want to make sure it's in safe operating condition. If it's not, report the problem immediately.

Get authorization before using equipment. You may not be adequately trained to operate it, even though you think you are. There may also be problems that haven't been fixed yet and could interfere with its safe operation.

Wear the proper protective equipment for the job. Forgetting your hard hat or neglecting to wear safety glasses "just this once" is taking a real risk.

Don't place yourself in danger unnecessarily. This means avoiding horseplay and not engaging in any unsafe practices, such as hopping on a forklift for a ride.

EVERYTHING YOU WANTED TO KNOW ABOUT: OSHA

The Occupational Safety and Health Act, passed by Congress in 1970, spells out the rules all employers must follow for establishing and maintaining a safe work environment for their employees. The Occupational Safety and Health Administration (OSHA) was established under the Act to ensure that companies play by the rules. But did you know that you also have responsibilities under the Act?

All workers are responsible for:

Reading the OSHA poster at their jobsite.

Complying with all applicable OSHA standards.

Following all employer safety and health rules and regulations.

Wearing or using the prescribed PPE while working.

Reporting hazardous conditions to a supervisor.

Reporting any job-related injury or illness and seeking treatment.

Cooperating with an OSHA compliance officer during an inspection.

Exercising their rights under the Act in a responsible manner.

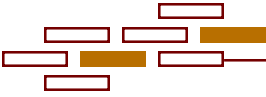
FORKLIFT SAFETY

Just by looking at a forklift you can tell there's the potential for a serious injury. In fact, each year, tens of thousands of forklift related injuries occur in U.S. workplaces. The two most common types of accidents are falls from standing or working on elevated pallets or tines. Forklifts striking employees is another common accident.

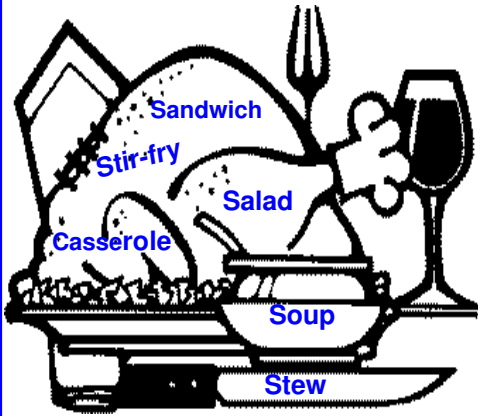
There are also many other injuries caused by forklifts. They can be inadvertently driven off loading docks or fall between a dock and an unchocked trailer.

We can prevent most forklift accidents by making sure everyone is properly trained in forklift safety. It's also vital for everyone, even if they don't drive a forklift, to realize they are dangerous.





The top five most popular ways to serve leftover Thanksgiving Turkey:



DON'T DROP THE BALL

Regular exercise goes a long way towards protecting your health. It can help control blood pressure, cholesterol and weight, and lower your risk of stroke, sudden cardiac death and diabetes. And it can boost your mood and your metabolism.

Research has shown that 30 minutes of moderate, non-stop exercise - such as a brisk walk 4-5 days a week - can have substantial benefits. Men who participate in regular, aerobic exercise are significantly less likely to die prematurely or from heart disease than those who are sedentary.

To Feel Better and Live Longer, Get Moving.

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, MI 49083. Also visit our website at: www.CLS-Skilledlabor.com

MEDICINE AT WORK CAN BE HAZARDOUS

Can cold or allergy medicine compromise safety and performance on the job? Yes, many over-the-counter and prescription cold and allergy remedies contain antihistamines, which may cause drowsiness. Studies show that there is a higher risk of traumatic work injury with antihistamine use than for any other class of drugs.

Over-the-Counter caution:

Drugs purchased without a prescription don't guarantee they're free of side effects. A recent study showed that two thirds of a group who took an OTC medicine claimed they felt normal - but when tested, were just as impaired as those who said the medicine made them feel drowsy.

To be safe, always read the entire label on medicine packages for instructions.

Tip: For upper respiratory symptoms your pharmacist may be able to recommend medication that won't cause drowsiness.

Drugs that cause drowsiness can impair your reflexes, memory and attention. So use your medicine at a time when you won't need to drive or operate machinery.

Hot Mulled Cider
Warm up this season with a steamy cup of apple cider.
2 quarts apple cider
1 orange, sliced
4 sticks cinnamon
6 whole cloves
1/4 tsp nutmeg
Combine all ingredients in a large pot. Boil, then reduce heat and simmer for 30 minutes. Strain the cider and pour into a crock pot to keep it warm.
Makes 8 cups

HOLIDAY FOOD PREPARATION

Now that your home is decorated with safety in mind, you are ready to prepare your holiday food.

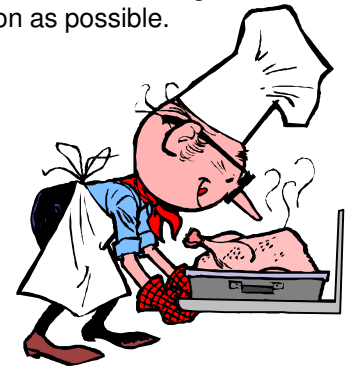
The following is a list of tips you'll want to follow in order to avoid a major source of holiday illness: food poisoning.

Keep food, utensils, preparation surfaces and hands clean.

Keep hot foods hot and cold foods cold

Keep cold foods on a bed of ice while serving.

After the meal refrigerate the food as soon as possible.



Tips for preparing your holiday turkey:

Defrost the turkey in the refrigerator, never at room temperature (24 hours for every five pounds). You can speed up defrosting by soaking the turkey in cold water (30 minutes per pound).

Stuff your turkey just before cooking. Your stuffing could spoil if you stuff the turkey the night before.

Use a thermometer when cooking meat, and don't allow the turkey to sit out for more than two hours after serving.

A whole turkey is done when the inner thigh reaches 180 degrees F and the stuffing is 165 degrees.

Carve leftover turkey into portions small enough for refrigerator air to penetrate and cool the meat.