

# Safety and Health News

## Chemical safety at home

With Fall nearly here, many of us will start to utilize fertilizers and other chemicals to help take care of our lawns and gardens. This is a good time to evaluate your chemical storage at home to protect your children or grandchildren.

Poison control centers across the country get more than 2 million calls a year about potential exposure to poisons. Almost all of these exposures occur in the home and 80% of all poisonings are in children between the ages of 1 and 4. Follow these guidelines to prevent poisoning in the home.

✓ Install safety locks/childproof latches on all cabinets to restrict access to children.

✓ Store potential poisons including detergents, medications, cosmetics and perfumes, and chemical products (like pesticides and drain cleaners) out of reach and out of sight of children -- inside the house as well as in the garage or shed.

✓ Store potential poisons in their original containers. Do not transfer them to food

containers like milk jugs or coffee cans.

✓ Keep food and potential poisons separate; store them in different cabinets. Children can mistake the identity of products that look alike to them.

✓ Return all products to storage immediately after use. Keep the products and your children in sight during use.

✓ Safely discard -- into a sealed, outdoor trash receptacle -- all household products and medications that are old or aren't used regularly.

✓ Never mix products; dangerous fumes could result.

✓ Make sure medications are in child-resistant containers. Vitamins and supplements also should be out of reach of children. Remember that child-resistant is not child-proof.

✓ Keep indoor plants out of reach; some may be poisonous.

✓ Stay away from areas that have been sprayed recently with pesticides or fertilizer.

## What can hurt me today?

Every day before our work begins we should go through some type of process to evaluate the work for the day as well as the associated hazards. This process can include a self-check as well as a work area inspection and inspection of tools or equipment.

During this process, a main objective should be identifying hazards so that you can take steps to eliminate or mitigate the hazards found. One useful question to ask yourself before a work task begins is: "What can hurt me?"

### Asking this Question as a Tool

Sure, it may seem very dark and negative to ask yourself this right as your workday is starting or when starting a new work task, but it can be the difference in recognizing the hazard that could injure you or someone else that day. Asking this question should trigger you to stop and really look around your work area and consider what dangers you are dealing with. Identifying uncontrolled hazards should be a top priority before starting any work task. Taking ownership of these hazards and seeing them through to get corrected is necessary for a

safe workplace.

### Taking Ownership of Mitigating Hazards

Identifying hazards is not worth much if you do not see it through that they are properly addressed. Even if you spot something and make a mental note to avoid that hazard it could seriously injure someone else in the area. Take the time and energy to properly mitigate the hazard so not only will you not be affected by it, but also your coworkers will not be either.

### Summary

While a positive mindset and attitude are important for success in the workplace, asking yourself critical questions such as "what can hurt me today?" can trigger you to take the extra time to really evaluate a work task. Take ownership of hazards in your work area and see them through that they get fixed. After all, you never know what safeguard or action may make the difference in preventing an injury.

### Discussion point:

What other questions are helpful to ask yourself before a work task begins?

## Hurricane Season

### FEMA Family Emergency Supply Kit

#### Here is a list of recommended items for a Basic Emergency Supply Kit

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

#### Here is a list of some supplies to add to your Basic Emergency Supply Kit

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents: Insurance policies, identification and bank records put in a portable waterproof container
- Cash and change
- Emergency reference materials such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider more bedding if you live in a cold-weather climate.
- Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, paper cups, paper plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

[www.ready.gov](http://www.ready.gov)

\* Clip and save these great safety tips to keep and remind you. Stay safe, stay healthy!