

THE SAFETY ZONE



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TRANSPORTATION SAFETY NEWSLETTER

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Health and Wellness

Breaking Bad: Simple trade-ins to boost healthier habits
By Tara Coleman, clinical nutritionist and Salada Tea consumer spokesperson

Oftentimes, when we talk about making changes, we focus on what we are giving up, such as watching less television, less dining out and cutting out soda for good.

Since we were all teenagers once, we know that being told that you can't do something not only feels terrible, but it is also a sure-fire way to make you want it more than anything else.

Instead, try to think of it as trading-in an old habit for a new, healthier habit. Here are three examples of how making healthy changes isn't about making sacrifices:

1. Trade-in the TV remote for sneakers.

Most American families sit down and watch television every night after dinner. Try trading-in that TV remote for a pair of comfortable shoes or sneakers and ask your family to take an evening walk around the block. It's a great way to get some exercise, but even more

importantly, it's a wonderful time for you to spend time together as a family.

2. Trade-in take-out for make-in.

Is Friday night "pizza night" at your house? Instead of running down to the same old pizzeria, try making your favorite pizza at home. You will be able to choose healthier ingredients and save money by making it yourself. Just be careful — tossing the pizza dough is harder than it looks.

3. Trade-in soft drinks for tea.

Do you turn to a soft drink for an afternoon pick-me-up? Everyone from doctors to dentists advise that this is a really good habit to break. Rather than just turning to water, try trading-in that afternoon soda for a cool glass of iced tea, especially green tea. You'll still get a refreshing afternoon break, but you've also added the wonderful health benefits of tea.

Remember, a few small steps can lead to big changes.

For more tips from Tara Coleman, clinical nutritionist and Salada Tea consumer spokesperson, visit salada.com/Tara.

Tips to Keep Safe in the Garage

-Keep your work area clean and orderly; neatly arrange equipment and material. Do not allow parts, metal, wires, scrap or other material to accumulate on the shop floors or in work areas.

-Place drink cups, cans, bottles, paper, lunch scraps, etc., in the proper containers.

-Do not use electrical equipment while standing on damp or wet surfaces or when your hands are wet.

-If oil, grease, paint or any other slippery substance is discovered on the floor, wipe it up immediately to prevent a fall.

-Report any unsafe conditions to your supervisor immediately. Rely on your judgment and knowledge of safety to guide you.



Office Safety Quiz

Did you know the leading types of disabling accidents that occur within the office are the result of falls, strains and overexertion, falling objects, striking against objects, or being caught in or between objects? Fortunately, all of these hazards are preventable. Circle the right answer(s) for the questions below on keeping your office workplace safe. Please note: the right answer may consist of more than one circled item!

1. To transport lightweight equipment such as a laser printer around the office, it is ok to:

- A. Use an office chair with wheels to roll it around
- B. Use a wheeled cart to move it
- C. Carry it if it is not heavy and you have a clear, safe path
- D. Call Facilities Management to see if they should move it



2. Accidents on stairs are often caused by the following actions:

- A. Not using the handrail
- B. Carrying materials that block your vision
- C. Wearing footwear such as flip-flops or extremely high heels
- D. All of the above

3. Which of the following safe habits is the most important for you to practice to stay safe and healthy in your office?

- A. Lifting an object using your legs, not your back
- B. Taking frequent breaks so you don't become fatigued
- C. Not rushing; focusing on doing a job carefully
- D. Using a safety step or step ladder instead of over-reaching
- E. Keeping your eyes and mind on the task in front of you
- F. Being on the lookout for hazards

4. What is the most influential factor in maintaining long-term safety in a transportation office?

- A. Updated safety procedures accessible to employees
- B. Safe furnishings and equipment
- C. Training courses, and refresher training (Personal Risk Management)
- D. Supervisors' attention to safety and safety reminders
- E. Individual employee's day-to-day risk-avoiding behaviors

Answers:

1. (B,C & D) If the object is not heavy, you can carry it as long as you can see clearly, have a clear, safe path, and can easily handle the weight. If it is too heavy or bulky to carry, use a wheeled cart. If you have any doubts, contact your maintenance or facilities management to see if they should do the moving. Never use an office chair or stool on wheels to transport things around the office.

2. (D) All of the above. Research shows that slipping on stairways is the primary cause of stair-related falls. Holding the handrail, wearing proper footwear, not blocking your vision and paying attention to the path ahead will help prevent stairway accidents.

3. (A, B, C, D, E and F) All of these safety habits are equally important in managing your health and safety. Each has a different purpose and importance. You should understand and practice all of these personal risk-avoiding behaviors.

4. (E) Each employee's individual commitment to Personal Risk Management is the most important factor. Effective Personal Risk Management depends on knowing the risks in your workplace and taking appropriate actions that help to make safe those risks. Information, training, department procedures and safety-focused leadership are important resources that each person can use to prevent injury and illness.

THINK SAFE. ACT SAFE. BE SAFE.