

## Compliance Corner

### NATIONAL

#### OSHA Fatal Four

The Institute for Highway Traffic Safety estimates there are 1.5 million deer-vehicle crashes annually, causing more than \$1 billion in property damage. Insurance claims for these collisions are nearly three times higher in November any other month during the year.

### STATE

The top five counties for DWI arrests during the Halloween "Booze It & Lose It" campaign include:

- Wake County with 69 DWI arrests;
- Mecklenburg County with 61 DWI arrests;
- Forsyth County with 33 DWI arrests;
- Guilford County with 27 DWI arrests; and
- Brunswick County with 21 DWI arrests.

- source NCDOT News Release 11-12-14

### LOCAL

We get numerous calls wanting information as to how the new Long Beach Road Extension (R-3324) road will look when completed. Follow this link to see a PDF map from NCDOT Public Meetings and Public Hearing Maps Website:

[http://ncdot.gov/download/projects/publichearings/r3324\\_rdy\\_phm\\_5AE.pdf](http://ncdot.gov/download/projects/publichearings/r3324_rdy_phm_5AE.pdf)



this issue



- Compliance Corner **P.1**
- For Safety's Sake **P.1**
- Safe Track **P.2**
- The Gift of Safety **P.2**
- Safety Zone **P.2**
- Off The Wall Training **P.2**
- Safety Training Calendar **P.2**

## For Safety's Sake... Wellness Strategies for a Safer Lifestyle

As we wind down 2014 and look toward 2015, planning ahead could involve taking a look back. Brunswick County leaders are taking a close look at where to take our health and wellness programs - specifically, what works and what models are successful that we could employ.

There is a direct connection between safety and wellness, especially for work that is strenuous, repetitive and requires good physical shape. It makes good sense all around for safety and health components to be part of our workplace culture. There are numerous links between workplace stress and work-related illness because stress contributes to high blood pressure, which can result in poor decision-making and increased errors. Inadequate sleep and fatigue also directly reduce concentration and the ability to work safely, even for employees in non-physical jobs. Currently, we have data that supports the philosophy that prevention works. Programs in place such as our clinics (adult and wellness) are serving employees' safety and wellness and saving money in the process by keeping employees working and the cost of doctor visits down.

The Affordable Care Act workplace wellness provisions have sparked new research into the effectiveness of employee wellness programs. Among the rules, workplace wellness programs must be reasonably designed and not overly burdensome, reasonable alternatives for receiving a reward must be offered to employees with a medical condition that makes it difficult to reach the common standard, and the availability of an alternative must be disclosed in wellness materials in easy-to-understand language.

With this in mind, The Brunswick County Employee Wellness Advisory Committee is partnering with Cooperative Extension and Brunswick Community College's Aquatic and Fitness Center to provide weekly meetings with additional information on keeping the holidays healthy!

Meetings will be in the administration building second floor conference room and will be offered twice, 12:00pm and 12:30pm. Bring your own lunch!

Dates are as follows:

- December 3rd - Healthy Alternatives to "Staple" Holiday Recipes
- December 10th - Managing Stress During the Holidays
- December 17th - Portion Control & Beverages

The important fact to keep in mind is that Brunswick County funds insure health care benefits and worker's compensation insurance. So from an insurance cost perspective, the company is at risk of loss due to health- or safety-related issues 24/7. It makes perfect sense for county leaders to consider how to influence choices and support healthy behavior. This is a great opportunity to reflect on how to best use your training and participate in more activities to improve your benefits overall. Safety and health performance adds value to the organization in many ways; behaving your way to a better lifestyle is one benefit you want to take full advantage of!

## Give the Gift of Safety

Many of these items we don't think about until we NEED them or it's too late. Consider giving the gift of safety this holiday season.

- Smoke detectors and batteries.
- A quality fire extinguisher.
- A flashlight and batteries or light sticks.
- A first-aid kit.
- An automobile safety kit including jumper cables, flares, fix-a-flat, reflectors.
- A carbon monoxide detector.
- A mobile phone.
- A second floor escape ladder.
- An "Emergency kit" - energy bars, water, battery radio, flashlight/ light sticks and a first-aid kit packed in a small travel bag.
- A kinetic flashlight that doesn't need batteries.
- A weather alert radio.
- A radio that runs by cranking rather than batteries.
- A talking smoke detector if they have small children.
- A bicycle helmet.
- A GFCI extension cord.

Yes, you are a safety geek if you use this shopping list; but think of all the memories you will have created!



Watch out for workers in walkways at the Complex

## SAFE TRACK

DOL REGS Update...Starting January 1, 2015:

All employers must report:

- All work-related fatalities within 8 hours

Within 24 hours, all work-related:

- Inpatient hospitalizations
- Amputations
- Losses of an eye

Cause of Employee Injury July thru Oct 2014			
Cause of Injury	# Of Claims	Total Cost	Average Cost
Injured by animal/insect	2	\$18,631.00	\$ 9,316
Caught in or between	1	\$4,686.00	\$ 4,686
Struck or injured by object	1	\$2,600.00	\$ 2,600
Cut, puncture, scrape	1	\$2,579.00	\$ 2,579

## Off The Wall ...Training for your next safety meeting

Post this on the wall for everyone to see



### Take Away Tips...Electrical Safety

As we rotate through the training calendar, this month we take a look at guidelines for employees working on or near energized electrical circuit conductors. Procedures for your work group as it relates to electrical safety should address qualifications, tools, protective equipment, approval levels and attendance required for training to perform various tasks, as well as other additional cautionary information.

Training must familiarize employees with safe work practices especially:

- Specifications in OSHA 29 CFR1910.331-.335 and NFPA 70E Chapter 1.
- Use specific steps to ensure an electrically safe work condition.
- Discuss how you would turn off the power to equipment or workplace
- Know the facility's lockout/tagout (LO/TO) procedure including requirements the persons responsible for each action

Other safety related work practices to protect from electrical hazards includes:

- Approach boundaries and approach distances
- Requirements for use of test instruments and equipment
- Requirements for insulated tools
- Other equipment such as ladders, barricades, signs

There are many more concerns when it comes to electrical safety. This is a part of work life that can positively influence our home life; use all your training to avoid electrical hazards at home as well to ensure a safe and healthy holiday season.

Safety is in your hands



## SAFE TRAFFIC ALERT

The asphalt along part of Government Center Drive has been removed in preparation for repaving. The road will be closed from the main entrance to Building C (Emergency Services Bldg.) next week. Please use caution when driving and watch carefully for closed roads and employees working on the roads.

A Safety Tip brought to you by your Safety Review Team.

### BRUNSWICK COUNTY SAFETY TRAINING CALENDAR

Month	Level I	Level II	Contact Person	Contact #
November	All Departments Electrical Safety	Occupation Specific LOTO	Eileen Gardner	253.2078
December	Safety Review	Plant Safety Review	All Members	
January	Accident Prevention / Reporting	Accident Prevention / Reporting	Eileen Gardner	253.2078
February	Global Harmonization Standard	Chemical Safety/SPCC	Fred Michael	253.2298
March	Office Safety	Material Handling Working Walking Surfaces	Aaron Perkins Aaron Perklins	253.2644 253.2120
April	Driver Training Forklift Training	Driver Training Forklift Training	Eileen Gardner Bryan Hollis	253.2078 253.2509

Additional safety training is provided at the request of the department head. Driver training can be done throughout the year at employee orientation. Email [safetyreviewboard@brunscoco.net](mailto:safetyreviewboard@brunscoco.net) for more information.

Email [egardner@brunscoco.net](mailto:egardner@brunscoco.net) to schedule your department's training!