

S.A.F.E.

"Safety Always For Employees"

JUST THAT QUICK *By: Donald B. Dixon, Wastewater Superintendent*

The morning began much like any other workday. I drove to the Complex to pick up my County truck from service, checked my mail box in the Utilities Administration Building, then proceeded to my office at the West Plant to prepare for my budget presentation to the County Commission. I turned onto Business 17 S leaving the Complex and, as with every morning, I was mentally preparing for the day, wondering if all the facilities and employees were okay and what needed to be addressed during the next few hours. As it was now close to 8:00 a.m., traffic was picking up in-bound to the Complex. As someone I recognized passed by and waved, I looked in my rear view mirror and noticed a friend from the BCSO one car behind. As my eyes came forward I realized the vehicle in front of me had slammed on the brakes. As I attempted to push the brake pedal thru the floorboard, I also realized I could not veer into the other lane because of oncoming traffic. BAM!! Just that quick I had an accident. My very first concern was for the others involved and as soon as I was able to get my vehicle off the road I went to check on everyone else. I then began the notification process to Public Utilities, gathering my necessary insurance and registration documents, etc. As EMS, Highway Patrol and others began to gather, I started to reflect on how fast it all had occurred. How easily I was distracted, how often it happens and, ultimately, how it doesn't happen more often, began to sink in.

I am glad that no one was seriously injured that day. With as much time as I, and many other County employees are on the road on any given day, and now recognizing ALL of the near misses I either see or could be involved in, makes me think 3 things. BE CAREFUL, BE DEFENSIVE, DON'T BE DISTRACTED!!

If there is anything I realize now, more than before, it is the fact that it can happen to you! I hope sharing my experience can be a "wake-up" call for the monotony of our travels to and from our different destinations while both on County business and our personal travels.



**Brunswick County
Safety Review
Board**

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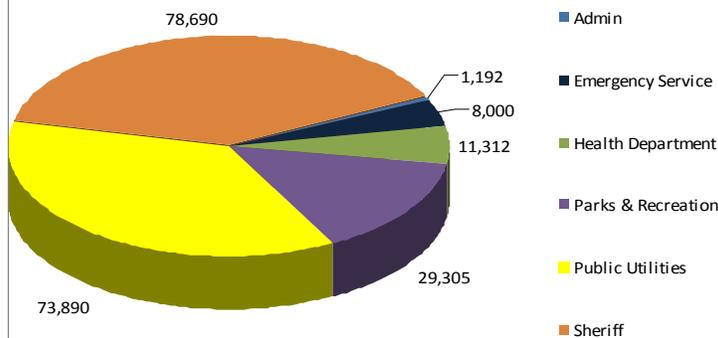
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TRIVIA—Enter for a chance to win!

Take the sign quiz on page 2.

Email your answers to:
safetyreviewboard@brunSCO.net

Total Cost of Vehicle Accidents by Department



ON SITE CONTRACTOR SAFETY *By: Ron Worthington, Chief Utility Plant Operator*

Having contractors on-site increases workplace hazards. To minimize hazards, workers must know what they may be exposed to before entering the "work zone". Working in construction areas call for special OSHA requirements; especially when operating heavy equipment or overhead cranes in congested areas. To date, contractors on County properties have been successful in keeping all employees and citizens safe from construction hazards. The result, we are free from recognized hazards and look forward to moving into new facilities this fall. Remember to discuss hazards with visitors and co-workers. Safety is everyone's responsibility.

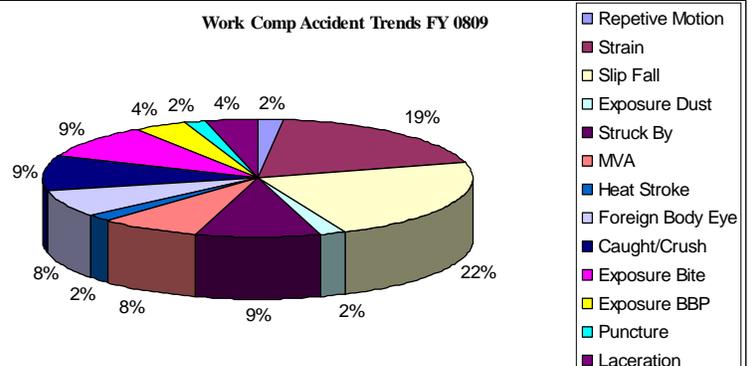


BLACKBURIED

Extensive research shows that distracted drivers using cell phones are four times as likely to cause a crash as other drivers. The likelihood that they will crash is equal to that of someone with a .08 percent blood alcohol level. Research also shows that hands-free devices do not eliminate the risks. A 2003 Harvard study estimated that cell phone distractions cause 2,600 traffic deaths every year and 330,000 accidents that result in moderate or severe injuries.



Work Comp Accident Trends FY 0809



If you see a S.A.F.E. practice, e-mail us at: safetyreviewboard@brunSCO.net

TRIVIA CONTEST WINNERS



Steve Randone, Contest Winner & Eileen Gardner, SRB Member



Glenn Walker, Contest Winner



Ellen Gales, Contest Winner & Debbie Isenhour, SRB Member

Congratulations to **Steve Randone** from M.I.S., **Glenn Walker** from Public Utilities and **Ellen Gales** from Environmental Health for correctly answering the following trivia question from the May edition of the S.A.F.E. newsletter:

Question: How many times is the word "safe" used in this newsletter?

Answer: 4

Look for the trivia question in this newsletter and enter for your chance to win!

SIGN QUIZ



Email your answers to safetyreviewboard@brunscos.net!



Excerpt from "What to Do if Your Teeth Get Knocked Out (and 9 MORE Important Injury Tips)" by www.SixWise.com. "Reprinted with Permission from the SixWise.com Security & Wellness e-Newsletter."

Heat emergencies begin with excessive sweating, fatigue, thirst and muscle cramps, but can progress to be much more serious, particularly among children, the elderly and people who are obese. Heat cramps can lead to heat exhaustion, caused by dehydration, and then heatstroke (the most serious heat emergency, which can cause shock, brain damage, organ failure and even death).

If you or a family member feels the heat is getting to you (you may feel lightheaded, dizzy, nauseous, weak or have a headache), you should:

- Lie down in a cool place with the feet elevated one foot.
- Apply cool wet cloths or cool water to the skin, cold compresses to the neck, groin and armpits and use a fan to lower body temperature.
- Give the person a salted drink (either a sport's drink or water with salt added, one teaspoon salt per quart of water) or cool water, one-half cup every 15 minutes (do NOT give any fluids if the person is vomiting or unconscious).
- Massage any cramping muscles until they relax.
- If the person shows signs of shock, seizures or loses consciousness, call 911 immediately.

2009 BRUNSWICK COUNTY SAFETY TRAINING CALENDAR

Month	Level I	Level II	Contact Person	Contact Number
	All Departments	Occupation Specific		
Jul	Personal Protective Equipment Ergonomics	Personal Protective Equipment Respiratory- SCBA Fit Test/Hearing	Ron Worthington Eileen Gardner	612-2079 253-2078
Aug	Equipment Safety	Hazard Communications/Lab Safety	Ronald Moore	253-2680
Sep	Hand Tool Safety Machine Guarding	Confined Spaces	Ronald Moore	253-2680
Oct	Flammables & Combustibles	Flammables and Combustibles	John Winders	754-8245 Ext 3
Nov	Electrical Safety	LOTO	Eileen Gardner	253-2078
Dec	Safety Review	Plant Safety Review	All Members	

Schedule training for your department. A safer YOU is a safer ME!!



"Guess what you forgot to take with you this morning!"

Plan your department safety training now!