



Safety Gazette

Tips for a Healthy, Safety Conscious Attitude

Here are three **Rs** to remember:

- **R**espect for self.
- **R**espect for others.
- **R**espect for safety.

While we are surrounded by rules, laws, engineered protective equipment to make the workplace safe, a safety conscious attitude is still vital for protection against injury.

Measure your safety attitude against the following advice from a group of safety managers:

- Look around for half a minute before you start work. Can you see a safety hazard?
- Always think, “safety first”. No job is worth doing if it involves great risk to your safety or health.
- No matter what the job pressure, never put off tidying your work station.
- Listen at safety meetings—even if you have heard it a thousand times before.
- As you enter your workplace each day, greet everyone with a warm smile.
- Wear your personal protective equipment (PPE).
- Count leaving work at the end of the day healthy and injury free as an intrinsic benefit for doing the job safely.
- When you realize you’ve made a mistake, admit it, then correct it.

Extracted from SafetyWorld Newsletter

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Keep Your COOL When the Weather Gets HOT!

Different folks react to heat in different ways. Temperatures that one person can tolerate comfortably, might cause another person serious distress. Lack of acclimatization, unaccustomed exertion in high temperatures, excess body fat and age can all lead to heat related disorders.

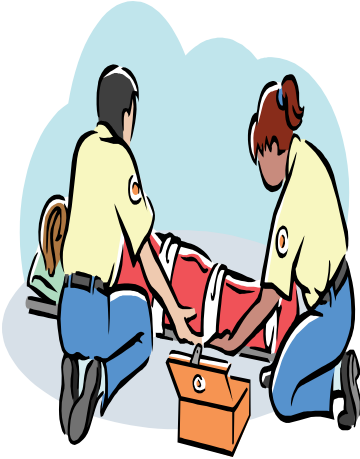
Heat Stroke, Heat Exhaustion and Heat Cramps are the 3 most common heat related emergencies.

Heat Cramps are painful cramps in the legs and muscles. Treat this by moving the person to a cool place and sips of cool water.

Heat Exhaustion, symptoms are dizziness, nausea, headache, irregular pulse and disorientation. Move the person to a cool place and give them cool water. *(continued on page 2)*

Keep Your COOL When the Weather Gets HOT! Continued

Heat Stroke is a true MEDICAL EMERGENCY. A profound disturbance of the heat-regulating mechanism that prevents the body from losing heat. Convulsions, unconsciousness and even death may occur. The symptoms include: dilated pupils, dry, hot and flushed skin, fast pulse and abnormal breathing. Call 911 and if possible, move the person to a cool, shady place. Douse the body with water and fan to lower his/her temperature. Protect the victim from injury during convulsions.



Enjoy the summer and the warm temperatures that come with it, but be mindful of the heat and drink plenty of water.

Extracted from SafetyWorld Newsletter

Are You Playing the Seat Belt Lottery?

“A safe day is a good day—
Buckle Up!”

Most of us buy lottery tickets because, well, you know, everyone has an equal chance at winning. But many of the people who think they have a chance of winning the lottery think that collisions are something that “won’t happen to me”. The statistics tell us something different. They tell us that everyone on the road has an equal chance of being in a collision, and the odds are many thousand times better than winning the lottery. Most people who are unhurt in collisions will have been wearing seat belts.

Seat belts have been proven to reduce injuries in all types of collisions.

Wear Your seat belt and make sure your passengers wear them too.

A safe day is a good day—Buckle Up!

Extracted from SafetyWorld Newsletter

Home Safe Home



There’s no place like home. This phrase, made popular by Dorothy Gale in the 1939 film *The Wizard of Oz*, still holds very true today as people race through their work days in order to get the comfort and relaxation of home. This sense of ease that the home creates, however, often opens the door to risk and dangerous situations that result in more than 10 million emergency room visits each year. Officials at the Home Safety Council report that the home is the second most common location for unintentional fatal injuries in the US, with motor vehicle accidents being first. Carbon monoxide poisoning, falls, burns, sports and yard work were listed as the causes for most of the accidents. Keeping your home a haven from daily stresses is important especially in today’s fast paced world. Identifying home hazards and taking the steps to mitigate the risks before anything tragic happens is a good way to keep your dwelling “home safe home.” For more information visit www.homesafetycouncil.org.

Extracted from US Army Combat Readiness/Safety Center

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Schedule of Events

- July 1 = Princess Diana’s Birthday
- July 2 = First Zeppelin Flew in 1900
- July 4 = Independence Day
- July 5 = CSE Holiday
- July 8 = Liberty Bell Cracks in 1835
- July 11 = Cheer Up The Lonely Day
- July 14 = Safety Committee Meeting
- July 15 = First Boeing 707 Flew in 1954
- July 16 = Apollo 11 Lifts Off
- July 17 = Sewing Machine Patented in 1790
- July 21 = National Junk Food Day
- July 23 = Ice Cream Cone Introduced in 1904
- July 24 = Amelia Earhart Day
- July 25 = Parents Day
- July 26 = Aunt and Uncle Day
- July 27 = Bugs Bunny’s Birthday debuted in cartoons in 1940
- July 29 = National Lasagna Day
- July 30 = Father-In-Law Day

KEEPING YOUR IDENTITY SAFE...

Skilled identify thieves use a variety of methods to steal your personal information, including:

- Dumpster Diving.
- Skimming – They steel credit / debit card numbers by using a special storage device when processing your card.
- Phishing – They pretend to be financial institutions, companies or government agencies, and send email or pop-up messages to get you to reveal your personal information.
- Hacking – They hack into your email or other online accounts to access your personal information, or into a company’s database to access its records.
- “Old-Fashioned”Stealing.

Deter identity thieves by safeguarding your information:

- Shred financial documents and paperwork with personal information.
- Protect your social security number. Don’t carry your SS card in your wallet or write your SS number on a check. Ask to use another identifier.
- Never click on links sent in unsolicited emails. Visit OnGuardOnline.gov for more information.
- Don’t use an obvious password like your birth date, your mother’s maiden name, or the last four digits of your SS number.
- Keep your personal information in a secure place at home, especially if you have roommates, employ outside help or are having work done on your house.

To learn more about ID theft, visit ftc.gov/idtheft. Or request copies of ID theft resources by writing to: Consumer Response Center; Federal Trade Commission; 600 Pennsylvania Ave., NW, H-130; Washington, DC 20580.

Safety Committee of CSE Corporation

CSE Corporation
600 Seco Road
Monroeville, PA 15146

Phone: 412-856-9200
Fax: 412-856-9203
E-mail: customerservice@csecorporation.com

www.csecorporation.com



Committed to **Safety** Excellence!

TEAMWORK IS . . .

...the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.

Andrew Carnegie

The Spotlight Is On . . .



Employee: Joan D.

Department: Sewing

Position: Belt Production

Where did you grow up? Saltsburg PA

What is your favorite TV show? House

Three things that can always be found in your refrigerator? Milk, Eggs, Butter

What is your favorite color? Blue

If you could meet any celebrity or personality in the world, who would it be? Michael Bolton

As a child, what was your favorite toy? Jax

Would you rather have the power to be invisible or read minds? Read Minds

What one thing would you take with you on a deserted island? Food, Fresh Water, Motor Boat (to leave when I am ready)

Pet peeve about Pittsburgh? The traffic

My favorite Safety Tip is...When I see Hand Sanitizers mounted in restrooms and work areas.

People would be surprised to know that . . . I have 8 grandchildren and still look good.