

Safety Gazette

Winter Slips and Falls

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Winter time in Pennsylvania means periods of ice or snowy weather. While we at CSE work diligently to remove ice and snow from the walkways and building entrances, you may still encounter slippery surfaces while entering or leaving the facilities. The workplace Safety Committee here at CSE would like to offer the following tips for avoiding slips and falls during this winter season.

- Select appropriate footwear. Although there is no single shoe sole that is perfect, rubber or neoprene composite soles seem to provide the best all around traction on snow and ice.
- Think about the best route to where you are going and plan some extra time to get there. Avoid shortcuts or travel on surfaces that have not been treated.
- Although your hands may be cold, don't put them in your pockets when navigating wintery stretches. If you slip, you will need your arms to restore your balance or land safely.
- When you move around on slippery surfaces, bend slightly forward and shorten your stride or shuffle your feet, much as a penguin shuffles, you will have better stability.
- When getting out of a vehicle, be particularly careful. Hold on to the vehicle for support and avoid carrying large loads while moving about on unsure surfaces.
- Take advantage of floor mats when entering buildings and wipe your feet. They will protect you and others who follow. Indoor slips and falls typically occur during this time of year because of melting snow and debris left behind on tile floors.
- Take responsibility and immediately report slipping hazards for the safe passage of all.

Holiday Cooking Safety



The holidays bring families and friends together, it is a wonderful time of the year, maybe the best part of it is the food. I would bet most of us either host a dinner, or are requested to provide some favorite dish that we are famous for, as part of some gathering somewhere. Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

“COOK WITH CAUTION”

Be on alert! If you are sleepy or have consumed alcohol don't use the stove.

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Holiday Cooking Safety, Continued

FACTS

! The leading cause of fires in the kitchen is unattended cooking.

! Most cooking fires in the home involve the stovetop.



Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

Keep anything that can catch fire—oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.

IF YOU HAVE A COOKING FIRE

Just get out! When you leave, close the door behind you to help contain the fire.

Call 911 or the local emergency number after you leave.

If you try to fight the fire, be sure others are getting out and you have a clear way out.

Keep a lid nearby when you are cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the heat. Leave the pan covered until it is completely cooled.

For an oven fire turn off the heat and keep the door closed.

Extracted from NFPA Public Education Division

Tips for Safer Holiday Driving



The season of driving over the hills and through the woods to Grandmother's house is upon us. The holiday season is one of good cheer and family road trips. They are also some of the most dangerous times to be on the road. According to the National Highway Traffic Safety Association (NHTSA), drivers are significantly more likely to be involved in accidents during the upcoming holiday season. In addition to the holidays themselves, the winter season offers its own set of difficulties. Fewer hours of daylight, colder temperatures and increased precipitation, especially of the frozen variety, create potentially dangerous conditions. Paying attention to the following variables will help make holiday trips safer and more comfortable.

PREPARE YOUR PASSENGERS

Insist that your passengers wear their seatbelt, they are a proven lifesaver. Wear yours also!

If you travel with a child, use booster seats or safety seats as appropriate, it is the law.

On longer trips, bring activities such as coloring books, car friendly snacks, or small handheld games to occupy their time.

PREPARE YOUR VEHICLE

If your windshield wipers are more than a year old, replace them. Insure your washers are full.

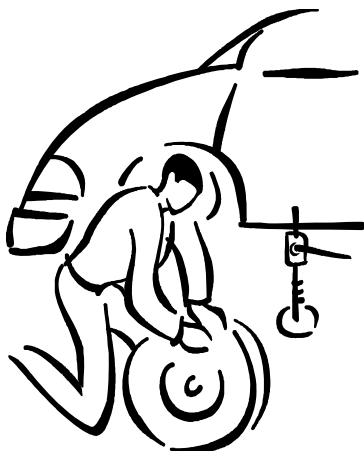
Pay attention to the inside of your windows. The film that clouds the interior windows, allows moisture to cling to them, increasing the odds of fogging.

Check your headlights and all exterior bulbs. Aside from improving your vision, you are more visible to other drivers if your vehicle lights are fully illuminated.

Check your tires. Keeping tires properly inflated improves fuel economy and optimizes vehicle performance and handling. While checking the pressure, insure the tread depth is sufficient, the top of Lincoln's head on a penny should not be visible when placed in the tread.

Clean out the clutter, anything left unsecured on dashboards and rear shelves can become flying objects during evasive maneuvers or collisions.

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Tips for Safer Holiday Driving, Continued

PREPARE YOURSELF

Do Not Drink and Drive, aside from being illegal everywhere, it is a selfish, stupid act.

Know your limitations. Take frequent rests on long trips to rest your legs and clear your head. Driving tired is dangerous and a frequent cause of highway accidents. Sleepy drivers react more slowly and put their passengers and other motorists in danger.

Select a good driving position. Drivers that use a reclined position, are prone to get too relaxed. Choose a more upright driving position, it forces you to operate the vehicle in a more precise manner, and it gives you a better picture of the road ahead.

Portions of this article obtained from AOL Autos

Carbon Monoxide (CO) Poisoning, Did You Know?

20,000 Americans visit the emergency room each year for CO poisoning.

4,000 people are admitted to the hospital each year to be treated for CO poisoning.

400 deaths are caused by CO poisoning each year in the US.

Tips to Avoid CO Poisoning

For the best protection, install battery-operated CO alarms or plug-in alarms with battery backups: On every level in your home; Inside or within 10 feet of every bedroom; Inside an attached garage.

Keep a record of when you installed each detector. They should be changed every five to six years.

Get a professional to install fuel-burning appliances.

Have your heating system inspected and serviced annually by a trained service technician.

Sources: International Association of Fire Chiefs, U.S. Consumer Product Safety Commission

Schedule of Events

December 2010

7—National Pearl Harbor Remembrance Day

17—Wright Brothers' Day

21—First Day of Winter

24—CSE Holiday

25—Christmas Day

31—CSE Holiday

January 2011

1—New Years Day

3—Fruitcake Toss Day

19—National Popcorn Day

23—National Pie Day

24—Compliment Day

February 2011

2—Groundhog Day

4—Thank a Mailperson Day

14—Valentine's Day

17—Random Acts of Kindness Day

24—National Tortilla Chip Day

Keeping Your Identity Safe, Part III

Defend against ID theft as soon as you suspect it. Place a "Fraud Alert" on your credit reports, and review the reports carefully. The alert tells creditors to follow certain procedures before they open new accounts in your name or make changes to your existing accounts. The three nationwide consumer reporting companies have toll-free numbers for placing an initial 90-day fraud alert; a call to one company is sufficient:

- Experian: 1-888-EXPERIAN (397-3742)
- TRANSUNION: 1-800-680-7289
- Equifax: 1-800-525-6285

Placing a fraud alert entitles you to free copies of your credit reports. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain.

Contact the security or fraud departments of each company when an account was opened or charged without your okay.

- Follow-up in writing, with copies of supporting documents.
- Use the ID theft Affidavit at ftc.gov/idtheft to support your written statement.
- Ask for verification that the disputed account has been dealt with and the fraudulent debts discharged.
- Keep copies of documents and records of your conversations about the theft.

File a police report. File a report with law enforcement officials to help you correct your credit report and deal with creditors who may want proof of the crime.

Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.

- Online: ftc.gov/idtheft
- By Phone: 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261
- By Mail: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

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
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Committed to **Safety** Excellence!

Safety Thoughts.....

Safety Never Takes a Holiday.

*Personal Protective Equipment
is Self-Defense.*

*The Safest Risk is the One you
Didn't Take*

Authors Unknown

The Spotlight Is On . . .

Employee: Kelly M

Department: Electronics

Position: Sensors

Where did you grow up? Monroeville

What is your favorite TV show? Big Bang Theory

Three things that can always be found in your refrigerator? . Beer, Salad, Wine Coolers

What is your favorite color? Dark Green

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

As a child, what was your favorite toy? Dollhouse My Dad Made

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

What one thing would you take with you on a deserted island? My Razor

Pet peeve about Pittsburgh? Those Stupid Tunnels

My favorite Safety Tip is... . Don't Run With Scissors!

People would be surprised to know . . . How many shoes I really do own!

