

# Safety Gazette

C S E C O R P O R A T I O N

## WEATHER EMERGENCY PREPARATIONS

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It seems that Mother Nature threw all she had at us this year, hurricanes, flooding, earthquakes, you name it, we all experienced her fury in 2011. Each year there are hundreds of deaths and thousands injured due to weather related events. What can you do to prepare? According to the Centers for Disease Control (CDC) the following steps will go a long way to keep you and your family safe.

1. Make a plan with your family.

Discuss what type of emergency or disaster is likely to happen, contact the Red Cross or emergency management office for advice.

Decide how to stay in touch with your family if there is a disaster. Set up two meeting places: right outside your home and another in case you are forced to leave your

neighborhood. Make sure your children can reach both places and know how to get there. If possible, have an out-of-town family contact and



make sure all members of your family know the address and phone number.

2. Put together a disaster supply kit. Items to include are:

- Three gallons of water per person
- A three day supply of food
- Flashlight and batteries
- First-Aid kit
- Battery operated radio
- Complete change of clothes

for each person

- Spare set of keys and identification cards
- Cash and credit cards
- Matches in a waterproof container
- Pet supplies (food, medication)
- Consider special needs (diapers, bottles and formula, prescription medication, eye-glasses, and hearing aids)

3. Learn about existing plans in your town.

4. Plan several evacuation routes.

5. If possible, invest in the appropriate type of insurance: flood, fire, earthquake.

6. Plan how to take care of your pets.

7. Practice your plan before an emergency strikes.

To learn more visit:  
[www.bt.cdc.gov/preparedness](http://www.bt.cdc.gov/preparedness)  
[www.fema.gov/plan/prepare](http://www.fema.gov/plan/prepare)  
[www.redcross.org](http://www.redcross.org)

## INFLUENZA CHECKLIST

Influenza, also known as the flu, is a contagious respiratory illness caused by various strains of viruses. We are entering the season where you are likely to be exposed to someone infected with this virus. What can you do? The American Red Cross recommends the following:

Get a flu shot every year. (Especially if you are over 50 years of age)

Practice good health habits.

- Eat a balanced diet
- Drink plenty of fluids
- Get enough rest and sleep
- Wash your hands frequently

quently

- Minimize contact with people who are sick
- Cover your mouth and nose when you cough or sneeze.
- Stay away from others as much as possible when you are sick.

Flu symptoms may include:

- Headache
- Sore Throat
- Cough
- Runny stuffy nose
- Rapid onset of high fever and body aches

## PORTABLE FIRE EXTINGUISHERS

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

### Safety tips:

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called; and the room is

not filled with smoke.

To operate a fire extinguisher, remember the word **PASS**:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher that is large enough to put out a small fire, but not so heavy

as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation.

Install fire extinguishers close to an exit and keep your back to a clear exit so you can make an easy escape if the fire cannot be controlled.

Know when to go. Every household should have a home fire escape plan and working smoke alarms.

## CSE SALESMAN, SAFETY AMBASSADORS

I wonder if you are aware of the role our salesmen play in mining safety. Aside from providing the industry with the finest safety equipment and supplies available, many of them play a substantial role in the training and support of mine rescue teams. Mine rescue teams are five member teams that respond day or night to calls that a mine fire or explosion has occurred and miners are unaccounted for.

CSE salesmen respond in kind to such emergencies, providing logistical and technical support to the rescue teams until the situation is resolved; they stay on site 24/7, the last to leave if necessary. Our salesmen serve as officers in safety associations and other roles within the mining community, true ambassadors of CSE Corporation and the pursuit of a safe workplace within the coal fields of the United States.



# HOME ELECTRICAL SAFETY CHECKLIST



Good preparation reduces “surprises”

The Electrical Safety Foundation, a nonprofit organization dedicated to promoting electrical safety at home and in the workplace, offers the following items to check in your home to keep your home safe all year long:

**MONTHLY**

- Test GFCIs & AFCIs
- Test smoke & CO alarms
- Inspect electrical/appliance cords for damage

**QUARTERLY**

- Check and replace furnace fil-

ters

- Vacuum refrigerator coils
- Dust light fixtures and lamps

**ANNUALLY**

- Replace smoke/CO alarm batteries
- Schedule annual furnace inspection
- Schedule annual inspection of gas-powered clothes dryer
- Clean air conditioners or schedule annual inspection.

## DON'T TRY THIS AT HOME



*“Safety is a full time job; don't make it a part-time practice”*



## Calendar of Notable Dates

**October**

- 10 Columbus Day
- 15 Sweetest Day
- 16 Boss's Day
- 22 Make a Difference Day
- 24 United Nations day
- 31 Halloween

**November**

- 1 All Saints Day
- 6 Daylight Savings Ends

- 8 Election Day
- 11 Veterans Day
- 13 Sadie Hawkins Day
- 17 Great American Smoke out
- 20 Universal Children's Day
- 24 Thanksgiving (CSE)
- 25 Turkey Recovery Day (CSE)

**December**

- 7 Pearl Harbor Day
- 12 Poinsettia Day
- 22 Winter Solstice

- 25 Christmas Day
- 26 CSE Holiday
- 27 National Fruitcake Day
- 31 New Years Eve

**January**

- 1 New Years Day
- 2 CSE Holiday
- 13 Friday the 13th
- 16 Martin Luther King's Birthday

- 23 Chinese New Year
- 25 Opposite Day

**February**

- 2 Groundhog's Day
- 5 Super Bowl Sunday
- 14 Valentines Day
- 20 Presidents Day
- 21 Fat Tuesday
- 26 Oscar Night
- 29 Leap Day

WE'RE ON THE WEB!  
CSECORPORATION.COM



Committed to **Safety Excellence!**

## C S E C O R P O R A T I O N

### CSE Corporate Headquarters

600 Seco Road  
Monroeville, PA 15146

### CSE Satellite Office

330 Harper Park Drive, Suite F  
Beckley, WV 25801

Phone 412-856-9200

Fax: 412-856-9203

E-mail: [customerservice@csecorporation.com](mailto:customerservice@csecorporation.com)

### Mission Statement

Guided by four imperatives – our Customers, our Employees, our Vendors, and our Communities – CSE Corporation is dedicated to the enrichment of worker lives through the manufacture and distribution of health / safety products for miners and non-mine companies.

### Value Statement

CSE Corporation is committed to achieving our mission based on the guiding principles of honesty, trust, integrity, respect, positive communication and quality leadership.

To our Customers, we are committed to promoting your workplace safety and will endeavor to earn and maintain your confidence and loyalty. We will respond to your business needs in a dependable and effective manner to ensure your present and future safety needs are consistently met with innovative technology and product support.

To our Employees, we are dedicated to creating a culture of safety that is productive, financially secure, challenging and professional. We will strive to provide the technology, equipment and training to develop workforce skills that ensure product innovation and consistent, dependable service to our customers.

To our Vendors, we will focus on the creation of stable business relationships that are mutually beneficial and cost effective, guided by cooperation, honesty and integrity.

To our Communities, we pledge to be good corporate citizens, respect the environment, and be aware of our responsibility to protect and contribute to the larger community through the rational and compassionate use of our human and financial resources

## The Spotlight Is On: Guess Who

How long have you worked at CSE? *About 4 years*

Who was President the year you were born? *Ronald Reagan*

What is the year of vehicle you drive? *2004*

Do you live north, south, east or west of CSE, Monroeville? *South*

What was your first full-time job? *Press operator at a plastics shop*

Where did you grow up? *Erie*

What is your favorite TV show? *Seinfeld*

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

What is your favorite color? *I don't have one*

If you could meet any celebrity or personality in the world, living or deceased who would it be? *Branch Warren*

As a child, what was your favorite toy? *He-Man*

Would you rather have the power to be invisible or read minds? *Definitely read minds, I would never lose at poker again*

What one thing would you take with you on a deserted island? *K-Bar*

My favorite Safety Tip is... *Check for power, before you reach in.....*

People would be surprised to know that . . . *I had long hair in High School*

