

Incident rate update.

RCC- 18 4- recordable injuries,

- 1- burn due to heater explosion,
- 2- Puncture caused by nail gun
- 3- Fracture caused by truss crushing foot
- 4- Foreign body to eye, sliver of steel in eye.

RPM-0

RW-0

Last quarter we talked about why we participate in WSI incentive programs, this quarter I would like to talk a little about how to prevent an injury at work and at home.

Complacency and lack of focus are the main causes of injuries both at home and in the workplace. Many times, we have many thoughts running through our minds while we try to complete a task and that takes away our concentration on the dangers of what we are doing. I found myself in this position recently when working on a project at home, I am building some outdoor flower beds that my wife wants. I was in my garage cutting lumber for the project and trying to figure out some angles. I got the angles set and just walked over to my miter saw and began cutting the pieces when a piece of wood flew up striking me in the cheek, I stopped what I was doing because I realized I did not have my safety glasses on. All I could think was I could have lost my eye and how would I explain that to everyone at work considering my position. I was focused on getting the task done and did not think about my safety glasses, I was lucky this time, but the next time may be different. I often preach to everyone about 4 seconds to safety, simply take a few seconds before you begin a task and ask yourself how I can get hurt doing this. Once you identify the risk you can avoid the danger and complete the task safely. I did not follow my own advice and it could have turned out way worse, I was lucky! Please do not rely on luck to keep you safe, stay focused on the task at hand and plan to not get injured.

4 seconds to safety

Prior to starting any task (familiar or not) stop and take 4 seconds to scan the area and ask yourself 3 questions.

1. What hazards do I see?
2. What could go wrong?
3. How could I or someone else get injured doing this?

Now that you have identified the potential hazards you can plan how to safely complete the task.



Think of it as pressing a mental “reset” button. The simple act of refocusing has been shown to reduce the probability of an injury by more than 90%. Even if you’ve done the task you’re about to perform a thousand times before and could do it with your eyes closed, keep in mind that it’s usually not the task itself but some small thing you did not anticipate (observe) that causes the incident.

The best way to provide yourself and your family with a safe future is to be as smart as possible at work!

**3 CAUSES
OF
ACCIDENTS
ARE**

- I DIDN'T THINK
- I DIDN'T SEE
- I DIDN'T KNOW