



Wake Up and Be Safe

According to sleep experts, many people do not get enough sleep. Statistics show that 40 percent of Americans are so sleepy during the day that it interferes with their daily activities. Sleep deprivation can have a negative impact on workplace safety.

To counteract drowsiness on the job and prevent accidents:

- Take a mini break and do some stretching exercises right at your workstation.
- Go to the restroom and splash cold water on your face.
- Take a walk during your break to help refresh and wake you up.
- Drink a caffeinated beverage.

Avoid tasks that require sharp physical or mental skills when you're very tired. Operating machinery, driving a vehicle or forklift, or handling hazardous materials could be dangerous if you're not fully alert.

- Be honest and don't put yourself or others at risk.
- Switch to a less risky task, if possible, until you feel more awake.
- Talk with your supervisor if you're concerned about your abilities or someone else's. Also talk to your supervisor if you're taking any medication that makes you feel drowsy and could put you or a co-worker at risk.



"I've got to do something about my insomnia. I didn't sleep a wink at work today."

Can you hear me now?

Loud noises can cause temporary or permanent hearing loss, tinnitus (constant or periodic ringing or roaring in ears), head-aches, and stress. This is why wearing hearing protection on the job is so important. Wear hearing protection off the job too, when operating power tools, chain saws, and lawn mowers.

Five Ways To Help Improve Safety

A lot of people wonder how they can help make the workplace safer. Here are five simple things you can do to minimize hazards and maximize safety for you and your co-workers.

- 1. Make suggestions about how you can improve your departments safety and health programs.** You probably know more about your job and what it takes to do it safely than anyone else. Your ideas and suggestions about how to make your job safer are important.
- 2. Report potentially hazardous conditions.** Anything that doesn't look or "feel" right probably isn't. No matter how small, tell your supervisor of any potential hazards.
- 3. Help new workers learn about your safety procedures.** New workers need to know all about safety from day one. Help them to get oriented, and you'll help prevent accidents.
- 4. Use information from safety meetings and training sessions on the job.** The provided information is a sure way to help you improve safety.
- 5. Ask questions.** Don't let any question about safety go unanswered. That answer could save you from an accidental injury.



What's up with people who never get sick?

You probably have co-workers or friends who never seem to get sick even when everyone around them is coming down with a cold or something worse. The health website WebMD says it has identified habits of super-healthy people that the rest of us might consider adopting.

Among these healthy habits are regularly using antiseptic mouthwash, eating an apple a day, taking vitamins like C and D, meditating, pursuing social connections, keeping a positive outlook, frequent hand washing, and getting plenty of sleep.

Researchers also say that pursuing martial arts training can help keep you healthy. If that's a little strenuous for you, just normal exercise like walking, riding a bike, playing tennis or golf, jogging, doing aerobics, or swimming can help prevent illness, too.

Not worrying about getting sick is another successful approach. According to WebMD, constant worrying causes an excess of hormones that can actually weaken the body's immune system.



**Find videos, safety trainings,
and more at www.ycparmia.org**

Are you ready?

Are you ready for the next safety meeting or safety training session?

- Is your mind ready to learn? Are your eyes and ears ready see and hear what you need to know to prevent accidents, injuries, and illness on the job?
- Do you have a notebook or paper and a pen so you can take notes about points brought up during the meeting?
- Are you prepared to participate in the meeting or training session by asking questions, raising safety concerns, sharing your knowledge and experience, and giving your advice and suggestions when appropriate?
- Are you ready to listen to what co-workers say about the topic being discussed and to hear their concerns about safety?
- Are you willing to take what you learn back to work and put it to use right away?

If your answer to all these questions is an unqualified “yes,” then you are ready for the next safety meeting or training session.