



Wash Away Illness

The second week of December is **National Hand-Washing Awareness Week**. According to the Centers for Disease Control and Prevention (CDC), frequent and careful hand-washing is one of the best ways to prevent infection and to keep you healthy and on the job.

Believe it or not, there's a right way to wash your hands effectively:

1. Wet hands with clean running water (warm water if available) and apply soap.
2. Rub hands together to make lather and scrub all surfaces. Pay particular attention to fingers, fingertips, and under fingernails where germs love to breed. Palms are heavy germ zones, too.
3. Continue rubbing hands for 15-20 seconds—about the time it takes to sing "Happy Birthday" twice.
4. Rinse hands well under running water.
5. Dry hands using a paper towel or air dryer. If drying hands with a paper towel, use it to turn off the faucet.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

1. Apply product to the palm of one hand.
2. Rub hands together.
3. Rub the product over all surfaces of hands and fingers until hands are dry.



It's No Accident

You play an important role in investigations. Here's how you can help:

- ◆ **Join with co-workers to implement any corrective measures** that come out of an investigation. Follow new safety rules that result from an investigation.
- ◆ **Lend your expertise to the investigation.** If you have special knowledge about the equipment, procedures involved or the circumstances surrounding the accident, tell what you know and offer your suggestions.
- ◆ **Don't disturb the scene of the accident.** You could destroy valuable evidence that could help investigators figure out how the accident happened.
- ◆ **Provide any information you have about an accident.** Come forward right away and tell what you know. Your information is essential to the success of the investigation.
- ◆ **If you witness an accident, write down what happened.** Do so as soon after the accident as possible-what, where, when, who, and why.
- ◆ **Encourage co-workers to cooperate** in accident investigations. Remind them that the purpose of an accident investigation is to prevent future accidents, such as accidents that could involve any one of them.
- ◆ **Report all accidents and near misses right away.** Even if no one was hurt, your supervisor needs to know what happened so steps can be taken to prevent future problems.

Always On The Job

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Safety Suggestion Box

Report hazards anonymously! Go to our website at www.ycparmia.org, and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, anonymously and exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



Protect your family from falls

More people die or are injured in accidents at home than at work. Over 20,000 people die in home accidents every year, and more than 30 percent of all injuries occur at home. Like accidents on the job, most of these can be prevented. The largest number of serious accidents at home result from:

- Falls
- Fires
- Drowning
- Poisoning

Here's how to protect your family from falls:

- ◆ Keep floors, and especially halls and stairs, free of clutter. Don't stack magazines, tools, laundry, toys, or other items on the floor or steps.
- ◆ Make sure stairways are well lit.
- ◆ Check that all stairs, including those to the basement, have sturdy railings.
- ◆ Tack down any loose pieces of carpet or linoleum.
- ◆ Use nonskid mats or decals in bathtubs or showers.

Small children can drown in bathtubs, so NEVER leave them unattended. If you have a pool, make sure everyone knows how to swim and take these precautions:

- ◆ Never let anyone swim alone.
- ◆ Never let anyone swim when they're intoxicated.
- ◆ Fence in the pool and keep it locked when no one's there.
- ◆ Cover the pool when it's not in use.
- ◆ Learn CPR, so if there is an accident, you'll be able to act quickly.

Here's how to prevent poisoning:

- ◆ Read labels on household cleaners, paints, and garden supplies, and follow their instructions for use, storage, and clean-up.
- ◆ Store cleaning solutions, pesticides, and other hazardous chemicals in places where children can't reach them.
- ◆ Keep containers closed when not in use.
- ◆ Dispose of old, used, or unlabeled substances properly. Find out about your town's or region's hazardous materials collection days.

Bring your safety sense home so you can always be on the job for the safety of yourself and your family.