

# YCPARMIA Safety Journal

*YCPARMIA's Mission Statement:*

*To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.*



March 2016

## **SPRING FORWARD DAYLIGHT SAVINGS TIME IS SUNDAY, MARCH 13TH!**

Every March, most Americans welcome the switch to daylight saving time because of the longer days, but also dread losing an hour of sleep after they move their clocks forward. One hour of lost sleep may not seem like a lot, but it could have an impact on a person's ability to stay alert on the job and prevent serious injuries. Take extra time to prepare and evaluate the tasks to be done prior to doing them. Take a minute and do a safety check to ensure you don't become a statistic for workplace injuries.



## **Mattresses and Box Springs Recycled For Free at Yolo Landfill**

In an effort to minimize illegal dumping along county roadways, the Yolo County Central Landfill will be accepting for recycling old mattresses and box springs from residents at no cost, starting March 1. Individuals may bring such items to the Yolo County Central Landfill, located at 44090 County Road 28H in Woodland. You can read more on this press release as well as hours of operation on Yolo County's website at <http://www.yolocounty.org/Home/Components/News/News/3338/26>.



## **National Poison Prevention Awareness Month**

March is Poison Prevention Awareness Month, so now is the perfect time to refresh your training on how to prevent poisoning at work and at home.

- Read and follow labels and Safety Data Sheet (formally MSDS) warnings and precautions.
- Wear appropriate Personal Protective Equipment (PPE) when using toxic chemicals, and wash carefully when you're finished with the job.
- Keep chemicals and medications out of the reach of children.
- Keep medicines in their original labeled containers, and throw away expired medications.

Any substance that can enter the body and create a harmful disturbance or reaction in the body can be described as a poison. If you suspect a person has ingested something poisonous, act quickly. Activate 911 if the person is displaying any serious signs or symptoms such as abdominal pain or cramping, nausea, vomiting, or an altered mental state. Keep the person still; Calm, comfort, and reassure them. Calling the **National Poison Help Hotline at 1-800-222-1222** automatically transfers you to a regional poison control center. Help by clearly identifying the substance and providing details about the incident. Do not induce vomiting, or give water, milk, or activated charcoal to the person unless you are advised to do so by the poison control center. For more information, visit the American Association of Poison Control Centers' website (<http://www.aapcc.org/>).

# Living on Shaky Ground

## 1. Identify hazards

-The first step to earthquake safety is to recognize your hazards. Look around your home and work place, identifying objects that might fall or shift during shaking.

## 2. Make a plan

-Will everyone in your household know what to do when an earthquake strikes? Do you know how to get in touch with each other afterwards?

## 3. Prepare disaster kits

-Everyone should have personal disaster supply kits. Keep them where you spend most of your time.

## 4. Protect yourself

-**Drop** down to the floor and then **take cover** under a sturdy desk, table, or other furniture. **Hold on** to the table or desk and be prepared to move with it—hold the position until the ground stops shaking and it is safe to move.

-If there is no nearby table or desk, sit on the floor against an inside wall, away from windows, tall furniture or bookcases.

-If unable to take cover under a sturdy object, protect your head and neck with your arms.

-Do not go outside while the ground is shaking.

-If driving: Pull over to the side of the road, stop and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If power lines fall on your vehicle, stay inside until a trained person removes them.

-If you are in the mountains: Avoid unstable slopes or cliffs and watch for falling rock and debris.

## 5. Check for injuries

-Do not move injured persons unless they are in danger of further injuries.

-Use your first aid skills to stop bleeding.

-Cover injured persons with a blanket to keep them warm.

## 6. Check for damage

-If possible, use your fire extinguisher to put out small fires.

-Turn off the main gas valve IF you smell gas or suspect a leak. Only the gas company can turn it back on.

-Stay away from damaged chimneys or brick walls. Aftershocks may bring them tumbling down. Have a professional inspect your fireplace or wood stove before use.

## 7. When safe, continue to follow your disaster preparedness plan

-If your home isn't damaged, you are safest there even if the power is off.

-Do not use open flames, candles, matches or lighters, until you are sure there are no gas leaks.

-Use your portable, car, or National Oceanic and Atmospheric Administration (NOAA) Weather Radio for information. Scan channels to find one that is on the air.

-Call your out-of-area contact and tell them your status, THEN STAY OFF THE TELEPHONE to avoid overloading phone systems and preventing emergency calls from being placed.

-If you cannot stay in your home, use your radio to get information on shelter locations in your community. Find out what you are allowed to bring to the shelter; space is limited.

-The first weeks after the earthquake, make sure your home is safe to occupy.

-If gas was turned off, arrange for the gas company to inspect your lines and turn it back on.

-Locate and/or replace any critical documents.

-Inventory and take pictures of any damage and contact your insurance agent to begin the claims process.