

Hours an Accident

Aug 21st 2017

Job	2017 Hours	Accidents/Incidents			
		W Comp Reportabl	OSHA Report	Lost-Time	Hours an Accident
Valdez Housing Off / Warehouse	5475	0	0	0	No Accidents!
Bethel	16991	0	0	0	No Accidents!
Turnagain Elem	13853	0	0	0	No Accidents!
Mass X Operations	60525	0	0	0	No Accidents!
Museum	28959	1	0	0	28,959
Providence	15675	1	1	0	15,675
Small Jobs	1883	0	0	0	No Accidents!
HDJV	161961	0	0	0	No Accidents!
UAF CPHR Power	117843	0	0	0	No Accidents!
UAF Engineering Facility	32650	0	0	0	No Accidents!
Total	455,815	2	1	0	227,908

**SEEK SAFETY,
AIM SAFETY,
FOLLOW SAFETY,
ENSURE SAFETY,
TEACH SAFETY,
YIELD SAFETY.**



**Toolbox Topic:
Fall Season Safety!**

STAYING WARM THIS WINTER

1 Layer up although you might think that winter coveralls are the way to go, wearing layers of thin clothes will keep you warmer as they trap body heat.

2 Eat well and drink warm while having hot tea or coffee may make you feel warmer, it's more to do with the caffeine. That is because caffeine increases blood flow to the skin. You may feel warmer as a result, but your body is actually losing heat. Alcohol has the same affect. Try sticking to decaffeinated or herbal hot drinks instead.

Eating regular meals will also help keep you warm. Healthy hearty foods such as soup and stews are great for warming you up.

3 Get moving Working out in the cold may be the last thing you feel like doing this winter but it has the opposite effect too. As well as giving you a rush of endorphins which boosts mood, exercise will get the blood pumping around your body and, ultimately heat up your skin.

4 Stay social getting out and about will keep you busy and makes time fly. Keeping an active social life this winter to help keep the cold at bay.

5 Snuggling up can save on your electricity bills this winter and get cozy with a warm blankets, slippers, or sweaters. Snuggling with your four legged best friend always helps.

Success is No Accident!

Tire Safety

Proper tire maintenance is an important safety function often neglected. The importance of properly maintaining your tires cannot be overemphasized. Remember, tires are the only contact between your vehicle and the road.

BE TIRE SMART PLAY YOUR PART

- ☑ **Pressure:** Under inflation results in unnecessary tire stress, irregular wear, loss of control and accidents. A tire can lose up to half of its inflation pressure and not appear to be flat. Under inflation is the leading cause of tire failure. Using the interactive tire pressure demo you can easily see how a tire can be as much as 50% under inflated before it is visibly noticeable. Not only are under inflated tires more prone to damage and failure, but they can lead to higher fuel costs by as much as 3 to 5¢ per gallon.
- ☑ **Alignment:** A bad jolt from hitting a curb or pothole can throw your front end out of alignment and damage your tires. Have a tire dealer check the alignment periodically to ensure that your car is properly aligned.
- ☑ **Rotation:** Regularly rotating your vehicle's tires will help you achieve more uniform wear. Unless your vehicle's owner's manual has a specific recommendation, the guideline for tire rotation is approximately every 5,000 miles.
- ☑ **Tread:** Advanced and unusual wear can reduce the ability of tread to grip the road in adverse conditions. Visually check your tires for uneven wear, looking for high and low areas or unusually smooth areas. Also check for signs of damage.



4/32" remaining tread depth

Success is No Accident!



2/32" remaining tread depth

Carbon Monoxide Safety



Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- » CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- » Follow the manufacturer's instructions for placement and mounting height.
- » Choose a CO alarm that has the label of a recognized testing laboratory.
- » Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- » Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- » If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- » If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel.
- » If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- » During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- » A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- » Gas or charcoal grills can produce CO — only use outside.

HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education