

## Interesting Thanksgiving Facts

\*The author of “Mary Had A Little Lamb” was largely responsible for the establishment of the national Thanksgiving Holiday.

\*The date of Thanksgiving was once changed to try to boost the economy.

\*91% of Americans eat turkey on Thanksgiving.

\*About 280 million turkeys are sold annually for Thanksgiving. That is about 7 billion pounds of turkey and approximately \$3 billion dollars worth of sales.

\*About 20% of all cranberries that are consumed in the US per year are eaten on Thanksgiving.

## Toolbox Topic:

# Minor Injuries

## No Accidents!



## Success is No Accident!

### Hours and Accident November 18, 2019

#### Accidents/Incidents

Job	2019 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
AK Care	3,807	0	0	0	No Accidents!
Bethel	55,311	4	3	1	13828
JL Marriot Remo	15,483	0	0	0	No Accidents!
Mass X Operations	76,621	5	4	1	15324
Providence	10,088	1	1	1	10,088
Kodiak PAMC	6,682	0	0	0	No Accidents!
Regional Hospital	695	0	0	0	No Accidents!
St. Elias	1,503	0	0	0	No Accidents!
Seward PSMC	518	0	0	0	No Accidents!
AFOC	3,075	0	0	0	No Accidents!
Holy Rectory	367	0	0	0	No Accidents!
Small Jobs	2,421	0	0	0	No Accidents!
LRDR - Clear	98,751	1	3	0	98,751
EIE 405 Utiliduct	27,516	2	2	0	13,758
HDJV UAF CPHR Power	28,240	0	0	0	No Accidents!
UAF Engineering / Toolik	1,116	0	0	0	No Accidents!
<b>Total</b>	<b>332,194</b>	<b>13</b>	<b>13</b>	<b>3</b>	<b>25,553</b>

## Minor Injuries

When we think of someone being injured, we usually think of serious injuries such as those involving broken bones or where a lot of blood is lost. We don't often think of the minor injuries, such as scratches, splinters, dust in the eye, and blisters. These things don't give us much pain or take us away from work, but if they aren't properly treated, they could turn into more serious injuries.



### Two Kinds of Injuries that are Often Neglected

- A hard blow to the head. This can make you dizzy or unconscious for a few seconds. It's easy to overlook this injury because afterwards you may feel alright, except for a headache. What many of us don't realize is that a hit to the head can cause a slight concussion or fracture, which can't be detected except by a doctor or medical professional. As a result we later may go to sleep and not wake up. If you have a head injury, play it safe and see a doctor.
- A blow to the stomach. This can occur when you run into something or are struck by something. The blow may knock you down and take the wind out of you, but a few minutes later you may feel alright. Just because there may be no visible injury, however, is no reason not to report it. It doesn't take much of a blow to rupture an intestine or to cause internal bleeding. These unseen injuries can actually kill you.



### Report All Injuries

The important thing to remember is to report all injuries, even though they are minor and no physical damage is apparent. Get the proper first aid and see a doctor or medical professional if necessary.

**Success is No Accident!**