Lawn Mower Safety Tips

• Before you begin, check out what you're wearing: avoid loose clothing and tie back long hair. You don't want either to get caught in chains, blades, fans, axles, or any of the other moving parts on power lawn care equipment.
• Add safety glasses to that outfit, closed-toed shoes (preferably with steel toes), and long pants. You may also want earplugs to protect yourself from the noise, but don't listen to music -- you want to hear if something goes wrong.
• Before refueling your lawn mower, make sure the engine is off and cool.
• Be careful not to spill! 30% of the air pollution caused by power equipment comes from fuel that has spilled and then evaporated.
• Refuel outside, and not in your garage. Remember, you're working with a highly combustible substance that can explode if near a heat source, including your washer or water heater.
• Don’t let your kids or pets play in the yard while using your lawn mower -- it can send rocks flying out at dangerous speeds that can easily harm them. And don’t let them ride on any riding mowers, especially if under age 12.
• Take an observant stroll around your lawn before mowing and remove foreign objects such as rocks, children’s toys, or even dog bones.

SUNY Oswego Blood Drive
The Red Cross Club will hold a Blood Drive on May 4th, 5th, and 6th from 11:30-5:00 at the Campus Center Ice Hockey Arena. You can set up an appointment to donate by e-mailing: redcross@oswego.edu

When you make a blood donation, you join a very select group. Currently only 3 out of every 100 people in America donate blood!

See Page 3 for Workplace Electrical Safety Information
Bicycle Safety Rules for the Family

Follow these rules when you ride your bicycle:

- Always wear a bicycle helmet—every time you ride.
- Ride on the right, in the same direction as other vehicles. The bicycle is a vehicle. Bicyclists and drivers follow the same rules of the road.
- Ride a bicycle that fits you and has working parts.
- Always ride with at least one hand on the handlebars.
- Obey all traffic laws, signs, and signals.
- Be visible. Wear bright clothing and reflective materials.
- If you have to ride at night, you must have a white headlight in the front and red lights or reflectors on the back of your bike.
- Always pay attention to traffic. Never use headphones or talk on a cell phone while you bike.

Now that the weather is improving, why not think about riding your bike to work? There are many advantages to leaving the car in the garage. Obviously, you’ll save money on gas. You’ll also get some great exercise and fresh air. It’s also MUCH easier to find a parking space for a bike than a car.

The Right Bike Helmet…

A safe helmet is one that fits right, is in good condition, and is appropriate for the activity. Sit the helmet evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn’t move up-and-down or from side-to-side. There should be two finger widths above your eyebrows.

Did you know?

- About 800 people are killed in bicycle-related crashes each year.
- About 70% of all fatal bicycle crashes involve head injuries, yet only about 20–25% of all bicyclists wear helmets.
- A bicycle helmet can reduce the risk of a head injury by up to 85%.
ELECTRICAL SAFETY IN
THE WORKPLACE

Many injuries, deaths and property damage caused by workplace electrical hazards can be avoided.

The first step in avoiding these hazards begins with safety awareness. Before undertaking any type of electrical work, plan your job and include all necessary steps to ensure your safety and the safety of those around you.

Safety Tips

For those experienced in working with electricity, these points can help remind you of basic electrical safety practices:

• Complete a detailed job plan and communicate it to all co-workers.

• Know safety requirements and follow them.

• Understand the construction and operation of the electrical equipment and the hazards involved.

• Identify all possible energy sources that could pose on-the-job hazards.

• Before working on or around electrical systems or equipment, identify the load circuits and disconnect. Remember, in some cases, turning power off may cause other hazards. Such hazards and additional guidance should be addressed in your work plan.

• Select the appropriate personal protective equipment (PPE). Remember, PPE must be worn until the electrical system is in a safe condition.

• Never assume that the equipment or system is de-energized. Remember to always test before you touch.

• Use lock-out/tag-out procedures.

• Make sure your test equipment is working properly both before and after you use it.

• If at any time the job becomes more hazardous than you had anticipated, stop and revise the plans.

Facts and Statistics

• Electrical hazards cause more than 300 deaths and 4,000 injuries in the workplace each year.

• Electrical accidents rank sixth among all causes of work-related deaths in the United States.

• Electrical accidents on the job cause an average of 13 days away from work and nearly one fatality every day.

• Approximately 62 percent of an estimated 32,807 nonfatal electrical injuries occurring between 1992 and 1998 were classified as electric shock and 38 percent as electric burns.

• The nonfatal workplace incidents that cause the highest number of days away from work include contact with an electrical current or a machine, tool, appliance or light fixture (38 percent), and contact with wiring, transformers or other electrical components (33 percent).

• Nonfatal electrical injury occurs most often to those who work with machines or tools and around electrical wiring other than power lines.

• Over the last 10 years, more than 46,000 workers were injured from on-the-job electrical hazards.

• During the work day, a worker is hurt every 30 minutes so severely from electricity that it requires time off the job.
DON'T GET SORE AT YOUR COMPUTER!

It's hard to imagine getting along without computers today. Many of us spend hours at the keyboard-both at home and at work-writing letters, reports, memos, keeping records, etc. With a computer, we can do most of our work sitting in one place-with little need to go to the file cabinet, the pencil sharpener, or the mailbox any more. As a result, many people stay fixed in front of their VDT monitor for hours at a time-which is not a normal, healthy way for the body to operate. Muscles, tendons, and joints put up with it for a while, but then give us feedback in the form of stiffness or pain in arms, wrists, shoulders, or back. Do you listen when your body talks, or do you wait until it shouts?

Discomfort may start as fatigue, mild soreness, or numbness. It can develop into chronic pain that doesn't go away for those who fail to heed the early warning signals. If you suffer such discomfort, it is probably because (1) blood circulation in your muscles is poor while you're working, and (2) you are holding stressful body positions for long periods of time.

Muscles are made for moving! Body movement circulates important oxygen and nutrients to muscle tissue. Strong muscles can be tensed and held without movement, for example when arm wrestling, but if "static" muscle contraction continues for very long, a substance called lactic acid is produced in muscle tissue, causing pain. This can happen over long periods of time when you ask your muscles to "hold you up" in your chair; "hold your head erect;" and hold your hands "suspended" over the keyboard or the mouse. A lack of active movement and healthy blood circulation often leads to muscle fatigue. It is particularly harmful if your arm must reach out from your body for long periods of time, to manipulate the mouse. What to do about the problem? Move! Stretch! Take breaks! Stretch again! Keep blood circulating through the chain of muscles in your upper body. Stre-e-e-t-c-h! Shoulders and upper back seem particularly vulnerable, so shrug, roll, and move them around often. Do this before your body starts shouting at you!

Put your joints in "neutral!" If the wrist is not maintained in a "neutral" position during prolonged computer use, operators may suffer maladies such as Carpal Tunnel Syndrome. Neutral, in this case, means the wrist must not be bent up or down, to one side or the other, while fingerling the keys or using the mouse. In very simple terms, a bent wrist can "pinch" nerves in the wrist over time, causing nerve damage and chronic pain. "Neutral" also applies to other parts of the body, which should be kept in the least stressful working position-with minimal effort needed to hold them there. What to do about work position problems? Raise, lower, or re-position your keyboard to keep your wrist in a neutral position and your elbows positioned close to your body. Obtain one of the many hand or wrist supports that help achieve the same goal. Locate the mouse in close proximity to the keyboard so you won't have to reach out, or arrange your work area so your working forearm rests on the surface of the desk. Raise the level of the monitor so your head rests squarely on your shoulders, and your neck and upper back muscles won't strain to hold it erect. Get acquainted with your chair—should it be raised or lowered? Use one of the many available "ergonomic" checklists to help you evaluate your work station.

Work station layouts and individual body types are all uniquely different, so there is no single, magic prescription. But there are a variety of solutions to help avoid muscle fatigue, stress, and pain. Every computer operator should learn which of these will work best for them.
In today’s overwhelmingly busy society, with ever increasing demands on our personal and professional time, learning to juggle multiple tasks at once is something we all must face on a daily basis. While it is not clear whether or not multitasking is effective or if it costs more time than it saves, multi-tasking while driving has sparked a national debate about distracted driving and the latest statistics prove that not focusing on the road can be deadly.

One of the most widespread forms of distracted driving, cell phone usage, has some alarming statistics. According to a Carnegie Mellon study, driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent, and a report from the National Safety Council reported that 28 percent of traffic accidents are caused by people talking on cell phones or sending text messages.

“Stopping distracted driving is a major initiative that we are undertaking, and one that we believe will make our roads significantly safer. While there are many forms of distracted driving, an obvious distraction for most people is using a cell phone while driving,” said LaHood. “We are working with states across the nation to pass legislation that authorizes law enforcement to stop and cite drivers who are texting while driving—one of the most dangerous forms of distracted driving.”

Texting is of heightened concern because it combines three types of distraction – visual, taking the eyes off the road; manual, taking the hands off the wheel; and cognitive, taking the mind off the road. According to the Insurance Institute for Highway Safety, drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.

While cell phones are a major focus of the distracted driving campaign, the National Highway Traffic Safety Administration (NHTSA) is encouraging people not to do any other task while driving, as distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing. This can include using a cell phone, eating and drinking, grooming, tuning the radio or even talking to passengers.

In 2008, nearly 6,000 people lost their lives and an estimated 515,000 people were injured in police-reported crashes in which at least one form of driver distraction was reported on the police crash report.

To tackle this ever-increasing problem, NHTSA is focusing on ways to change the behavior of drivers through legislation, enforcement, public awareness and education—the same tactics that have curbed drinking and driving and increased seat belt use.

“Decades of experience with drunk driving and getting people to buckle up has taught us it takes a consistent combination of education, effective enforcement, a committed judiciary and collective efforts by local, state and national advocates to put a dent in the problem,” said LaHood.

NHTSA’s message is simple—“Put It Down”; and it’s one that isn’t going to go away anytime in the near future. With supporters ranging from President Obama to Oprah and legislation passing across the nation to discourage distracted driving, drivers will hopefully get the message loud and clear, just like with the drunk driving and seatbelt campaigns that have helped make the roads safer.

So the next time you are pressed for time, and you consider multitasking while you’re driving, remember that the best multitasker knows that some things require your undivided attention, and you must know when you should put other things aside and focus your energy on the task at hand. Driving is definitely one of those times.

For more information please go to:  http://www.distraction.gov/