



SAFETY TIPS

Volume 25

Red Light Running Is DANGEROUS

Each year more than 850 people die and about 170,000 are injured in crashes caused by drivers running red lights, according to the National Highway Traffic Safety Administration's latest statistics.

Follow these safety tips when approaching an intersection with a traffic light:

- Approach the intersection anticipating that the light will turn red.
- Reduce your speed and anticipate a light change when you approach a "stale green" light (where the light has been green for some time). Cover the brake with your foot so you are

prepared to stop.

- NEVER drive through a red light. Always stop.
- Maintain a safe following distance so you can bring your vehicle to a controlled stop.
- Slow down and prepare to stop if the light turns yellow. A yellow light means clear the intersection and prepare to stop. It does not mean hurry up and try to beat the light. In many states it is illegal to accelerate on yellow if there is sufficient distance to stop your vehicle.
- When the light changes from red to green, hesitate at least two seconds before

pulling out. Do not instantly accelerate through the intersection. This will help prevent you being struck by a red light runner. Red light runners may not do it intentionally; they may be distracted or not notice the changing lights.

- Watch for approaching vehicles that may not be slowing down to stop.
- Check the cross traffic to make sure it has cleared the intersection.
- Look left, right and then left again before proceeding.
- In states where it is legal to make a right turn on red; always come to a complete stop before turning. After the complete stop, check cross traffic and yield to pedestrians and oncoming vehicles. Then you may turn if it is clear to do so. Always look in the direction you want to go before you move. Many drivers do not perform that simple step. It will help prevent striking pedestrians crossing in front of you or other motorists who may have come up beside your vehicle.

THE MAGIC TOUCH

A great way to beat stress is massage. Therapeutic massage has been shown to improve the flow of blood and lymph in the body and to relieve muscle tension.

Can't afford a masseur or masseuse? Don't like other people touching you? Try do-it-yourself acupressure.

Benefits of Using Acupressure include relieving pain, balancing the body, and maintaining good health. Acupressure's healing touch reduces tension, increases circulation, and enables the body to relax deeply. By relieving stress, acupressure therapy strengthens

resistance to disease and promotes wellness.

Like acupuncture, acupressure relieves stress by balancing the flow of energy through our bodies. Western medicine explains the same effect by saying the pressure stimulates the brain's release of endorphins, chemicals that reduce stress and promote a feeling of well-being.

Close your eyes and try each of these acupressure points for one minute:

Forehead: Place your index fingers an inch apart directly above

All drivers should remember that the few seconds they think they save by running a red light are not worth the risk of injuring or killing themselves or other. Obeying red light signals can prevent thousands of tragic crashes.

Report Close Calls - It's Your Responsibility

A worker spotted his partner side-grinding without wearing a face shield and reminded him that grinding wheels can disintegrate. About three minutes later, that's exactly what happened. Thankfully, the worker had followed his co-worker's advice and donned a face shield. He wasn't hurt.

Such incidents are typical examples of thousands of close calls occurring in workplaces around the world every day. It's been estimated that for every serious injury, there may be 600 close calls.

Letting unsafe situations slide without reporting them to your supervisor is like telling your co-workers: "I escaped with eight of my nine lives intact. Let's see if you can do the same." Imagine the guilt you would feel if a serious injury or fatality took place because the victim wasn't told of a potential hazard that you were fortunate enough to survive without getting hurt.

Close calls can be caused by a number of situations, some working in tandem. Here are a few examples:

- Poor machinery or tool maintenance.
- Failure to wear personal protective equipment.
- Inadequate machine guarding.
- Falling, tripping or slipping as a result of poor workplace housekeeping.
- Ineffective training and supervision.

Perhaps you experienced a close call or "near miss" today or this week without even realizing it. Did you step over a spill in the coffee

room? Slips and falls are the third leading cause of disabling injuries in North America. Have you opened a door in your work area lately, only to discover someone else coming right at you? What if that person was carrying boxes or you didn't look up in time?

While it is the supervisor's responsibility to look at immediate and underlying causes for the incident and develop an action plan for prevention, it's your responsibility to report close calls. Working with your supervisor will ensure close call incidents are eliminated.

Does a spill in the coffee room have to be reported? Maybe not, but it would only take you 30 seconds to wipe up that spill. If there are strict regulations in your workplace when it comes to such duties or if you are not sure what the spill is, then yes - it is your responsibility to report this spill - no matter how small - to your supervisor. How about bumping into someone like in our second example? Perhaps your supervisor is unaware of this hazard. It needs to be brought to his or her attention to see if something can be done about it. Nothing can get done if it isn't reported.

After experiencing a close call the usual response is to dust yourself off, consider yourself lucky and go on with your work without reporting the incident. Safety has nothing to do with luck. A close call is a red flag warning you that something is wrong. Report all unsafe work practices to your supervisor.

FMCSA Warns Drivers Against Use of Anti-Smoking Medicine

On June 2, 2008, the Federal Motor Carrier Safety Administration issued a statement saying that drivers of commercial vehicles, including motorcoaches, school buses and vans, should not use the FDA-approved stop-smoking drug Chantix because of its potential side effects.

FMCSA said that drivers who use Chantix should not be medically qualified and approved for driving by medical examiners. You should ensure that your drivers who are medically certified but using Chantix either stop using the drug or stop driving.

Magic Touch

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your eyes at the hairline. Make slow inward circles. This is also helpful for tension headaches.

Eyes: Press lightly at the inside corners of your eyes.

Abdomen: Apply pressure to the spot 1 1/2 inches below your belly button.

Hands: Using your thumb and index finger, pinch the point in the web of skin between the thumb and index finger of your opposite hand.

Wrist: Apply pressure to the spot on the underside of your arm in the middle of the wrist, two finger widths from the crease where your hand bends.

Fingers: Apply pressure, using your thumb and middle finger, to the bottom corner of the fingernail on the thumb side of the middle finger of the opposite hand.