

## **Oregon Military Department**

# **SAFETY LINE**

**October 2008**

Welcome to the Oregon Military Department's Quarterly Newsletter. We hope this newsletter will bring important and enlightening safety related topics to the forefront.

### **UPCOMING EVENTS – DATES TO REMEMBER**

#### ***FREE Health, Wellness and Job Fair***

The Oregon Military Department is hosting two Health, Wellness and Job Fair's in January 2009. Both of these events are FREE and open to the public.

The first Fair will be held at Camp Withycombe in Clackamas on Tuesday, *January 20<sup>th</sup> from 8:00 am to 4:00 pm*. The second Fair will be held in Salem on *Saturday, January 31, 2009 from 8:00 am to 4:00 pm and Sunday, February 1st from 10:00 am to 4:00 pm* at the Salem Auditorium.

Both fairs will offer job booths represented by several State Agencies and also the Federal Human Resource Office. There will also be representatives from various companies or businesses that relate to Health and Wellness. Some of the free services that will be provided are chair massages, chiropractic spinal scans, body mass index (BMI), blood pressure checks, etc. There will also be door prizes given away.

Further details will be provided in the near future.

### **WORKERS' COMPENSATION STATISTICS**

**Workers Compensation Claims for 2008** – The Oregon Military Department has 33 workers compensation claims for 2008 as of October 1st plus 11 Incident Reports (Near Misses). We finished out 2007 with 35 SAIF claims. Laceration is now our biggest percent of injuries at 26% with Strains following closely at 24%. These numbers indicate we need to think safety when working around sharp objects, bending, twisting and lifting heavy items. The cost associated with Lacerations so far for 2008 is \$90,701. Our total costs associated with SAIF Claims for the last 9 months of 2008 are \$99,196. This cost is eventually passed on to each programs operating budget within our agency. This means fewer dollars available to be spent on other program operating needs such as new equipment and training. Our agency's cost for workers compensation for the 09-11 biennium is going to be \$1,045,656 which is based on past workers compensation claim costs. This is an increase of \$446,990 over the 07-09 bienniums.

***SAFETY STARTS AT HOME***  
***Safety Education for Children***

The Community Safety Net's (CSN) website provides child friendly educational safety information. The site offers free information on fire and drug safety, a kids only section that offers online games and puzzles, links to other safety related websites and downloadable tips on a range of topics including animal safety, holiday safety and household safety. For more information, visit their site at [www.communitysafetynet.com](http://www.communitysafetynet.com)

***Winter Heating Reminder***

The Oregon State Fire Marshal and the Oregon Dept. of Energy are urging you to remember safety and caution when heating your home this winter. Due to record high heating costs this year, more families will be looking for alternative heating sources. If you choose to use a fireplace, woodstove or portable heater, please remember to be safe. Homeowners need to have the chimneys and flues on fireplace and woodstoves cleaned and inspected regularly. Also, be sure to give heaters their space, keeping them away from combustible materials. According to the State Fire Marshal's office, there were 1,227 fireplace or woodstove caused fires in Oregon from 2003 through 2007 resulting in 4 deaths and 9 injuries. During the same time period there were 1,368 electrical caused fires, many related to portable heaters and other home heating equipment. A reminder there is help for low income customers paying utility bills and weatherization. For a list of utilities, state and local social resources, go to the Dept of Energy's web site at [www.oregon.gov/ENERGY/](http://www.oregon.gov/ENERGY/) or call 1-800-221-8035. For more information on home fire safety, please visit [http://www.oregon.gov/OSP/SFM/FPW\\_2008.shtml](http://www.oregon.gov/OSP/SFM/FPW_2008.shtml)

***Are You Wired for Safety?***

The Holidays are fast approaching and so is the increase of home fires. Here are a few tips on how to keep your Holiday's fun and festive.

1. Don't run cords where people walk or under rugs or furniture
2. Only use cords outdoors that are marked for outdoor use. Use three-pronged, grounded, heavy-duty extension cords.
3. Do not overload a circuit. As a general rule, don't plug appliances into the same circuit if the combined wattage exceeds 1500 watts.
4. Signs of problems in your electric system include blown fuses, tripped circuit breakers, dim or flickering lights, buzzing sounds, odors, hot switch plates, loose plugs and damaged insulation.
5. Turn off the switch and/or unplug decorations when replacing light bulbs.
6. Never leave an unattended burning candle.

***Restrain Your kids, Please***

The National Highway Traffic Safety Administration offers the following four tips on protecting young children when riding in your vehicle:

1. Best possible protection is to keep infants in the backseat in rear-facing child safety seats, at a minimum of age one and at least 20 pounds.
2. When a child outgrows their rear-facing seat, they should ride in forward-facing child safety seats in the backseat usually until age 4 and 40 pounds.
3. Once children outgrow the forward facing seats, they should ride in booster seats in the backseat until the vehicle's seat belt fits properly, usually age 8 or when they are 4 ft, 9 inches tall.

For more information on proper use of booster seats, please visit [www.nhtsa.gov](http://www.nhtsa.gov)

***QUARTERLY SAFETY TOPIC***  
**Foul Weather Driving**

With Winter fast approaching, drivers need to be more alert to constant changes in weather conditions and how they impact your driving.

Here are some Foul Weather Driver Alert Tips:

1. Be sure your lights, windshield wipers and tires are in good working condition
2. Carry snow and ice removal and traction materials in cold winter climates
3. Slow down and stay at least four seconds behind the vehicle in front of you
4. Be prepared to respond quickly if other drivers lose control
5. Use lights, windshield wipers and defrosters
6. Keep in mind that roads are most slippery when they're just a little wet
7. Slow down when you go through puddles. Tap our brakes, and test them once through the puddle
8. Clear any snow and ice off the car before you drive
9. Remember that ice forms first on bridges and lasts longest in shady spots.
10. If you skid, take your foot off the gas and brake (unless you have ABS) and steer gently into the skid to get the wheels rolling again
11. Slow down gradually in fog and avoid passing

Your vehicle's emergency kit should include:

- Spill proof container of sand or cat litter
- Ice scraper, snow brush and small folding shovel
- Blanket (to keep warm while waiting for help after a breakdown)

***SAFETY EVENTS/TRAINING OPPORTUNITIES***

**OSHA** - Oregon OSHA provides free safety training to all state employees. Check out the OSHA website at <http://www.osha.org/pdf/pubs/catalogs/3447b.pdf>

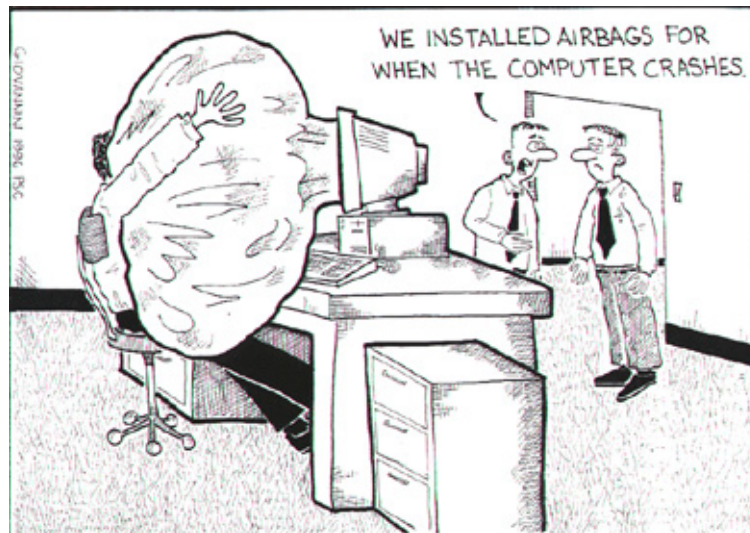
GOSH Conference (Governors Occupational Safety & Health Conference) – The 2009 GOSH Conference is scheduled for March 9th through the 12th in Portland at the Oregon Convention Center. More details will be available in future months.

***REMINDERS/NOTES FROM THE SAFETY MANAGER***

**Safety Newsletter** – You can find this and previous newsletters posted on your Safety Bulletin Boards and on the AGP website at <http://www.oregon.gov/OMD/AGP/index.shtml>. Because this is your newsletter, I encourage you to provide feedback or topics that are safety related you would like to see addressed. If you have any suggestions or ideas, please contact me at 503-584-3581 or email me at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us).

**Suggestion Box, Location & Forms** – There is a Safety Suggestion Box located just off the Drill Floor at JFHQ in which you can suggest, comment or report safety violations. There is also an anonymous form you can use to report safety issues if you are uncomfortable with giving your name. This form can be found on the Safety Bulletin Board or on the AGP website. All safety concerns will be reviewed by the Safety Committee at the next scheduled Safety Committee Meeting the month following the receipt of the concern. The results of such review will be indicated in the safety minutes which are posted on the Safety Bulletin Board and on the AGP website.

## Safety Funnies



### DID YOU KNOW?

**Safety Committee Minutes** – All Safety Committee Minutes should be posted to a bulletin board or to a website that all employees can access.

**Safety Committee Members** – Do you know who your safety representatives are? See Safety Meeting Schedules and Chairpersons located at the end of this newsletter. If you are still unsure, please contact me and I will find out for you.

**Safety Committee Member Training** - All safety committee members are required by OSHA to attend at least three training programs to include Hazard Identification, Accident Investigation and Safety Committee Basics Training. If you are a Safety Committee member and have not attended any of these classes, please talk with your supervisor or call me to get you started. You can find a list of OSHA classes on their website at <http://www.orosha.org/pdf/pubs/catalogs/3447a.pdf>. All OSHA classes are free to state employees and are available all over the state.

SAIF Corporation also offers group training on safety related items such as fork lift training, ladder safety, confined spaces, etc. If you are interested in having a Loss Control Consultant provide some training at your facility, please contact me at 503-584-3581 or send me an email at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us) and I will work with SAIF to facilitate that training.

### SAFETY MEETING SCHEDULES & CHAIRPERSONS

LOCATION	CHAIRPERSON	MEETING DATES	MEETING TIMES	CONTACT NO.
<b>JFHQ &amp; Readiness Ctrs Region 2 thru 8</b>	Frank Wallace	2nd Tuesday each month	1:30 PM	503-557-5970 or 503-472-5449/62
<b>Camp Withycombe CSMS &amp; State Shop</b>	Steve Courtain	Monthly	9:00 AM	503-557-5425
<b>Portland Airbase CE</b>	Scott Lusted	Monthly		503-335-4482
<b>Portland Airbase FD</b>	Paul Looney	Monthly		503-335-4888
<b>Camp Rilea</b>	Ken Klee	Monthly		503-861-4178
<b>Klamath Falls FD &amp; CE</b>	Gene Hurst	Monthly		541-885-6381
<b>JFHQ Federal Safety Committee</b>	Marylyn Woodward	Quarterly		503-584-3222
<b>Youth Challenge Program (YCP)</b>	Karen Rawnsley	Quarterly	2:30 PM	541-317-9623 ex 226