



Safety Topics

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Words of Wisdom

God gave us two ears but only one mouth. Some people say that's because He wanted us to spend twice as much time listening as talking. Others claim it's because He knew that listening was twice as hard.

Slips, Trips and Falls

Slips and trips continue to cause us problems. No matter which division of imi you work for, we all have trouble with slips and trips. Many of the incidents involving slips and trips result in broken bones, contusions, pulled muscles, strains, and as often as not, embarrassment. Have you ever slipped and thought that you just made a fool of yourself and then quickly looked around to see if anyone else saw you?

You know, bipedal motion is inherently unstable. Stop and think about how much more stable are creatures with four legs. Each step by us humans has a moment of instability built in when only one appendage is touching a walking surface. What that means is that we are vulnerable to the slightest complication or obstacle. Every step could lead to a slip, trip, and fall. Now add climbing, adverse weather conditions, or poor housekeeping to the mixture.



Did you know that during normal walking the average person only raises their foot about 3/8 inch to 1/2 inch above the walking surface? If you are in a hurry you may raise that foot as much as 5/8 inch. (This does not include full bore running, since we don't do that at work, except maybe at quitting time). How many things can you think of that could potentially present a tripping hazard when we only lift our feet less than half an inch? A pencil or a pebble is about that size. Air hoses, ropes, water hoses, etc are all greater than half an inch. Think about the pencil, it may be smaller than what our feet will clear, but what happens when we come down on top of that pencil with our heel? Now there is a wheel under our foot.

The importance of friction!

Friction, the resistance of one surface against another, keeps us from slipping and falling more than we do. Many of our work areas have the potential for oil or

grease or even water to be on the walking surfaces. All three of these liquids are used to reduce friction, and they work very well for that. The same characteristics of these liquids that make sliding parts move past each other with less effort will work to make the sole of your shoe slide on walking surfaces more easily. Mud or slurry or ice will do the same thing.

Preventive measures . . .

However menial housekeeping may seem to you, it is the single most important preventive measure that we must take to minimize the potential for slips, trips and falls. The housekeeping that I am talking about goes beyond using a broom and mop in working and break areas. Also included would be doing what you can to minimize ice with the application of ice chaser, taking the time to clean up and dispose of spilled oil products, consciously not tracking mud into areas where other people will be traveling, and above all, taking an active role in the prevention of potential injury hazards.

Things to remember!

- Housekeeping – everywhere, all the time – it's everyones responsibility
- Always use 3 points of contact when climbing
- Don't carry awkward loads that limit your lines of vision without first planning your route and getting assistance when necessary

For What It Is Worth!!

Memory Problems

Two elderly couples were enjoying friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?"

"Outstanding," Fred replied. "They taught us all the latest psychological techniques - visualization, association - it made a huge difference for me."

"That's great! What was the name of the clinic?"

Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked, "What do you call that red flower with the long stem and thorns?"

"You mean a rose?"

"Yes, that's it!" He turned to his wife. . . "Rose, what was the name of that clinic?"

The Goal Is Clear!
2007 As Our Safest Year!!

