

SIGNAL[®] SAFETY

BULLETIN

"The Safety of Employees is an Investment in Success"

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Arrive Home Alive.

The 10 Minute Safety Systems Health Check

By Michael D. Crucefix

Many small organizations don't have the resources to determine the level of risk associated with their company. They sometimes ignore the importance of risk and hazard identification simply because they don't understand the benefits of good safety and health systems. Larger companies usually have internal resources and budgets to manage their individual safety and health processes where smaller organizations may not know how it can make them more competitive.

This being the case, the Safety Systems Health Check was designed to be of most interest to organizations small in size. Sit down, take 10 minutes and complete the checklist and see how good or not so good your company really is against a standard.

The Warm Up

Before commencing with the Safety Systems Health Check, rate the current health and safety processes at your company already in place. Using the following scale consider 1 as the worst and 10 as the very best.

1	2	3	4	5	6	7	8	9	10
<i>very low</i>					<i>very high</i>				

When you have completed the Safety Systems Health Check compare your initial score with the actual score and see how the company did!

The 10 minute Safety Systems Health Check can help assess the current strength of the health and safety program in your company. Each section contains a related health and safety subject. Read each question and answer with a "Yes", "No" or "Partly". Assign 1 point for Yes, 0 for No and ½ point for the category Partly.

Simply answer each of the questions by placing a check mark in the appropriate space. When completed, use the scale (found at the end of this article) to determine the level of the health and safety systems.

If you determine through the Safety Systems Health Check that the company is healthy, consider moving up to a more difficult assessment tool to assess the health and safety performance and systems. The Safety Systems Health Check Level 2 will be available in a follow-up article.

Good luck and lets get started with the 10 Minute Safety Systems Health Check.

continued on page 3

Sunglasses, More Than a Fashion Statement

We all know the importance of using sunscreen to protect our skin from the sun's harmful rays, but what about protection for our eyes?

July is UV Safety Month, and, eye doctors across the nation are urging Americans to protect their eyes and their children's eyes by wearing sunglasses and wide-brimmed hats.

"Recent studies have shown that prolonged exposure to the sun's invisible, high energy ultraviolet rays without protection may cause eye conditions that can lead to vision loss, such as cataracts and age-related macular degeneration," said Dr. William Potter, an ophthalmologist practicing in Greenwich, CT. "During the summer months the level of ultraviolet radiation is three times greater than in the winter."



Sunglasses and a wide-brimmed hat are the best defense system for your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast.

But what type of sunglasses should you buy? "The most important thing is to purchase sunglasses that block 99 to 100 percent of UV-A and UV-B rays," said Dr. Potter. "Don't be misled by the color of the lens or the price tag dangling from the frame."

The ability to block UV light is not dependent on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface. And as for the cost, many \$10 sunglasses provide equal or greater protection than a \$100 pair. With expensive sunglasses, you're paying for style, frame quality and options such as scratch-resistant coatings, and not necessarily protective UV ray blocking ability.

In addition to the damage caused by repeated sun exposure over time, you need to protect your eyes from acute damage caused by a single day in the sun. Excessive exposure to ultraviolet light reflected off sand, snow or pavement can burn the eye's surface. Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life.

Eye health care is provided by the three "O's" – opticians, optometrists and ophthalmologists. It is the ophthalmologist, or eye doctor, who can treat it all – eye diseases and injuries, and perform eye surgery.

source: www.ao.org

Supervisor's Corner

25. Recognize And Utilize

The supervisor who develops good employees by recognizing and utilizing all their abilities is the one who will have a smooth working group with minimum turnover.

We see waste everywhere until we almost accept it as a way of life: the forests made naked by the careless smoker; the dripping faucet that, in time, could fill a swimming pool; the wasted gasoline pouring through the poorly adjusted carburetor; the meat that spoiled because someone forgot to freeze it; the fresh fruit lost because it was frozen. But what of the waste where human relationship is concerned—where we are dealing directly with the most important, most complicated and perishable commodity of all, the human machine?

"Most supervisors know that it takes a lot of extra effort to break in a new employee but they don't think of it in terms of money," a controller told a group of supervisors. "When training a new employee you still have normal production to consider. Your production record on that person's work is low. In addition some other worker must wait for instructions while you help the new worker, so that worker's production is also low. Then add the cost of extra tools and loss of time for other reasons, and you still have only a part of the cost of hiring a new employee.

"It takes real leadership to keep people from leaving a job when they think they are offered something better elsewhere. The skilled leader is thoughtful, courteous, tolerant and talks to the group about their personal interests. This skilled leader also keeps them informed, points out the stability of the present job and the problems of adjusting to different working conditions and new associates, giving them a feeling of security.

"A department head can do more to keep good people than any other single factor management can offer. Through good human relations with employees, you can make them feel contented and useful—not displeased with their work and with management in general.

"Remember the delicate balance of the human mechanism the next time you set your watch. Consideration of your fellow human is hardly a waste of time."

Source: www.safetyinfo.com

Lightning Equals Danger

Summer is the peak season for one of the nation's deadliest weather phenomena - lightning. But don't be fooled, lightning strikes year round. The goal of this Website is to safeguard U.S. residents from lightning. In the United States, an average of 58 people are killed each year by lightning. To date, there have been 9 lightning deaths in 2010. Lightning is a serious danger. Hundreds of people are permanently injured each year. People struck by lightning suffer from a variety of long-term, debilitating symptoms, including memory loss, attention deficits, sleep disorders, chronic pain, numbness, dizziness, stiffness in joints, irritability, fatigue, weakness, muscle spasms, depression, and more.

For more useful information go to: www.lightningsafety.noaa.gov

continued from page 1

Section 1

Management Support/Commitment

1. Does the company have a written Health and Safety Policy Statement? Yes _____ No _____ Partly _____
2. Does the company have a Health and Safety reference manual? Yes _____ No _____ Partly _____
3. Does senior management take a personal interest in Health and Safety? Yes _____ No _____ Partly _____
4. Does the senior manager encourage employees to work safely and follow established rules? Yes _____ No _____ Partly _____

TOTAL

Yes _____ No _____ Partly _____

Section 2

Inspections

1. Are workplace inspections conducted monthly? Yes _____ No _____ Partly _____
2. When hazards are found, are they corrected quickly? Yes _____ No _____ Partly _____
3. Are inspection results shared with employees and/or the Joint Health and Safety Committee? Yes _____ No _____ Partly _____
4. Are records kept for comparison reasons? Yes _____ No _____ Partly _____

Total

Yes _____ No _____ Partly _____

Section 3

Training

1. Are all new employees given an orientation to the company and its systems? Yes _____ No _____ Partly _____
2. Does the company provide on the job skills training for all new employees? Yes _____ No _____ Partly _____
3. Is Health and Safety part of all employee training programs? Yes _____ No _____ Partly _____
4. Is specific Health and Safety training provided to supervisors and managers? Yes _____ No _____ Partly _____
5. Has the most senior manager taken any specific Health and Safety training? Yes _____ No _____ Partly _____
6. Does the company have any written Health and Safety training Programs? Yes _____ No _____ Partly _____

Total

Yes _____ No _____ Partly _____

Section 4

Rules

1. Does the company have general Health and Safety rules? Yes _____ No _____ Partly _____
2. Are all employees aware of the general Health and Safety rules? Yes _____ No _____ Partly _____

3. Does the company have specific rules for hazardous jobs? Yes _____ No _____ Partly _____
4. Are all Health and Safety rules enforced? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 5

First Aid

1. Does the company have qualified first aid trained employees? Yes _____ No _____ Partly _____
2. Is there at least one suitable first aid kit at the company? Yes _____ No _____ Partly _____
3. Are records kept of all injury treatments? Yes _____ No _____ Partly _____
4. Are all emergency telephone numbers with the first aid kit or the switchboard? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 6

Evacuation and Fire Prevention

1. Does the company have an emergency plan? Yes _____ No _____ Partly _____
2. Have all employees been trained in the company emergency plan? Yes _____ No _____ Partly _____
3. Does the company have fire extinguishing equipment? Yes _____ No _____ Partly _____
4. Does the company have fire/smoke warning devices? Yes _____ No _____ Partly _____
5. Are all employees trained in the proper use of fire extinguishers? Yes _____ No _____ Partly _____
6. Is all fire fighting equipment inspected regularly by qualified people? Yes _____ No _____ Partly _____
7. Has the local Fire Department inspected your company within the last two years? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 7

Joint Health and Safety Committee

1. Does the company have a Joint Health and Safety Committee? Yes _____ No _____ Partly _____
2. Does the committee assist with workplace inspections at the company? Yes _____ No _____ Partly _____
3. Does the committee assist with accident/incident investigations? Yes _____ No _____ Partly _____
4. Does a committee member co-sign any reports? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 8

Health and Hygiene

1. Do all employees understand the difference between health and hygiene? Yes _____ No _____ Partly _____
 2. Have all employees been fully trained and educated regarding Hazard Communication (Right to Know)?
Yes _____ No _____ Partly _____
 3. Do employees know how to read (MSDS) Material Safety Data Sheets? Yes _____ No _____ Partly _____
 4. Are all chemical agents at the company properly labeled? Yes _____ No _____ Partly _____
 5. Do employees understand the meaning of the symbols on the labels? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 9

Personal Protective Equipment (PPE)

1. Do all employees wear PPE when required? Yes _____ No _____ Partly _____
 2. Are employees trained in the use and care of specific PPE? Yes _____ No _____ Partly _____
 3. Do all employees understand what kinds of PPE are available? Yes _____ No _____ Partly _____
 4. Is PPE readily available? Yes _____ No _____ Partly _____
 5. Is the wearing of PPE enforced? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 10

Accident/Incident Investigation

1. Are all personal injuries investigated? Yes _____ No _____ Partly _____
 2. Are all incidents involving a dollar loss investigated? Yes _____ No _____ Partly _____
 3. Are all investigations in written form? Yes _____ No _____ Partly _____
 4. Is the written information reviewed for trends? Yes _____ No _____ Partly _____
 5. Is the Joint Health and Safety Committee involved in accident/incident investigation?
Yes _____ No _____ Partly _____
 6. Are all sub-standard findings corrected in a timely manner? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 11

Promotion

1. Does the company make an organized effort to promote Health and Safety? Yes _____ No _____ Partly _____

2. Do you display Health and Safety posters? Yes _____ No _____ Partly _____
3. Does the most senior manager of the company ever show support for Health and Safety (i.e. posted letters of encouragement and appreciation?) Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 12

Records

1. Are records kept of all workplace inspections, accidents, training and emergency situations? Yes _____ No _____ Partly _____
2. Are all records available to the Joint Health and Safety Committee? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____

Section 13

Summary

1. Does the company understand the need for Health and Safety Systems? Yes _____ No _____ Partly _____
2. Can the company see the benefit from a Health and Safety System? Yes _____ No _____ Partly _____
- Total** Yes _____ No _____ Partly _____
- Grand Total** Yes _____ No _____ Partly _____

Score Sheet (Total the score and compare the final rating with the "How Do You Rate" chart below.)

40 – 56	SOUND EFFECTIVE PROCESS
30 – 39	GOOD PROCESS
25 - 29	FAIR PROCESS BUT IN NEED OF SOME RE-DESIGN
15 – 24	POOR PROCESS – NEED HELP
0 - 14	SUB-STANDARD, COSTS HIGH, ACCIDENTS/INCIDENTS HIGH

ACTION REQUIRED (CHECK ONE BASED ON THE SCORE)

- Yes/No Re-evaluate in 120 days using this same 10 Minute Safety Systems Health Check.
- Yes/No Contact Signal Administration, Inc., for direction and assistance.
- Yes/No Go onto the Safety Systems Health Check Level 2 (Available in a follow-up article)

References: THIHSEP –Tourism and Hospitality Industry Health and Safety Education Program
 Practical Loss Control Leadership – Frank E. Bird, George L. Germain

Men's Health in National Spotlight Recently

Many men know their favorite sports team's stats but have no idea about their own vital numbers related to blood pressure, blood sugar, cholesterol, body mass index (BMI), and more. The Centers for Disease Control (CDC) and other groups are encouraging males everywhere to know and understand such numbers, which can provide a glimpse of their health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more.

Men can be safer, stronger, and healthier at work, home, and play by taking daily steps and getting care when needed. CDC notes that improving men's health is not limited to the doctor's office or hospital but actually starts at home with individuals and families taking steps to live safer and healthier lives. Doctors, nurses, and other health care professionals can and should be consulted for what tests are needed and how often. In the event that some health-status numbers are high or low, the professionals can explain what they mean and make recommendations to help get them to a healthier range. CDC estimates that, daily, 11,500 private sector workers have a non-fatal work-related injury or illness, and, as a result, more than half require a job transfer, work restrictions, or time away from their jobs. With a goal of drastically lowering that number, the agency offers men the following advice for working safely:

- **Know what your job requires**
- **Use safety equipment**
- **Take breaks and rest when needed**
- **Use and carry tools and equipment properly**
- **Select the correct tools and equipment**
- **Get proper training**
- **Get assistance when needed**
- **Take precautions to prevent injury**
- **Use chemicals and other hazardous substances with care**

Outside of work, in the overall interest of maintaining a healthy existence, men should pay attention to signs and symptoms in general, CDC says. "Discharge. Excessive thirst. Rash or sores. Problems with urination. Shortness of breath. These are only a few of the symptoms that males should pay attention to and see a doctor about if they occur," the agency notes. "It could be a symptom for a sexually transmitted disease, diabetes, heart disease, cancer, or other conditions or diseases. If you have symptoms, be sure to see your doctor right away. Keep in mind that a physical exam, screening, or test may be needed to correctly diagnosis and treat a problem. Also, some diseases and conditions do not have symptoms. That's why it's important to get regular check-ups.

Another simple-to-understand but not always easy-to-achieve directive for good health: Get enough sleep. CDC says insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. "Moreover," the agency says, "insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous -- and preventable -- as driving while intoxicated. Adults should get 7-9 hours of sleep per night according to the National Sleep Foundation."

For more insight about men's health --and tools designed to encourage it -- visit www.cdc.gov/features/healthymen/.

July is National Grilling Month: Safety tips for grilling

The National Fire Protection Agency reports that about 1,000 structure fires and 3,400 outdoor fires were caused by barbecue grills in one recent year.

It's important to realize that safe grilling begins before the cooking starts.

With gas grills, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is. Never use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is at least three feet away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you are ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm.

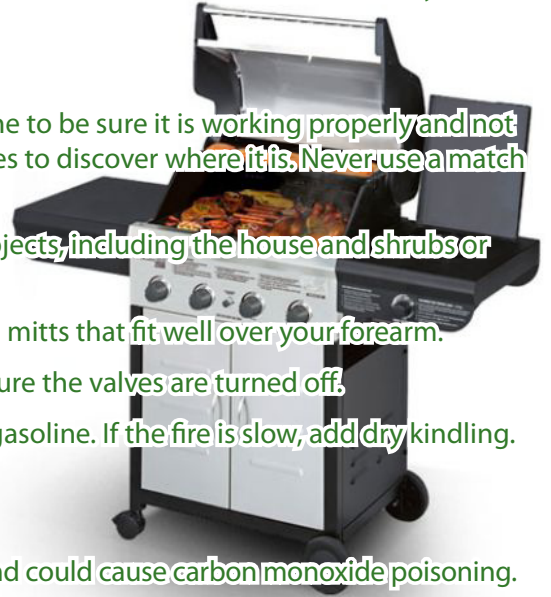
When the party is over, store the grill outside and away from the house. Make sure the valves are turned off.

For charcoal grills, use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash.

Never use a barbecue grill indoors or in an unventilated space. It's a fire hazard and could cause carbon monoxide poisoning.

And now, since you know what you need to do to be safe, grill to your heart's content.



Source: www.busy-moms-online.com

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