

# SIGNAL<sup>®</sup> SAFETY

## BULLETIN

"The Safety of Employees is an Investment in Success"

April 2010 Volume VI Issue IV



## What's Your Problem?

*Have your employees slipped, tripped or fallen?*

*Have your employees experienced back strains while lifting, pulling or pushing?*

*Have your employees been struck by mobile equipment?*

*Have your employees gone into confined or enclosed spaces?*

If not, I am surprised, because these are the leading causes of claims within Signal. As an employer you need to protect your workforce so you can be efficient, competitive, profitable, and meet your legal obligations.

There is good news. Signal has recognized these problem areas and has developed a course to offer practical solutions. During May and June, you will have the opportunity to send your managers, supervisors and other employees to a Port near you for this FREE one-day course. This is an exclusive benefit to Signal Members. Take advantage of this opportunity to sign up several of your team members. Watch your email and Signal's website for further details regarding dates, locations, and registration.

**SIGNAL**

**HAZARD IDENTIFICATION**

SLIPS, TRIPS & FALLS	BACK CARE
CONFINED SPACE	PEDESTRIAN SAFETY

**Arrive Home Alive<sup>™</sup>**

## YOUR HEALTH

### April is Alcohol Awareness Month

When we think of alcohol abuse, we tend to stereotype homeless people or college students. But in reality, alcohol is abused by people of all races, genders, economic status' and ages. Whether you party on the weekends, hit up happy hour at the end of a long day, drink out of loneliness or boredom or binge drink, take a few moments out of your life this coming month to simply evaluate your habits.

#### Do you:

- Forget things or black out when you're drinking?
- Drink alone when you feel sad?
- Get hangovers after drinking?
- Worry family members about your drinking?

If so, here are a few ways you can help yourself to cut back on your drinking:

• **Set a drinking limit.** You may choose to set a limit for yourself by cutting your drinking down by a drink or two or even choose not to drink at all for a specific amount of time. Look at the reasons why you think you may want to cut down on your drinking. Do you want to be healthier? Do you want to sleep better or eliminate arguments with family and friends?

• **Write it down.** Many times when we write things down, they become clearer to us. Write down every time you have a drink and when you had that drink. You may shock yourself at how quickly they add up.

• **Try limiting the amount of alcohol you have at home.** Keep a small amount or no alcohol at all at home. This may help limit drinking out of boredom or stress.

• **Drink slower.** Take a break in between drinks. Have a glass of water, soda water or juice to slow your alcohol intake.

• **Be active.** What do you enjoy doing? Maybe you like to walk, go for a jog or play a sport. Try not going out for that extra happy hour and instead, go do something you love. Keep your body healthy and fit. You may find that your body feels better without the alcohol.

• **Just say "NO".** Do your friends pressure you to drink? If so, take a firm but polite stand and simply say "no". Maybe you feel better when you don't drink. If that's the case, then say so. Your true friends will understand.

• **Watch out for temptations.** Avoid places, times or people that may influence you to drink. Instead, take a different route home or offer to do something in place of drinking with those people who may influence you to drink.

• **Lean on family and friends for support.**

The people who love you the most will be the people who will be there for you when you need a little support. Don't feel embarrassed to make a phone call and ask for a little help. You would do the same for them.

• **Stick with it!** Just like anything else, cutting something you like out of your life is hard. But if you don't do it the first time around, be gentle with yourself

[www.thecoolspot.gov](http://www.thecoolspot.gov)

[www.niaa.nih.gov](http://www.niaa.nih.gov)

<http://yeahtips.com>



## Supervisor's Corner

### 23. Think Twice

Finesse gets big things accomplished. It puts oil on troubled waters-the soft way of presenting the hard truth, the agreeable way of disagreeing. It isn't necessary to carry an attache case to be a diplomat. Every day we meet new problems face to face. The manner in which we handle each problem can be the solution.

We all appreciate and respond to tact. Without tact we can learn little. It works equally well in all situations. We are more alike than we are different even though our various job classifications could fill volumes. Courtesy and consideration for the feelings of others are things we can carry with us whether we work in business suits or overalls. We all like to be treated with a reasonable amount of respect and we react to a situation in the same manner in which we are approached.

Think twice before you speak and you will say and do the right thing in the right way at the right time. Be sincere, respectful and thoughtful when you do speak, and wear that most important item, a friendly smile. The embarrassment, pressure and trouble you save could be your own.

The 26 "Points for the Successful Supervisor" will continue in future newsletters.

Source: [www.safetyinfo.com](http://www.safetyinfo.com)



Signal/NAWE



Maritime Conference

Fairmont Chicago Millennium Park Hotel  
Chicago, IL

June 3 - 4, 2010

Two complete days of intriguing topics. Signal has joined with a new collaborator, the [National Association of Waterfront Employers](http://www.nawe.org). Combining their individual commitments to providing quality education for maritime professionals Signal and NAWE have created a unique learning experience for the Chicago conference. Attendees are invited to "Go Back to School" and investigate the history, intent and language of the Longshore Act that is rooted squarely in maritime law.

For more information please go to Signal's website at [www.signalmutual.com](http://www.signalmutual.com) or contact Jennifer Pappas at [jennifer.pappas@signal-ctc.com](mailto:jennifer.pappas@signal-ctc.com).

## OSHA VIOLATIONS: MOST COMMONLY CITED OSHA SAFETY VIOLATIONS 2009

David Letterman has his Top 10- list and so does OSHA! OSHA just released the top 10 most frequently cited violations of OSHA standards for all companies and industries in 2009. Here it is with the regulation, a general description and the total of penalties assessed: (source: [National Safety Council](#)) The NSC notes that the number of top 10 violations has increased almost 30 percent over the same time period in 2008.

**1. Scaffolding** - 9,093 violations - Scaffold accidents most often result from the planking or support giving way, or from the employee slipping or being struck by a falling object.



**2. Fall Protection** - 6,771 violations - Any time a worker is at a height of four feet or more, the worker is at risk and needs to be protected. Fall protection must be provided at four feet in general industry, five feet in maritime and six feet in construction.

**3. Hazard Communication** - 6,378 violations - Chemical manufacturers and importers are required to evaluate the hazards of the chemicals they produce or import, and prepare labels and safety data sheets to convey the hazard information to their downstream customers.

**4. Respiratory Protection** - 3,803 violations - Respirators protect workers against insufficient oxygen environments, harmful dusts, fogs, smokes, mists, gases, vapors and sprays. These hazards may cause cancer, lung impairment, other diseases or death.



**5. Lockout-Tag out** - 3,321 violations - "Lockout-Tag out" refers to specific practices and procedures to safeguard employees from the unexpected startup of machinery and equipment, or the release of hazardous energy during service or maintenance activities.

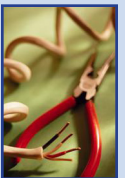
**6. Electrical (Wiring)** - 3,079 violations - Working with electricity can be dangerous. Engineers, electricians and other professionals work with electricity directly, including working on overhead lines, cable harnesses, and circuit assemblies. Others, such as office workers and sales people, work with electricity indirectly and may also be exposed to electrical hazards.

**7. Ladders** - 3,072 violations - Occupational fatalities caused by falls remain a serious public health problem. The US Department of Labor (DOL) lists falls as one of the leading causes of traumatic occupational death, accounting for eight percent of all occupational fatalities from trauma.



**8. Powered Industrial Trucks** - 2,993 violations - Each year, tens of thousands of injuries related to powered industrial trucks (PIT), or forklifts, occur in US workplaces. Many employees are injured when lift trucks are inadvertently driven off loading docks, lifts fall between docks and an unsecured trailer, they are struck by a lift truck, or when they fall while on elevated pallets and tines.

**9. Electrical** - 2,556 violations - Working with electricity can be dangerous. Engineers, electricians, and other professionals work with electricity directly, including working on overhead lines, cable harnesses, and circuit assemblies. Others, such as office workers and sales people, work with electricity indirectly and may also be exposed to electrical hazards.



**10. Machine Guarding** - 2,364 violations - Any machine part, function, or process that may cause injury must be safeguarded. When the operation of a machine or accidental contact injures the operator or others in the vicinity, the hazards must be eliminated or controlled. The final report on the Top 10 for 2009 violations was published in the [National Safety Council's](#) December print edition of Safety+Health magazine.

## IT'S AS EASY AS 1, 2, 3 TO REQUEST DVDS/VIDEOS THROUGH eMANAGER ON SIGNAL'S WEBSITE

- STEP 1** — Go to [www.signalmutual.com](http://www.signalmutual.com)  
**STEP 2** — CLICK ON SAFETY, THEN DVDS AND VIDEOS  
**STEP 3** — SELECT DVD

- Star Witness: Accident Reporting
- Chains and Safety
- A Lift to Safety
- Your Heart: An Owner's Manual
- Look, Listen & Live
- Passenger Overboard
- What a Grind
- Dock Safety - Lift Trucks
- 3 Steps to Safety
- DWI: Save a Life
- There's No Magic To Safety
- Rx for Safety
- Hand Tool Safety
- Slings
- IFICOULDAWOULDASHOULDA
- Welding and Cutting - Safety I
- Power Tools: General Safety
- Scaffolds: Part I - General Requirements
- Overhead Cranes
- Workplace Fatalities: Most Common Causes
- Can You Spot The Hazards
- A Safety Story
- Seat Belts and Air Bags
- Drugs in the Workplace: The Straight Story
- Supervisor Safety Responsibilities
- HAZ COM - Your Right to Know
- Safe Lifting Techniques
- 5 Steps to Ladder Safety
- Driver Safety Begins with Safety
- Violence on the Job
- Working with Stress
- Driving Distractions - Are You Playing with a Full Deck"

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Please share the successful safety accomplishments of your Company and employees. It will help us continue as the Premier USL&H Insurance Organization in the maritime industry. Email your submissions to Nancyann Griesemer Flood at [nancyann.flood@signal-ctc.com](mailto:nancyann.flood@signal-ctc.com).

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