

news & notes

REMOVING REPEAT ACCIDENTS

Here's how to help break the cycle:

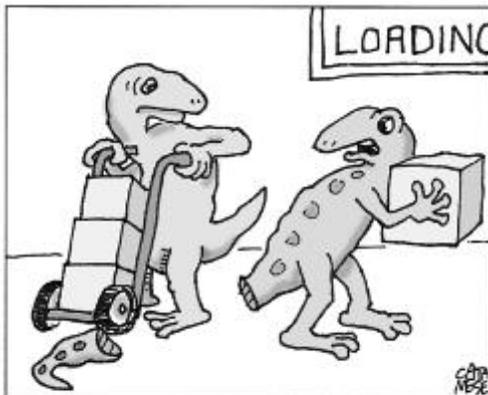
DO:

- Make no more repeat accidents a Number One safety objective.
- Talk about your priority every day.
- Be a safety advocate. Remind co-workers not to take shortcuts, use substitute tools, or otherwise increase their risks for accidents.
- Be a cheerleader for safety responsibility in your work area.
- Always be on the lookout for potential safety problems.

DON'T:

- Don't criticize co-workers without offering suggestions and support.
- Don't lecture. Lectures annoy and turn co-workers into passive recept-ors rather than actors in improving their own safety performance.
- Don't blame. Even if a co-worker makes a mistake, the goal is to fix the error, not to point fingers.
- Don't assume the worst of people. This assumption can backfire by becoming a self-fulfilling prophecy for the singled-out person.
- Don't give pep talks with simplistic answers. Actions speak louder than words so back up encouraging words by making real changes and offers of assistance.

You play an important role in preventing repeat accidents—both your own and your co-workers'.



"Dude - this is like the fourth time I've had to grow my tail back."



2011-01

Repeat Resolutions

They're better than repeat accidents!

Are you going to make a repeat resolution to work more safely this year? That's a great idea! And a good place to start is to cut down on repeat accidents.

What causes repeat accidents?

- **High-risk jobs** involving hazardous chemicals, dangerous equipment, and confined spaces
- **High-stress jobs** without adequate built-in relief, such as enough staff or sufficient break times
- **Seasonal jobs** that involve periodic high-volume work, which can create accident clusters
- **Repetitive jobs** that can cause ergonomic injuries
- **Repeat injuries** from previous injuries that did not heal properly, possibly because of returning to work too early
- **Referred injuries** from overcompensation of other body parts to make up for the injured body part, such as hip problems from adjusting the gait to accommodate a knee injury

Who causes repeat accidents?

- **Stoic "tough guys"** who work through any injury and consider it a sign of weakness to do otherwise
- **Angry people** who let passion distract them from working safely because they're "just so angry they can't see straight"
- **Easily distracted people** who don't pay enough attention to what they're doing
- **Disengaged workers** who don't care enough to be careful
- **Tired people**, including shift workers, whose lifestyle doesn't give them enough energy or alertness to work safely
- **Workaholics** who won't stop to report for fear of losing work time
- **Shy workers** who won't draw attention to themselves by reporting an incident and risking an investigation of their work

Do you recognize yourself in any of these characters? If so, resolve to stay safe this year. And check **news & notes** for what you can do to stop repeat accidents.

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Discussion questions for your Department Safety Meeting:

1. What is the greatest cause of accidents in the workplace?
2. What are some of the reasons for careless accidents?
3. What types of information and equipment are available to protect you on the job?
4. What should you do before you start any job?
5. What are some of the important work habits that show common sense and a safety-minded attitude?
6. What are some of the things to avoid on the job to prevent from having an accident?

Employee's Assistance Program

January is a good time to start that Financial Planning that you have been putting off! Don't forget about the EAP Program that the City of Helena provides! RBH can be contacted 24 hours a day at 1-866-750-1327 or visit www.myrbh.com to learn more about managing money!



The Deadly Dozen

We all know that there must be a cause for an accident to happen. In order to avoid accidents, we must remove the cause. Every cause is a result of an unsafe act or unsafe condition. By recognizing the unsafe act or condition, we can effectively remove the exposure to them. The following "deadly dozen" are reminders to help you recognize unsafe acts or conditions.

Unsafe Acts

1. Unauthorized use or operation of equipment
2. Failure to secure or tie down materials to prevent unexpected movement.
3. Working or operating equipment too fast.
4. Failure to issue warnings or signals as required.
5. Using defective tools or equipment.
6. Removing guards.
7. Improperly using tools or equipment.
8. Standing in an unsafe place or assuming an improper posture (as in lifting).
9. Servicing moving equipment.
10. Riding equipment not designed for passengers.
11. Horseplay.
12. Failure to wear the proper personal protective equipment.

Unsafe Conditions

1. Lack of proper guards.
2. Lack of proper warning system.
3. Fire and explosion hazards.
4. Poor housekeeping.
5. Unexpected movements.
6. Protruding objects such as nails, wire, or other metals.
7. Improper clearance or congestion at aisles or passageways.
8. Poor placement, storage or arrangement of materials.
9. Hazardous tools, equipment or materials.
10. Poor lighting, high noise levels.
11. Hazardous atmospheric conditions.
12. Improper personal attire.

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The Eyes Have It

Protect what you have

The first of the year is a great time to be reminded how precious our eyesight is and how we need to protect it. Consider these eyecare safety basics.

- **Identify each eye hazard** you face on the job and know specifically how a particular type of safety eyewear protects you from each hazard.
- **Realize why OSHA requires eye protection.** OSHA knows how dangerous many jobs are and imposes strict fines to urge all workers to take steps that will save their eyesight from workplace injuries.
- **Know the consequences** of failing to use required eye protection. Have you heard horror stories—or miracle stories—about how workers' eyes have been injured because they weren't wearing eye protection or their eyesight was saved because they were?
- **Recognize that eye protection gives you more control** over your own safety. The simple practice of donning appropriate PPE in the face of particular hazards gives you that extra measure of control.
- **Be a vision leader.** Always use required eye protection in the work area. Make sure visitors use it, too—even if they're just passing through an "Eye Protection Required" work area. The example you set for co-workers is always a powerful message.

Always protect your eyes with a clear vision for eye safety on the job.