

news & notes

SAFE STEERING

The first full week of October is **Drive Safely Work Week**, sponsored by the Network of Employers for Traffic Safety (NETS). Traffic accidents are the leading cause of work-related deaths. Take steps to make yourself a safer driver so you can stay out of that statistic.

For example, what do you do when your steering fails?

If you're moving the steering wheel, but nothing's happening:

- **Don't brake.** The car's momentum should continue to carry it forward, but sudden changes in speed could send it spinning. Stay off the brake if you can.
- **Ease off the gas** to avoid sudden changes in speed.
- **Turn on your hazard lights.** Make your car as visible as possible.
- **Coast to a stop.** You can use your brakes gently once the car slows on its own.

For more information on Drive Safely Work Week, visit trafficsafety.org/drivesafelyworkweek.



"Well. First, let's turn on the hazard lights..."



October 2013

Don't panic!

Know how to respond to driving emergencies

Here's what to do when:

You blow a tire. If your steering wheel begins to vibrate and your vehicle pulls strongly to one side, you may have blown a front tire. If a rear corner of your vehicle drops, and your vehicle starts to swing back and forth, you may have blown a rear tire. In either case:

- **Hang on.** Don't let go of the steering wheel.
- **Don't brake.** Hard braking with a blown tire can send your car out of control.
- **Ease off the gas.** Coast until you have control of the car.
- **Turn on your hazard lights.** Warn the drivers around you.
- **Steer smoothly.** Don't jerk the wheel or turn sharply as you guide your car to the side of the road.
- **Brake gently.** Once you have control of the car, you may brake gently to bring it to a stop.

Your car skids or hydroplanes. Maybe you took that turn just a little too fast. Maybe the slick road conditions took you by surprise. Maybe you were planning to replace worn tires next week. Whatever the cause, your car is now moving sideways instead of forward. Here's what to do:

- **Make no sudden moves.** Don't brake hard or jerk the wheel.
- **Ease off the gas.** If you're hydroplaning, you'll start to feel contact with the road again as you slow.
- **Steer gently.** Steer the car's nose gently into the direction of the skid. Make adjustments—gently—as needed, until the car moves in a straight line.

Your brakes fail. If you step on your brakes and nothing happens:

- **Downshift.** Unlike blown tires, skids, or failed steering, control of the car's direction is not an issue; it is safe to downshift so the engine will slow the car.
- **Move to the side of the road.** Remember to signal as needed.
- **Keep trying your brakes.** The brake failure may be temporary, so keep your foot on the brake. If you have an antilock brake system (ABS), apply steady pressure. If you don't have ABS, pump the brakes.
- **Shift into neutral** and apply your emergency brake. This may not completely stop your car, but it should help slow the car down.
- **Rub the curb.** If you can run your vehicle along a curb or something else alongside the road, you can use friction to slow or stop your car.

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BLS FATALITY REPORT

Preliminary results from the Bureau of Labor Statistics (BLS) show a drop in the number of on-the-job deaths in 2012 compared with 2011. Last year, 4,383 workers died from work-related injuries—a rate of 3.2 per 100,000 full-time workers. That’s an improvement from the 2011 rate of 3.5.

Secretary of Labor Thomas E. Perez said he was greatly encouraged by the improvement, even in a growing economy. Perez credits the hard work of employers, unions, health and safety professionals, and OSHA. But much remains to be done.

Perez noted that job gains in the oil and gas and construction industries have been accompanied by an increased number of fatalities. In the construction industry, for example, fatal injuries increased by 5% from 2011. And, in the oil and gas industry, fatal injuries rose by 23% when compared to 2011 figures.

In an effort to combat these issues, OSHA has launched outreach and educational initiatives, including a campaign to prevent falls in construction. The agency has also scheduled an oil and gas industry voluntary safety stand-down for November 14.



Healthful lunches aren't just for kids!

Pack good food for yourself as well

DO

- **Pack your own—or your child's—lunches.** You'll save money and have more control over what you eat.
- **Use whole grain breads** for sandwiches. Check the "Ingredients" list for "whole wheat flour" or "whole oats."
- **Use tuna fish** or home-made chicken salad or egg salad. You'll generally use less fatty mayonnaise than store-bought salads will.
- **Pack veggie snacks**, e.g., carrot or celery sticks, cucumber slices, pepper wedges.
- **Pack whole fruit snacks**, e.g., apples, oranges, bananas, strawberries, blueberries, raisins.
- **Pack low-fat yogurt or cottage cheese.** Good sources of calcium and vitamin D.

DON'T

- **Buy lunch**—at least not regularly. Save money and control nutrition.
 - **Use white bread.**
 - **Use lunch meats with sodium nitrates or "smoked" or "cured" lunch meats.** They've all been linked with cancer.
 - **Use pickles or pickled products**—at least not regularly. Too much salt.
 - **Pack canned fruit** in syrups. Too much sugar.
 - **Pack other sugary or salty snacks**—at least not regularly.
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When the wind blows

Know how to stay safe

Do you know what you can do to prepare for hurricanes?

Hurricanes bring a deadly combination of high winds and floodwaters. And sometimes tornadoes and severe thunderstorms follow hurricanes. People who live in hurricane zones need to prepare for these dangerous storms and know what to do to survive the storm.

For example:

- **Prepare for high winds and floodwaters** at work and at home.
- **Heed hurricane watches and warnings.** Listen to weather updates and stay abreast of changing conditions.
- **Evacuate the area** if advised to by local officials.
- **Shelter in place** if advised to by going to a designated secure area at home or in the workplace in the center of the building away from windows and doors.

Also remember to be wary of the eye of a hurricane—it may seem that the storm is over and it's safe to leave your refuge, but in fact the winds might return, so you should stay put until the hurricane has completely passed.