



YCPARMIA Safety Journal

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Fire Safety Quiz

Stay safe from this common hazard

October 8-14 is Fire Prevention Week so take time this week to inspect your work area for fire hazards. Also, take this fire safety quiz to find out how much you know about workplace fire hazards and preventive measures.

- 1. What are the three basic ingredients needed to start a fire?**
 - a. Gasoline, matches, and wood chips
 - b. A source of ignition, oxygen, and fuel
 - c. Hydrogen, oxygen, and flame
- 2. In the event of a fire in your work area, your best course of action is:**
 - a. Leave the area using a designated escape route
 - b. Attempt to fight the fire and rescue others
 - c. Shelter in a room without windows
- 3. What characteristic of flammable liquids makes them an especially dangerous fire hazard?**
 - a. They are odorless, so you don't know they are present
 - b. They can spill easily, spreading a fire
 - c. They give off invisible vapors that can be ignited a long distance from the liquid itself
- 4. If a fire alarm sounds, but you see no sign of fire, you should:**
 - a. Ignore it
 - b. Respond as if there were a real fire
 - c. Ask a co-worker what's going on
- 5. A fire extinguisher containing which of these materials would be most effective for fighting an electrical fire?**
 - a. Carbon dioxide (CO₂)
 - b. Water
 - c. Either "a" or "b"
- 6. Which of these words is an acronym for how to use a fire extinguisher?**
 - a. PUSH
 - b. PULL
 - c. PASS
- 7. Why is good housekeeping an important way to prevent workplace fires?**
 - a. When things are neat, you can see fire hazards more easily
 - b. It helps reduce the amount of materials that could catch fire
 - c. There is no relationship between housekeeping and fire prevention

Answers:

- (1) b (2) a (3) c (4) b (5) a (6) c (Pull the pin, Aim at the base of the fire, Squeeze the trigger, and Sweep back and forth) (7) b

WHAT TO DO IN A WORKPLACE FIRE

When you hear a fire alarm:

- Evacuate using your assigned evacuation route. If that route is blocked, use your alternate.
- Close doors behind you as you leave.
- If you encounter smoke, crawl low under the smoke.
- Once outside move away from exits. Go to your assigned assembly area and report to the person taking a head count.
- Remain outside until you are told it is safe to re-enter the building.

If you are unable to get out of the building:

- Create an area of refuge in a room with windows. Use wet cloth to seal cracks under doors and vents against smoke.
- Don't break windows. Open the window just a crack if you need air.
- Stay low under smoke, and cover your nose and mouth with a wet cloth.
- Signal for help by using a phone or hanging something in the window.

If you discover a fire:

- Activate the nearest fire alarm.
- Call 911 immediately. Don't assume that someone else has already done this.
- Evacuate the building.

If you fight a fire with an extinguisher:

- Call 911 or get a co-worker to do that.
- Make sure everybody else in the area has been warned and is evacuating.
- Select the right extinguisher for the fire.
- Give up and evacuate if the fire is not extinguished by the time the extinguisher is empty.
- Don't try to fight a large or spreading fire—evacuate.

Happy, Safe Halloween

Keep your home and kids safe

Halloween means decorations, costumes, and trick or treating. It also means fire and safety hazards in and around the home. According to the National Fire Protection Association (NFPA), over 1,000 home fires a year are related to seasonal decorations, especially those involving candles.

Keep your home and kids safe this Halloween by following these NFPA recommendations:

- ⊕ Make sure costume labels say “flame-resistant” or “flame-retardant.”
- ⊕ Make your own costumes out of materials that don’t catch fire easily. Avoid features like long, loose sleeves, billowing or trailing capes.
- ⊕ Use flashlights instead of candles—indoors and out. Even jack-o’-lanterns are more safely illuminated with flashlights.
- ⊕ Be very careful when decorating with dried flowers, cornstalks, and crepe paper, all of which are highly flammable. Make sure these decorations are well clear of radiators, lightbulbs, and other heat sources.
- ⊕ Teach kids how to “stop, drop, and roll” to put out flames if their costumes catch fire. Remind them to stay away from candles and other open flames.
- ⊕ Make sure your children carry flashlights to light their way as they go trick or treating.
- ⊕ And (probably the most important recommendation of all), don’t send small children out trick-or-treating without an adult to watch out for them.



Accident Prevention

Always thinking

After an accident on the job, people often wonder what they could have done to have prevented it. That, of course, can help avoid similar accidents in the future. But the best way to prevent job accidents is to think about prevention *before* an accident happens, not after. For example, think about:

- What could go wrong before you start any job. Then take the necessary precautions to prevent accidents, such as eliminating hazards or wearing personal protective equipment.
- The information, procedures, and techniques you’ve learned in safety meetings and training sessions that could help prevent an accident.
- Requirements of safety rules and regulations that apply to the job.
- The equipment, tools, materials, etc. you need to perform jobs safely.
- Any additional steps you could take to ensure safety in your work area.
- How you can encourage co-workers to take proper safety precautions and work more safely.
- Ideas for improving safety performance in your department and your organization.

In addition, use your safety sense to protect you and your co-workers. That means using common sense full-time and paying attention to your “gut feelings.” If something just doesn’t seem right to you, it probably isn’t.

ARE YOU A DISTRACTED DRIVER?

OSHA reports that distracted driving is a factor in more than 4,000 vehicle accidents a day. And it’s not surprising. How often do you see drivers talking on a cell phone, fiddling with the radio or climate controls, grooming, or eating while they drive? How often do you do these things yourself?

Experts say that drivers make more than 200 decisions during every mile they travel. Clearly, you can’t make good, safe decisions if your mind and eyes are not focused on the road when you drive.

Household Chemicals

Protecting yourself, your family, and the environment

Chemicals are found everywhere - in our kitchens, medicine cabinets, basements and garages. We use chemicals all the time as part of our daily lives. Under certain conditions, chemicals can be poisonous or have a harmful effect on your health. Some chemicals which are safe and helpful in small amounts can be harmful in larger quantities or when mixed with other chemicals. You may be exposed to a chemical in three ways: (1) breathing the chemical, (2) swallowing contaminated food, water or medication, and (3) touching the chemical, or coming into contact with clothing or things which have touched the chemical. You may be exposed to chemicals even though you may not be able to see or smell anything unusual.

Chemical Emergencies

The most common home chemical emergencies involve small children eating medicines. Experts in the field of chemical manufacturing suggest taking hazardous materials out of sight could eliminate up to 75% of all poisoning of small children. Keep all medicines, cosmetics, cleaning products and other household chemicals out of sight and out of reach of children. If your child should eat or drink a non-food substance, find any containers immediately and take them to the phone. Call 911. They will connect you to the Poison Control Center. Follow their instructions carefully. Often the first aid advice found on containers may not be appropriate, so do not give anything by mouth until you have been advised by medical professionals.

Other home accidents can result from trying to improve the way a product works by adding one substance to another, not following directions for use of a product, or by improper storage or disposal of a chemical. The first precaution you can take is to avoid mixing common household chemical products. Some combinations of these products, such as ammonia and bleach or acid and bleach, can create toxic gases. Other mixtures can burst into flame. A second important precaution is to always read the directions before using a new product. Some products should not be used in a small confined space to avoid inhaling dangerous vapors. Other products should not be used without gloves and eye protection to help prevent the chemical from touching your body. Read and follow the directions. Another effective way to protect yourself and your family is to store chemical products properly. Non-food products should be stored tightly closed in their original container so you can always identify the contents of each container, and how to properly use the product.

Fire Safety

Never smoke while using household chemicals. Don't use hair spray, cleaning solutions, paint products or pesticides near the open flame of an appliance, pilot light, lighted candle, fireplace, wood burning stove, etc. Although you may not be able to see or smell them, vapors in the air could catch fire or explode. If you don't already have one, buy a fire extinguisher that is labeled for A,B and C class fires and keep it handy.

Cleanup & Disposal

Buy only as much of a chemical as you think you will use. If you have a product left over, try to give it to someone who will use it. If you spill a chemical, clean it up immediately with some rags, being careful to protect your eyes and skin. Allow the fumes in the rags to evaporate outdoors in a safe place, then place them in a sealed plastic bag. Dispose of these materials as hazardous waste.

Dispose of chemicals properly. Improper disposal can result in harm to yourself or your family, contaminate your local water supply or cause other harm to the environment. Many products can be recycled and further protect the environment. Most household chemicals can be taken to your local household hazardous waste collection facility. These facilities accept pesticides, fertilizers, household cleaners, oil-based paints, drain and pool cleaners, anti-freeze and brake fluid. If you have questions about how to dispose of a chemical, including dates of upcoming household hazardous waste collection days, call the facility at 530-666-8729.

Battery Dead?

The *right* way to jump-start your vehicle

Dealing with a dead battery may be a nuisance, but it doesn't have to be dangerous or damaging to your vehicle. Here's a quick step-by-step review of how to jump a battery safely and effectively:

Before you attach the cables:

- Make sure the vehicles do not touch.
- Turn the ignition off.
- Set the parking brake and put the transmission in neutral or park.
- Add water to the battery if needed. Replace caps.
- DO NOT jump start if the fluid in the battery is frozen.
- DO NOT jump start unless both batteries are designed for the same voltage and negative ground.

Attach the cables as follows:

- Clamp one (red) jumper cable to the positive pole (+) of the dead battery. Then clamp the cable's other end to the positive pole of the charged battery.
- Clamp the second (black) cable to the negative pole (-) of the charged battery and clamp the second cable's other end to the dead vehicle's engine block on the side away from the battery.
- Start the vehicle with the charged battery. Then start the disabled vehicle.
- DO NOT stand over the batteries while jump-starting is in progress.

Removing cables:

- Remove the (black) cable from the engine block and the other vehicle's negative pole.
- Then remove the (red) cable connecting the positive poles.

FIRST AID FOR BURNS

Quick and effective first aid for burns is important to prevent infection and other complications. Remember these basic first-aid steps:

- Cut away loose clothing but don't remove clothing that is stuck to a burn.
- First- and second-degree burns should be immersed in cool water (or apply cool compresses) for 15 minutes.
- For chemical burns (such as battery acid) use running tap water to wash away and dilute the chemicals that are causing the burn. The running water will also cool the skin.
- Never use lotion, ointment, or butter on any serious burn.
- For second- and third-degree burns, cover the area lightly with a sterile, non-adhesive dressing, elevate the burned area if possible, and get medical help immediately.

Don't Let Safety Slip Away

Prevent dangerous slip-ups by taking precautions

It's all too easy to slip on wet or smooth surfaces. Floors and stairs that are waxed or polished, or made of tile, marble, or other smooth materials can be hazardous. Adding a little water, ice, oil, grease, or chemical spill can create downright dangerous conditions.

Remember the following tips to help prevent slips and falls in your work area:

- Clean up spills, drips, and leaks immediately.
- Put up signs or barriers to keep people away from slip hazards.
- Wear shoes with anti-skid soles.
- Avoid turning sharply when you walk on a slippery surface.
- Keep your hands at your sides — not in your pockets.
- Walk slowly and slide your feet on wet, slippery, or uneven surfaces.
- Sand oily or icy spots immediately — and tread carefully.
- Report slipping hazards as soon as you see them.

Most important, be careful. Take your time and look where you're going. Don't let something as routine as walking put you in the hospital.



"That's a pretty nasty cut. I'm afraid it might leave a scar."