

TS TOP SAFETY™

Safety Around the Clock.

9.2021



September is National Preparedness Month.

Building a Safe Room — Is It for You?

Preparation is always great, but in some parts of the country, it is a necessity for survival — especially if you live in an extreme weather area. You must always evacuate when instructed, but when there isn't time, where do you go? For some, a basement isn't an option.



That's where safe rooms come in, and FEMA has tips for building one:

Research what type of shelter best suits your needs: basement, in-ground or above ground.

Ensure the shelter meets FEMA's criteria to provide **near-absolute** protection in extreme weather events. That means it should withstand an EF-5 tornado with winds exceeding 200 mph.

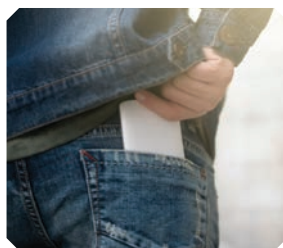
Hire a professional to build a shelter or purchase a pre-manufactured building that meets the National Storm Shelter Association standards. **Tip:** if you decide to do it yourself, make sure that everything measures up to FEMA standards.

Learn more at [fema.gov](https://www.fema.gov) for information regarding storm shelters, standards and resources.

Look Both Ways (and Up From Your Phone)

Did you know? Pedestrians accounted for 17% of all traffic fatalities in 2019, according to the National Safety Council, up 51% since 2009. Distraction could be a major factor in this rise, so put away the phone and headphones until you get to your destination. Other tips to stay safe while walking:

- ✓ Walk on the sidewalk or walk facing traffic if there is no sidewalk.
- ✓ Obey all traffic signs and signals.
- ✓ Cross at crosswalks. If there aren't crosswalks, make sure your and drivers' views aren't blocked, and never cross by the crest of a hill.
- ✓ Look left, right and left again before crossing. Make eye contact with oncoming cars — drivers can be distracted, too.
- ✓ Walk during the day; if you must walk at night, wear reflective clothing and carry a flashlight.



- ✓ Watch for cars entering or backing out of driveways and parking spaces.
- ✓ Supervise children, especially those younger than age ten, while walking near or crossing a street.

Bottom line: Look both ways and put away your phone while walking.

Fall Prevention Awareness Week is September 22 to 28.

Clear obstacles in pathways
at home and at work.



September is National Food Safety
Education Month.

Organic Food Safety

The organic method of growing food appeals to many people, but you need to take the same precautions when buying organic foods and preparing organic produce as you do with conventionally grown foods.



Make sure that the organic products you purchase have the USDA Organic seal. **Note:** *Natural* doesn't mean *organic*. It's not a term regulated by the federal government.

Discard outer leaves of leafy vegetables before eating to reduce contaminants.

Wash all produce with warm water before you eat it. While it's true that organic crops aren't grown with synthetic pesticides, they are cultivated with natural pesticides. They also use natural fertilizers, which could contain dangerous bacteria. Scrub hard or peel items, such as squash or potatoes. **Tip:** Always wash produce before peeling.

When you shop for organic food, buy in season to get the freshest produce available.



Note: Organic vegetables and fruits are more expensive than conventional foods, so keep your budget in mind. Also, the term organic refers to a growing method. It doesn't indicate nutritional quality. Eat any vegetables and fruits that you can access and afford, whether conventional or organic.



National Farm Safety and Health Week is September 19 to 25.

Tractor Hazards

Most farmworker injuries and deaths are caused by tractor incidents, including overturns, runovers, power take-off systems or contact with tractor attachments, according to OSHA. When using a tractor, whether on the farm or even in your own backyard, be aware of these hazards and how to prevent injury.



OVERTURNS

Overturns are responsible for 50% of tractor fatalities. Here's how to help prevent them:

- ✓ Avoid sudden sharp, high-speed turns and braking too quickly or unevenly.
- ✓ Use a rollover protector structure (ROPS) and seatbelt when operating a tractor.
- ✓ Slow down. Reduce speed while driving on rough roads and making turns.
- ✓ Don't drive a tractor straight up a slope or steep hill.
- ✓ Don't drive too close to a ditch or edge of a bank.
- ✓ Use the drawbar when pulling or towing. Hitching elsewhere can cause overturns.

TIP: OSHA has a wallet card (in English and Spanish) with information for agricultural workers on how to stay safe from COVID-19 and report workplace hazards.

RUNOVERS

- ✓ Check the surrounding area before driving the tractor. Look out for small children.
- ✓ Never allow passengers on a tractor.
- ✓ Wear a seatbelt at all times.

POWER TAKE-OFF (PTO) SYSTEMS or contact with tractor attachments

- ✓ Keep machine guards in place.
- ✓ Replace missing guards and shields, fix damaged parts and do not operate the tractor until they are repaired.
- ✓ Don't wear loose clothing, tie back long hair and tie shoelaces to avoid getting them caught in PTO rotating parts.
- ✓ Never step over a rotating PTO shaft.

SAFETY CORNER

Job Scam Alerts

So, you're looking for a job? And maybe you found what you think is the perfect fit — at least on paper. However, according to the FTC, there are many job scams out there. Here's how to spot one:



Do your research. Read online reviews. Search for the name of the company and the words **review** or **complaint**. Check out a company with your local consumer protection agency or your state attorney general.

Don't pay anything to get a job. Scammers may tell you that payment is for training, equipment or a certification, but legitimate employers won't charge you to be hired.

Never give out personal information before you are hired. Job scammers will ask for your personal information as soon as you reach out about the job. This includes credit card, bank account and social security numbers.



September is Sports Eye Safety Month.

Playing Sports? 5 WAYS to Protect Your Eyes

More than 25,000 people a year seek treatment for eye injuries related to sports, according to Prevent Blindness. Most of these injuries can be prevented by following these five guidelines:

- 1 Wear appropriate polycarbonate safety goggles for racket sports, soccer and basketball. **Note:** Protective eyewear for sports should be labeled **ASTM F803 approved**.
- 2 Use batting helmets with polycarbonate face shields for youth baseball.
- 3 Wear helmets with full-face protection when participating in football and lacrosse.
- 4 Wear helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey.
- 5 Remember that regular glasses and contact lenses do not provide protection.



Learn more at preventblindness.org.



National Child Passenger Safety Week September 19 to 25.

To make sure your child's car seat is installed properly, find an inspection station in your area by visiting nhtsa.gov/equipment/car-seats-and-booster-seats or seatcheck.org.

You can also call 1-866-SEAT-CHECK.



The **Smart Moves Toolkit**, including this issue's printable download, **Help Prevent Medical Errors**, is at personalbest.com/extras/21V9tools.

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