

Safety Talk

MAY 2023



NATIONAL ELECTRICAL SAFETY MONTH

May is National Electrical Safety Month. This is a reminder to stay safe around electric appliances, equipment, and power lines.

General Extension Cord Safety Tips:

- Do not use extension cords for constant, long-term use. Continuous use can cause the extension cord to deteriorate and become unsafe.
- Never plug a space heater into an extension cord or power strip.
- Never plug two or more extension cords together. Known as “daisy chaining” this can cause overloaded circuits and short circuits which can lead to fires and electrical shocks.
- Don't run cords through walls, doorways, or under rugs and. The cord can easily become overheated or damaged.
- Make sure the extension cord or power strip is properly sized for the device being plugged into it.

Indoor Safety Tips:

- Reduce your electrical load by using energy-efficient appliances and lighting.
- Unplug small devices when not being used overnight.
- Make sure that all smoke alarms are in operating condition.

Outdoor Safety Tips:

- Know what's below before you dig. Call 8-1-1 to have underground utilities marked by the electric and gas company.
- Never touch downed powerlines and never work within 10' of powerlines.
- Do not overload outdoor electrical cords or allow them to run through water or snow.



ACTIVE SHOOTER PREPERATION

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined or other populated area. Listed below are tips on preparing for an active shooter situation.

You Have 3 Options:

1. Run

- Have an escape route and plan in mind
- Know where all exits are located at all times
- Leave your belongings behind
- Evacuate regardless of whether others agree to follow
- Help others escape, if possible
- Do not attempt to move the wounded
- Prevent others from entering an area where the active shooter may be
- Keep your hands visible
- Call 911 when you are safe

2. Hide

- Hide in an area out of the shooter's view
- Lock the door or block entry to your hiding place
- Silence your cell phone (including vibrate mode) and remain quiet

3. Fight

- Fight as a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with as much physical aggression as possible
- Improvise weapons or throw items at the shooter
- Commit to your actions...your life depends on it

Information to Provide to 911 Operators:

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons shooter has
- Number of potential victims at location

When Law Enforcement Arrives:

- Remain calm and follow instructions
- Drop items in your hands (e.g., bags, jackets)
- Raise hands and spread your fingers
- Keep hands visible at all times
- Avoid quick movements toward officers, such as holding on to them for safety
- Avoid pointing, screaming or yelling

NATIONAL HEATSTROKE PREVENTION DAY

May 1st is National Heatstroke Prevention Day.

What are the three stages of heat illness?

1. Heat Illness (Symptoms below)

- Dehydration
- Weakness
- Irritability

2. Heat Exhaustion (Symptoms below)

- Headaches
- Dizziness or Fainting
- Weakness
- Confusion
- Severe dehydration: thirst, nausea, vomiting

3. Heat Stroke (Symptoms below)

- Confusion
- Stop Sweating
- Passing Out: fainting, seizures, or fits

How can you prevent heat illness, exhaustion, or stroke?

- Modify work schedules to avoid when it is hottest.
- Add frequent breaks.
- Arrange protective clothing such as hats and lightweight clothes.

County Employees Should:

- Look out for signs & symptoms in themselves and others.
- Drink plenty of fluids.
- Try to avoid caffeine, which can enhance dehydration.
- Wear loose-fitting clothing.

If a co-worker shows signs of heat stress, immediately call a supervisor or 911. Once you are waiting for help, it's important to do the following:

- Move them out of the sun to a cool area.
- Cool them with fanning.
- Provide a cool drink of water.
- Remove any heavy or hot clothing.



WORKPLACE SITUATIONAL AWARENESS (OODA LOOP)

Being aware of hazards, understanding what actions to take, and knowing what equipment is needed to protect you is the difference between a good or bad outcome. Regardless of the job you perform for your County, this decision-making process is a proven performer.

The OODA Loop (below) is a process developed and used commonly by our Armed Forces. This process works for any job, dangerous or non-dangerous. It is constantly being repeated throughout the day as situations change. I urge you to consider adopting the OODA Loop for work and your personal life.

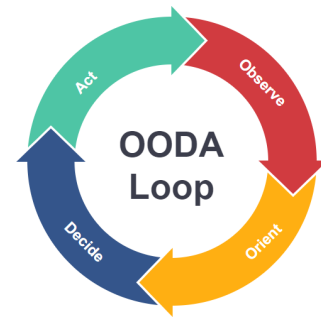
O bserving or seeing hazards or threats

O rienting - recalling what hazard controls are available

D eciding, specifically which hazard controls to use

A cting

A key concept for employee safety is the "what if" strategy. Identifying common situations that could prove hazardous and then considering ways to prevent or properly react to them. As an example, an employee working around a skid steer loading brush. He sees (Observes) where the machine is and will be. He knows that it moves fast and could hit him with the brush or machine. He hopes the operator stays aware of him, but knows his personal safety is his responsibility. He knows he can move (Orienting) out of the action area. He decides to move (Decides & Acts) out of the way until he is needed. A simple but effective decision-making process. OODA!



MAY 2023 QUIZ

TRUE or FALSE

1. If you need more extension cord length, it is okay to plug three extension cords together.
2. OODA is a great way to evaluate and place for hazards.
3. When a worker becomes overheated, you should move into the sun.
4. When entering a building, always have an escape route in mind at all times.
5. When in an active shooter situation, fight as a last resort.

Answers

1. False 2. True 3. True 4. False 5. True