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Time falls back, let's move safety forward. Daylights savings time ends on Sunday, November 5th at 2:00am. Besides the benefit of getting an “extra” hour of rest, it's a great time to look at moving forward with the following safety reminders:

1. Ensure timing on outdoor lighting systems is adjusted appropriately.
2. Replace batteries in smoke alarms and carbon monoxide detectors.
3. Check fire safety monitoring systems and emergency lighting.
4. Inspect fire extinguishers to ensure they are charged and current.
5. Inspect extension cords and ensure that they are only being used for temporary situations.
6. Protect electronic devices with surge protectors.
7. Check emergency alarms and communication systems.
8. Review [emergency plans](#); [conduct a drill](#).
9. [Inspect vehicles](#); change windshield wipers.
10. Ensure vehicles are prepared and [equipped for winter](#).
11. Drivers should review these tips for [driving at night](#) from the National Safety Council ([NSC](#)).
12. Stock up on ice melt and ensure snow shovels are in good repair.
13. Review back injury prevention for [snow shoveling](#).

Study Shows Success of AEDs. According to an article from the [Sudden Cardiac Arrest Foundation](#), a study published in the *European Heart Journal* that looked at data collected over an 18-year period in 252 sports centers in Italy found that neurologically intact survival was 93% for patients treated with an onsite Automated External Defibrillator (AED) compared to 9% without an AED. Onsite AED use significantly reduced the time to first shock from 7.3 minutes to 3.3 minutes. This reduction in response time is crucial for patient survival in a sudden cardiac arrest incident. Successful defibrillation is highly dependent on how quickly defibrillation occurs. For each minute in cardiac arrest, the chance of survival goes down by about 10%. After as few as 10 minutes, survival is unlikely. Organizations should ensure that [Emergency Planning](#) incorporates the delivery and use of an AED within a minimum of two minutes to all areas of the facility and / or property. Appropriate staff should be trained in CPR and the use of the specific onsite AED. AED's should be checked and documented on a regularly scheduled basis to ensure the battery is fully charged, pads are not expired and all equipment including, at a minimum, a CPR mask, gloves, scissors, and a razor are present with the unit. Click [HERE](#) for additional information about AEDs in the workplace from the Occupational Health and Safety Administration ([OSHA](#)).

USDOT Releases 2016 Fatal Traffic Crash Data. The U.S. Department of Transportation's ([USDOT](#)) National Highway Traffic Safety Administration ([NHTSA](#)) has released fatal traffic crash data for 2016. According to NHTSA data, 37,461 lives were lost on U.S. roads in 2016, an increase of 5.6 percent from calendar year 2015. NHTSA found that [distracted driving](#) and drowsy driving fatalities declined, while deaths related to other reckless behaviors – including speeding, alcohol impairment, and not wearing seat belts – continued to increase. Motorcyclist and pedestrian deaths accounted for more than a third of the year-to-year increase. NHTSA continues to work closely with its state and local partners, law enforcement agencies, and the more than 350 members of the [Road to Zero Coalition](#) to help address the human choices that are linked to 94 percent of serious crashes. [Transportation policies](#), routine [vehicle inspections](#), obtaining employee Motor Vehicle Records (MVR), as well as vehicle orientation and yearly staff training can help reduce your organizations transportation risk. Safe driving resources can be found on the [Road Safety](#) page of the NHTSA, the Occupational Safety and Health Administrations ([OSHA](#)) [Guidelines for Employers to Reduce Motor Vehicle Crashes](#), the Centers for Disease Control and Prevention ([CDC](#)) [Motor Vehicle Safety](#) page, and on the Safe-Wise [Resource Library Transportation Safety](#) page.

Blog: Click [HERE](#) for our latest blog: **Rhabdo & Spin Classes**

Did you see this in the last E-news?

Top 10 OSHA Violations Announced at National Safety Congress. On Sept. 26, at the National Safety Council's ([NSC](#)) annual Congress & Expo, the Occupational Safety and Health Administrations ([OSHA](#)) Deputy Director of Enforcement Programs, Patrick Kapust announced the preliminary list of 10 standards most frequently cited by the agency's inspectors during fiscal year 2017. [Fall protection](#) was the most-cited standard for the seventh year in a row, followed by [Hazard Communication](#), and [Scaffolding](#). The only new addition to last year's list was [Fall Protection – Training Requirements](#), which came in at ninth place. OSHA publicizes the [Top 10 list](#) to increase awareness of these standards so employers can take steps to find and fix the hazards to prevent injury or illness. Click [HERE](#) for staff safety resources located on the [Safe-Wise Resource Library](#).

elaws - FirstStep Poster Advisor. The [FirstStep Poster Advisor](#) is designed to help employers comply with the poster requirements of several laws administered by the Department of Labor ([DOL](#)). These laws require employers to display official DOL posters where employees can readily observe them. DOL provides the posters at no cost to employers. The Poster Advisor only provides information about Federal DOL poster requirements. You may want to contact your [State Department of Labor](#) to obtain information about your state's requirements. The *FirstStep* Poster Advisor is one of a series of **elaws** (Employment Laws Assistance for Workers and Small Businesses) Advisors developed by the DOL to help employers and employees understand their rights and responsibilities under Federal employment laws. To view the complete list of **elaws** Advisors visit the [elaws website](#). Remember, posters should be updated on a yearly basis.