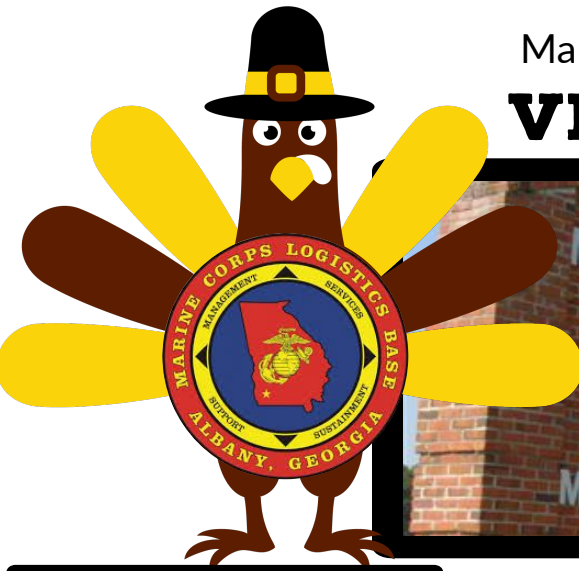


# VPP STEERING COMMITTEE NEWSLETTER

Holiday Edition 2020



## TOP HOLIDAY SAFETY CONCERNS IN THE WORKPLACE

[HTTPS://SAFESTART.COM/NEWS/7-HOLIDAY-SAFETY-CONCERNS-WORKPLACE/](https://safestart.com/news/7-holiday-safety-concerns-workplace/)



People are more likely to be fatigued during the holiday season due to extra tasks and responsibilities—like last-minute shopping before or after their shift, decorating their house, or going to school plays. As a result, fatigue can pose a big problem regardless of whether or not employees are engaging in high-risk work. Injuries in the workplace occur most often when they're not expected and are more likely to happen when employees are tired or run down. So, although fatigue is a complex issue that lacks a single easy solution, it might be a good idea to consider longer breaks or alter work schedules to help compensate for seasonal fatigue.

IN ADDITION TO HOLIDAY STRESS IN EMPLOYEES' PERSONAL LIVES, MANY INDUSTRIES FACE THEIR BUSIEST TIMES LEADING UP TO THE END OF THE YEAR. THE ADDED PRESSURE IN THE WORKPLACE CAN AFFECT EMPLOYEES' EMOTIONAL STATE, CAUSING THEM TO RUSH OR BECOME FRUSTRATED. THESE STATES MAY CAUSE EMPLOYEES TO UNINTENTIONALLY CREATE HAZARDS, MISS SOMETHING VITAL, LACK PATIENCE WITH DELICATE PROCEDURES OR BECOME SHORT-TEMPERED. WHEN RUSHING OR FRUSTRATED, PEOPLE ARE MORE LIKELY TO SLIP, TRIP OR FALL, BUMP INTO COLLEAGUES AND MACHINERY, OR FORGET TO PERFORM SMALL BUT VITAL TASKS. IT SHOULD ALSO BE NOTED THAT SOME COMPANIES FAIL TO MAINTAIN THEIR OWN SAFETY STANDARDS DURING THE HOLIDAYS. ORDERS AND PRODUCTION ARE IMPORTANT, BUT NOT AT THE COST OF SOMEONE'S HEALTH OR LIFE. IT'S IMPORTANT FOR MANAGEMENT TO MAKE IT CLEAR TO EMPLOYEES—THROUGH ACTIONS AS MUCH AS WORDS—THAT THEIR SAFETY IS MORE IMPORTANT THAN RUSHING THROUGH A JOB.



## LADDER SAFETY



Taken by the holiday spirit, employees may choose (or be asked) to decorate the workplace. With ladders being used more frequently around the holidays, it's important to provide a refresher on ladder safety. For example, people should ensure the ladder's stability before use, keep three points of contact at all times and never place a ladder on a surface other than the ground. It's also worth mentioning that decorating is much easier and safer to do if the task is not left to one person. That's because they might be more inclined to rush or ignore the need for three points of contact in order to carry bulky decorations up the ladder.

IF CORRIDORS AND ROOMS ARE FREE OF DECORATIONS AND CABLES THROUGHOUT THE YEAR, PEOPLE ARE LIKELY TO BECOME COMPLACENT AND FAIL TO NOTICE WHEN SUDDENLY THERE IS SOMETHING IN THEIR WAY. HOLIDAY LIGHTS AND DECORATIONS SHOULD BE CLEARLY VISIBLE AND KEPT OUT OF THE WAY TO PREVENT TRIPPING. BUT THERE ARE MANY OTHER WAYS FOR PEOPLE TO SLIP AND FALL DURING THE HOLIDAYS. SNOW, ICE AND RAIN ARE THE MAIN CULPRITS, ESPECIALLY BECAUSE THEY'RE COUPLED WITH SHORTER, DARKER DAYS THAT MAKE IT EASIER FOR PEOPLE TO MISS OR MISJUDGE A STEP WHEN WALKING OUTDOORS. SNOW AND ICE SHOULD BE REMOVED PROMPTLY FROM AREAS WHERE PEOPLE WILL BE WALKING. CONSIDER PROVIDING NEW OR ADDITIONAL MATS TO STOP SNOW AND WATER FROM BEING BROUGHT INSIDE WORKING AREAS.

## SLIPS, TRIPS, & FALLS



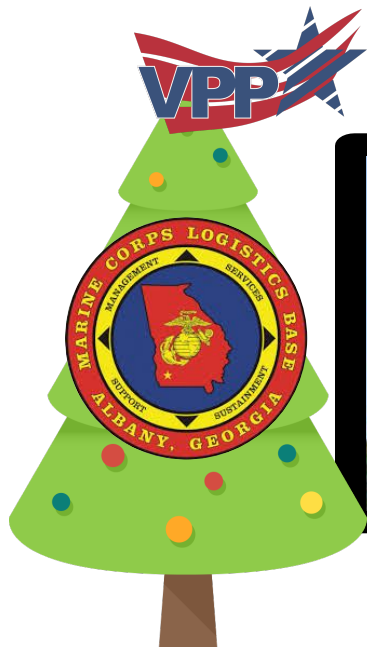
## TURKEY SAFETY TALK

1. NEVER THAW YOUR TURKEY BY LEAVING IT OUT ON THE COUNTER. A THAWING TURKEY MUST DEFROST AT A SAFE TEMPERATURE. WHEN THE TURKEY IS LEFT OUT AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS, ITS TEMPERATURE BECOMES UNSAFE. BACTERIA CAN GROW RAPIDLY IN THE "DANGER ZONE" BETWEEN 40°F AND 140°F.
2. RAW POULTRY CAN CONTAMINATE ANYTHING IT TOUCHES WITH HARMFUL BACTERIA. FOLLOW THE FOUR STEPS TO FOOD SAFETY—CLEAN, SEPARATE, COOK, AND CHILL—TO PREVENT THE SPREAD OF BACTERIA TO YOUR FOOD, FAMILY, AND FRIENDS.
3. SET THE OVEN TEMPERATURE TO AT LEAST 325°F. PLACE THE COMPLETELY THAWED TURKEY IN A ROASTING PAN THAT IS 2 TO 2-1/2 INCHES DEEP. COOKING TIMES EXTERNAL ICON WILL VARY DEPENDING ON THE WEIGHT OF THE TURKEY. USE A FOOD THERMOMETER TO MAKE SURE THE TURKEY HAS REACHED A SAFE INTERNAL TEMPERATURE OF 165°F.

# VPP STEERING COMMITTEE

## NEWSLETTER

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## EVERY ~~HOLIDAY~~ PARKING LOT SAFETY

*Parking lots can be dangerous places, especially as inclement weather and the holiday frenzy ramps up. The problem is often twofold—limited visibility and distraction. To avoid causing a parking lot accident or becoming a victim, follow these safety tips:*

- \*DO NOT TALK ON THE PHONE OR USE HEADPHONES IN A PARKING LOT.
- \*WHEN WALKING IN A PARKING LOT, STAY TO THE SIDES OF THE AISLE AND WATCH FOR CARS.
- \*WHEN WALKING IN AN ICY LOT (OR ANY LOT FOR THAT MATTER) MAKE EYE CONTACT WITH AN APPROACHING DRIVER. STOP IF YOU DON'T THINK THE DRIVER HAS SEEN YOU.
- \*WEAR BOOTS OR SHOES WITH NONSLIP SOLES AND GOOD ANKLE SUPPORT. IF NECESSARY, CARRY YOUR WORK SHOES WITH YOU AND CHANGE INSIDE.
- \*RAIN AND INCLEMENT WEATHER CAN MUFFLE ENGINE SOUNDS; DON'T RELY SOLELY ON HEARING TO KNOW IF A VEHICLE IS COMING. ELECTRIC AND HYBRID VEHICLES ARE ESPECIALLY QUIET.
- \*DO EVERYTHING YOU NEED TO DO (ADJUSTING SEAT, ETC.) BEFORE YOU EXIT THE PARKING SPACE.
- \*OBEY PARKING LOT SPEED LIMITS AND LANE DESIGNATIONS; DON'T CUT DIAGONALLY ACROSS THE LOT.

### MCLB Albany VPP Star Site

#### WHAT DOES THAT MEAN???

The Star Program is designed for exemplary worksites with comprehensive, successful safety and health management systems. Companies in the Star Program have achieved injury and illness rates at or below the national average of their respective industries. These sites are self-sufficient in their ability to control workplace hazards. Star participants are reevaluated every three to five years, although incident rates are reviewed annually.

Happy Holidays from the MCLB VPP Steering Committee! We hope your holidays will be filled with joy and laughter through the New Year.



### HOLIDAY SAFETY GIFT

## IDEAS

- Smoke detectors and batteries
- Quality fire extinguisher
- Flashlight and batteries or light sticks
- First-aid kit
- Vehicle safety kit including jumper cables, flares, fix-a-flat, and reflectors
- Carbon monoxide detector
- Mobile phone
- Second floor escape ladder

- An "Emergency kit"- energy bars, water, battery radio, flashlight/light sticks and a first-aid kit packed in a small travel bag
- Kinetic flashlight (no batteries needed)
- Weather alert radio
- Talking smoke detector (great for small children)
- Bicycle helmet
- GFCI extension cord

