

High-Rise Evacuation Exercises



According to OSHA, employers need to have an evacuation plan in place for emergencies — this is especially important in high-rise buildings. However, it's also imperative that employees know the worksite emergency evacuation plan before an emergency occurs.

Before an emergency:

- ✓ **Know the pathway to at least 2 exits** from every area of the workplace. It also helps to know of any obstacles in these paths or how many desks or cubicles are between you and the exits in case you need to escape in the dark.
- ✓ **Recognize the alarm signal** or sound and know where they are located in case you need to sound them.
- ✓ **Report any malfunctioning safety or alarm systems.**
- ✓ **Never block exits** or pathways with any objects such as boxes, equipment or office furniture.

During an emergency:

- ✓ **Leave the area quickly** and orderly, while following the evacuation plan.
- ✓ **Listen for any further instructions** over your company's PA system.
- ✓ **Report** to the designated meeting place.
- ✓ **Do not re-enter the building** unless instructed to do so by authorities.

If there is a fire:

- ✓ **Crawl low** under smoke.
- ✓ **Test doors for heat** before opening. Don't open a hot door; find another exit door.
- ✓ **Keep fire doors closed.**

Down on the Farm

National Farm Safety and Health Week is September 20 to 26 and a great time to review safety standards if children live or work on your farm. According to the Cultivate Safety website, 45 children are injured on farms every day and, even more sobering, 1 child dies every 3 days in a farm-related accident. Help change these statistics by following these 7 guidelines:



- 1 **KEEP** non-working children and children under the age of 6 off the worksite and away from tractors — most injuries and deaths are tractor related.
- 2 **INSTALL** physical barriers near water hazards, animal enclosures, haylofts, tractors, machinery and equipment storage. **Best bet:** Build a safe play area away from the worksite.
- 3 **STORE** large objects properly, and lock up or store sharp tools out of reach.
- 4 **DEVELOP** and enforce strict rules regarding ATVs and horse riding.
- 5 **ARRANGE** off-site child care if you can't watch small children.
- 6 **ASSESS** children's and teens' abilities to perform farm jobs and provide appropriate training. Provide close supervision based on the job hazards and work environment.
- 7 **MODEL** safe behavior — don't take shortcuts, and always put away tools after use and use equipment properly.

SAFETY CORNER

Medicines and drugs can be lifesavers.

However, according to the Centers for Disease Control and Prevention, more than 700,000 people visit emergency rooms annually due to adverse drug events. Use caution when taking over-the-counter (OTC) or prescription medicines, and:



- ➔ Keep a list of all medicines.
- ➔ Store your medicines in a safe place away from children.
- ➔ Follow directions.
- ➔ Ask your health care provider or pharmacist about taking an OTC medicine with a prescribed medicine before taking it.
- ➔ Take medicines only as directed.
- ➔ Keep up with blood tests as recommended by your provider.

Organic Food Awareness



National Food Safety Education Month reminds us that even though organic foods may be free of pesticides, you still need to take care when buying and preparing them.

Read your labels. Look for USDA certified organic foods. Foods listed as **natural** are not the same as **certified organic** foods. Unless certified as organic, these foods may be unregulated and untested. To make matters even more confusing, under the National Organics Program, there are 4 types of organic labels: **100% organic**, **Organic**, **Made with organic** and **70% organic**.

Wash your produce. All fruits and vegetables need to be washed thoroughly before consumption — use a mixture of 3 parts water and 1 part vinegar. Spray the mixture and rinse with water. Even though organic produce is cultivated without pesticides, it was most likely grown with natural soil enhancers such as manure, bone or worm castings, and handled by many people.

Buy smaller amounts. Some organic foods are more likely to spoil faster since they aren't treated with preservatives or waxes. Unless you're feeding an army or a large family, buy small amounts. **Best bet:** Buy directly from a farm, buy in season or find out what day produce arrives at your local grocers and buy it then.

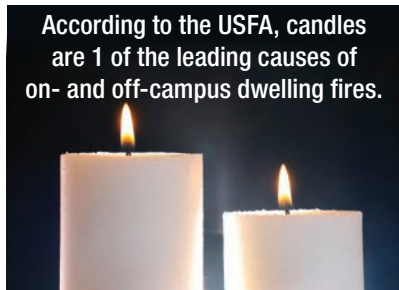
Wash your hands. Always wash your hands before handling any food to avoid bacterial contamination.

Prevent Campus Fires

You send them off with laptops and words of wisdom, but many parents forget to stress fire safety as college students prepare for life on campus. Here are some tips to pass along to your student:

- ✓ Make sure the dorm or apartment building has working smoke alarms. Instruct your kids never to disable or remove smoke alarm batteries.
- ✓ Have an escape plan that allows 2 ways out.
- ✓ Don't hang things on or cover fire sprinklers.
- ✓ Cook only where permitted to do so and never leave cooking unattended. According to the U.S. Fire Administration (USFA), an estimated 3,800 university housing fires occur each year in the United States with 88% being cooking fires.
- ✓ Never smoke in nonsmoking areas and if you smoke, make sure all cigarette butts and ashes are out. **Best bet:** Don't smoke.
- ✓ Obey the rules regarding candles. If your building doesn't permit them, don't use them. If your building does, make sure they are out before you leave or go to sleep.

According to the USFA, candles are 1 of the leading causes of on- and off-campus dwelling fires.



Are You Ready?

It's **National Preparedness Month**. Emergencies can happen at any time, so you need to **P-R-E-P-A-R-E**.

Plan an evacuation route.

Remember to designate an off-site meeting area in case you are separated during evacuation.

Evacuate immediately when you are instructed to do so.

Prepare an emergency disaster kit including first aid supplies, water, non-perishable foods and supplies. Also, take prescriptions, phone chargers, cash, pet food and medicine if you need to leave home.

Anticipate what will happen if an emergency occurs, update all contact information and make communication plans in case you are separated from family.

Revise and replenish. Review your plan with your family at least every 6 months and replenish your disaster kit if needed.

Ensure your safety by locking up valuables, shutting off utilities, and securing and locking doors and windows before evacuation.



Reach your personal best with www.personalbest.com/extras/15V9tools.

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