TS TOP SAFETY™
Safety Around the Clock. 10.2022

SAFETY CORNER

Don't Scare Away Safety

Halloween is right around the corner. Ensure your children have a happy and safe holiday:

Avoid costumes with masks. Use makeup instead. Dress your little goblins in well-fitting costumes to prevent trips and falls.

Plan the route in advance. Stay on sidewalks, if possible. If walking on the street, make sure to walk facing traffic and as far to the left as possible.

Provide children with working flashlights and reflective clothing, tape or stickers.

Remind children to cross the street at corners or crosswalks and look both ways before they cross.

Teach children to never cross between parked cars or dart into the street.

Supervise children younger than 12 years old. Always have a parent accompany them as they go door-to-door.

Encourage older children to trick or treat in groups — never alone.

Check all treats before allowing children to eat them.

October is Cybersecurity Awareness Month.

Spot Tech Support Scams

You're working on your laptop and suddenly a pop-up from a well-known tech company appears telling you your computer has been infected with a virus. You panic and start to follow the instructions.

Take your hands off the keyboard. This is most likely a scam. Other scams include phone calls and emails telling you there is a problem with your computer. They may instruct you to open files or to run a scan and then tell you they've detected a problem. Then, the scammers will request remote access to your computer, install malware, try to get you to purchase a computer maintenance or repair app or service, and direct you to a website to enter credit card and other personal information.

Here's what to do:

- If you receive a pop-up message to call tech support or click on a link, ignore it.
- Never provide your password or give someone remote access to your computer unless you called the company directly.
- Never provide credit card, bank account or any other payment information for offers to refund payment for tech support services you bought.
- If you suspect a virus or other threat, call your software company directly by using the phone number on packaging, its website or your sales receipt. Or consult a trusted security professional.

If you've been scammed:

- Consult a trusted security professional, update your computer's security software, change all passwords and report the scam or attack to the FTC at **reportfraud.ftc.gov/#/**.
- Contact your credit card company or bank to reverse charges if you made any. If you paid with a gift card, contact the company that issued it immediately.

School Bus Safety Week is October 16 to 22. Remind your children to stay seated on the bus.

October is Crime Prevention Month.

Prevent Workplace Crime

Here are some easy ways to prevent workplace crime:

PREPARE by knowing your company's policies regarding safety, security and emergencies.

REPORT broken or flickering lights, dimly lit hallways or stairways, broken windows or doors that don't lock.

EXERCISE caution when working alone. Make sure all exits are locked. Check in with someone while working, before you leave and when you get home. Get an escort to your vehicle. **Best bet:** Don't work alone.

VALUABLES should be locked away and out of sight, especially if you leave your office or work area.

NEVER allow anyone in the office or work area without proper identification. Follow company procedures for deliveries or allowing visitors into the building.

LEARN about the signs of potential violent or aggressive behavior.

TELL management or security immediately if anyone makes you uncomfortable or shows signs of potential violence or sexual harassment.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit **coronavirus.gov**.

SAMPLE

Fire Prevention Week is October 9 to 15.

Check your smoke alarm batteries and replace them if necessary.

October is Animal Safety and Protection Month.

Protect your Pets

Fall is here, and temperatures are starting to drop. It's your responsibility to make sure your best buddies are protected this winter, so review these measures:

- **It's unsafe to leave your pet in a cold vehicle.** Animals, like us, are susceptible to hypothermia. Every time you take your furry companion in your car, make sure they have plenty of blankets to burrow into or are wearing a coat or sweater. **Note:** Many states have laws against leaving animals in the car. Know the rules and follow them.
- **Don't leave pets outside anywhere,** even your yard, for longer than a few minutes in the cold.
- **Dress pets warmly for outside excursions.** If you walk your dog in cold weather, invest in a sweater or coat for short-haired animals and a pair of paw booties to protect them against frostbite.
- **Check your vehicle before you turn on the ignition** — cats and other animals love to curl up under the hood or inside the wheel well to keep warm.
- **Keep antifreeze out of reach in a locked container.** Clean up any spills — even a small amount of antifreeze can be fatal if ingested.

Novel Safety Technology

New safety technologies, such as drones, apps, sensors and wearables, are evolving every day. Here are just a few of the latest available:

Fatigue monitors: Wearable technology, including wristbands, headwear and clothing, can alert workers to when they are experiencing signs of fatigue.

Proximity monitors: Proximity sensor technology can help prevent being struck by and caught between objects, such as moving vehicles and equipment.

Virtual or augmented reality: These can be used for safety training, using life-like scenarios without facing real danger.

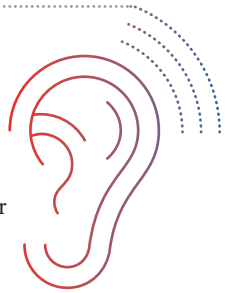
Drones: Drones can be sent into hazardous work areas, such as confined spaces, heights and underwater areas, to help mitigate a worker's personal risk.

Heat stress wearables: These wearables can track workers' body temperature and sweat rate to monitor when they are at risk for heat-related illness or heat stroke.

Video behavior analytics: Body-worn and fixed-mounted video cameras can help reduce workplace violence using machine learning and AI to monitor workplace irregularities. This includes detecting physical behavior and movement patterns that indicate physical violence. Certain behavior analytics can even detect a fallen person, abandoned objects and intrusion into a prohibited area.

October is Protect Your Hearing Month.

Easy on the Ears: Avoid Hearing Loss



Exposure to high noise levels can cause irreversible hearing loss or impairment. OSHA's permissible exposure limit (PEL) for noise exposure is 85 dBA for an eight-hour, time-weighted average (TWA) and the standard uses a 5 dBA exchange rate, which means that when the noise level is increased by 5 dBA, the amount of time a person can be exposed is cut in half. For example, a person who is exposed to noise levels of 90 dBA (5 dBA above the OSHA PEL) can be exposed for only four hours.

If you work in a high-noise environment, protect your ears:

FIND out if noise at your workplace is hazardous, make sure it is 85 dBA or below. **Tip:** You can check the noise level using a sound level meter app, such as the NIOSH Sound Level Meter at **cdc.gov/niosh/topics/noise/app.html**.

REDUCE your exposure to noise by taking breaks, maintaining equipment, using engineering solutions to reduce noise and wearing hearing protection.

WEAR the correct hearing protection. Choose self-forming, well-fitting earplugs or earmuffs depending on noise level. You can also wear earplugs and earmuffs together.

REDUCE or stop exposure to chemicals that may damage your hearing. Use a less-toxic or non-toxic chemical. Follow safety instructions when working with chemicals and wear the necessary personal protective equipment.

KEEP volume at a safe level when listening to music or podcasts on headphones or speakers.

The **Smart Moves Toolkit**, including this issue's printable download, **Get a Move On**, is at **personalbest.com/extras/22V10tools**.

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