

AMERICAN SOCIETY OF SAFETY PROFESSIONALS
Wichita Chapter

January 2020 ***To find a fault is easy; to do better may be difficult.*** -Plutarch

Inspect Your Vehicle

-Get someone to assist you and do a vehicle walk around inspection.
-Check your headllight, turn signals park & brake lights
-Check your tires for proper inflation and look at the condition (check tread wear & replace if necessary)
-Check your spare tire & jack.
-It is a good idea to keep a can of Fix-a-Flat or a similar product in your vehicle.
-Top off your windshield washer fluid… it comes in handy in traffic on slushy roads.



According to a study by the Centers for Disease Control & Prevention, the first month of the year is the worst for carbon monoxide poisoning. At least two people die each day from carbon-monoxide poisoning in January—three times the fatality rate recorded in August and July. Unintentional carbon monoxide exposure accounted for approximately 15,000 emergency room visits annually with about 439 people dying each year.

More than half of all traffic fatalities are alcohol-related.

Listening Safety

Nearly all construction sites are filled with various sounds and noises. Each sound we hear is the result of an action of a worker using a tool or a piece of equipment. In nearly every case, a tool or piece of equipment will signal its breakdown by a change in the normal operating sound.
Everyone on site should condition himself or herself to be able to pick up these advance warning signals even when wearing ear plugs or earmuffs. Your individual safety could easily be dependent on your ability to hear approaching danger.

Things Decreasing Listening Safety
Over concentration on work
Lack of sleep
Improper over eating habits
Use of alcohol or drugs (both legal and illegal)
Poor work place ventilation
Loud radio's; individual radio with ear plugs

How to Improve Listening Safety Habits
Become acquainted with the proper operational sounds of equipment and tools
Listen closely to instructions. Ask questions if instructions are unclear or confusing
Stay alert

Remember: Although it may be easier to see danger than it is to hear it, your ears are able to perceive warning signals from all around you. Your eyes are only good in the direction you are looking. Fine tune your ears and you can fine tune your exposure to danger and injury.

What you can do during extreme cold weather

• Continue to check the media for emergency info & follow instructions given.
• Reduce outdoor activities for the whole family, including pets.
• Dress in layers of loose-fitting, lightweight clothing instead of a single heavy layer. Outer garments should be tightly woven and water repellent. Wear a hat, mittens (not gloves), and sturdy waterproof boots to protect your arms, legs, hands and feet. Cover your mouth with a scarf to protect your lungs.
• Follow recommended safety precautions when using space heaters, a fireplace, or a woodstove to heat your home. Keep a fire extinguisher handy.
• If you lose heating, move into a single room. At night, cover windows and external doors with extra blankets or sheets.
• Ensure emergency generators are well ventilated.
• Wrap pipes in insulation or layers of newspapers covered in plastic to prevent them from freezing. Let a trickle of warm water run from a faucet to keep water moving through your pipes.
• If your pipes freeze, open all faucets all the way, remove any insulation, and heat the frozen pipe with a hair dryer or wrap with towels soaked in hot water. Never use an open flame to thaw pipes.
• In the event of a power outage, you may need to take extra precautions or go to an emergency shelter to stay warm.
• Know the symptoms of and watch out for cold-related illnesses. Call 9-1-1 to report emergencies.
• Be a good neighbor. Check on family, friends, and neighbors.