

Attention, Attention: An unplanned fire drill is scheduled for next Friday...



By Chris Loomis, Safety Expert

Being prepared for emergencies at the office is no joke. Every year thousands of workers are rushed to emergency rooms, clinics, veterinarians or the local witch doctor after slipping, tripping, falling, being burned, poked or run over by a renegade forklift. Keeping your head in the game while at work may mean more than just keeping your head; it may save the life of yourself and others.



Look at these statistics from the Injury Board:

Are you prepared for the unexpected?

- Sprains and strains account for roughly 41% of all workplace injuries.
- Falls make up about 19%
- Workplace burns account for 20-25% of all burns that require hospitalization and 5% of work related deaths.
- Cars, trucks and other vehicles are the leading cause of workplace deaths.
- Cancer is the most common workplace illness, usually from exposure to known dangers such as asbestos.

To prevent injuries on the job:

- Pay attention to your surroundings. If you see a hazard, report it and make sure it is taken care of.
- Do not wait for someone to be injured and then “notice.”
- Clean up spills and clutter, even if it is not your responsibility to do so.
- If you are driving and feel tired, pull over and take a break. Nap if you can or take a walk to clear your head.
- Make sure that your workplace is up to date with all first aid training and that there is a well-stocked first aid kit in every section or area.
- Use Universal Precautions if you are at any risk of coming contact with bodily fluid, including during emergency situations.

Workplace injuries can be prevented. It simply takes keeping your head in the game, watching your own surroundings, and using common sense. Safety is an attitude that begins in our thoughts. We can create an accident free work environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.

For more information or to book your next safety speaker, please visit <http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.