



SAFETY SNAPSHOT

OCTOBER-NOVEMBER 2018 • VOLUME 4

Safety on the Job...

Daylight Savings Time Safety

- Although most of us are used to commuting to and from work in darkness, others that we share the road with may not be. Remember to be patient and consider others' actions on the road.
- Keep a farther distance from the car in front of you.
- Annual vision exams are a good idea; especially as we get older.
- Drive with caution and watch for deer; deer are nocturnal and tend to travel at dusk and dawn. According to the Insurance Institute for Highway Safety, deer-vehicle collisions peak in November each year.
- Do not start working until there is enough daylight to do so safely. Wear clear safety glasses.

Unpredictable Chicagoland Weather

Fall 2017 presented a wide-range of temperatures and weather conditions. Temperatures in October fluctuated from mid-30s to mid-80s, and some areas had dustings of snow throughout the month. Strong storms capable of producing hail and tornadoes can – and have – devastated parts of our state in previous fall months. Do not let your guard down; prepare for possible hazardous weather conditions. Keep an eye on the sky; stop work and take shelter if working outdoors and lightning is spotted. Allow for extra commute time if snow and/or rain is in the forecast. Cold-weather PPE is being ordered, and hot-weather PPE is still in stock from summer. If you need any safety supplies for your jobsite, please contact the Safety Department.



Company Safety Meeting Announcement

When: Thursday, October 11, 2018

Doors will open at 4:30 PM, food will be served at 5:00 PM, and meeting will begin promptly at 5:30 PM.

Where: Heroes West Sports Grill, Joliet, IL

RSVP: Scott Batty @ 815-529-0635; Megan Vidano @ 815-378-8545; or Gregg Buda @ 708-906-7293



Note: If you have suggestions for future guest speakers, topics, or meeting locations, please let Safety know!

OSHA Emphasis Programs

OSHA has three different levels of emphasis programs – national, regional, and local. These emphasis programs are temporary programs that OSHA focuses on, typically because there is a high injury or fatality rate associated with a particular hazard. OSHA may perform inspections (audits) of jobsites and companies involved with the hazards targeted in emphasis programs. They also focus training efforts and outreach to address these specific hazards.

Regional Emphasis Programs (REPs) affect states that are geographically close to one another. Region V contains Illinois, Indiana, Michigan, Minnesota, Ohio, & Wisconsin; within these regions, some areas may have Local Emphasis Programs (LEPs).

What programs affect Lindblad?

REP/LEPs:

Building renovation/demolition; fall hazards in construction; high-rise building construction (Chicago); Fork-lifts; wood pallet manufacturing; grain-handling facilities; federal agencies; and lead.

National Emphasis Programs (NEPs):

Cranes & derricks; combustible dust; amputations; hex-chrome; lead; metal industries; process safety management; shipbreaking; trenching & excavating.



...and off the Job...

Halloween Creeps

Safety tips to keep in mind this spooky season:

- 👻 Children should not trick-or-treat alone; if children are old and mature enough to go without adult supervision, a curfew should be determined.
- 👻 Remind children to only visit well-lit homes, and homes that are on the beaten path.
- 👻 Never enter someone's home or vehicle without a parent's permission or parent present.
- 👻 Teach children to say something if they see something that seems unsafe.



Flu Prevention

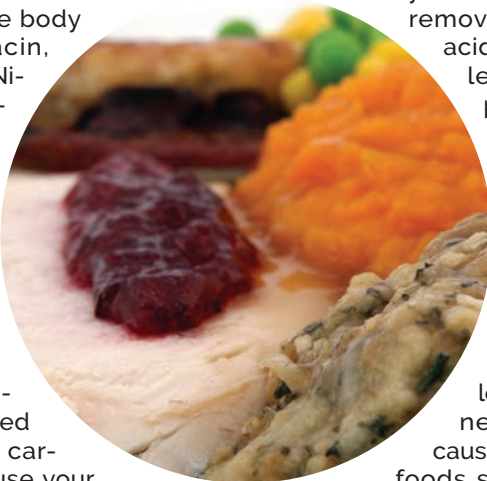
While many medical professionals recommend flu shots to prevent falling ill, there are additional precautions you should take whether you and your family receive the shot or not! According to the National Safety Council, flu season peaks between late November and early March. The Center for Disease Control (CDC) estimates that 310,000 people in the US were hospitalized for flu-related reasons in 2015-2016. The flu virus changes every year, and makes it difficult to predict.

To promote wellness this fall and winter, remember to:

- Cover your mouth with the inside of your arm (rather than your hand) when you cough, sneeze, or yawn.
- Avoid being around others who are sick; encourage co-workers to go home.
- Wash your hands or carry sanitizer with you.

Does turkey really make you sleepy?

Turkey contains an amino acid, L-tryptophan, that the body transforms into Niacin, which is a B-vitamin. Niacin helps to create serotonin and melatonin, hormones that regulate sleep and sleep patterns. The amino acid L-tryptophan is found in many foods – chicken, and other poultry, cheeses and dairy, fish, and eggs. Tryptophan is more impactful when combined with consumption of carbohydrates; carbs cause your



body to release insulin, which removes all other amino acids from your blood, leaving only tryptophan.

Consider a common Thanksgiving meal comprised of turkey, stuffing, mashed potatoes, casseroles, and desserts... According to sleep.org, the sleepiness felt following a turkey dinner is just as likely caused by the carb-filled foods served on the side.

A downward trend in life expectancy in the US...

Though not even in the top 10 causes of death in the US, overdose deaths seem to be a contributing factor in the downward trend in life expectancy of Americans. According to the CDC, life expectancy decreased in 2015, and again in 2016, partially due to a growing epidemic of addiction and drug-related fatalities among young and middle-aged individuals. The death rate

increased for individuals ages 15-45 fairly significantly, but seemed to decrease for older Americans. The last time that life expectancy in the US dropped was in 1993 influenced by the rise of AIDS. The last time life expectancy dropped two years in a row was in 1962-1963 due to fatalities caused by influenza.

Daylight Savings Time is a perfect opportunity to inspect fire protection systems and replace smoke & carbon monoxide detector batteries. Make sure that home fire extinguishers are in good working order and that exit routes are free from obstructions. Practice fire drills with children and determine meeting points outside of the home in the event of a fire.

Suggestions for content you want to read about in the **December 2018** issue?

Contact the Safety Department.