



SAFETY SNAPSHOT

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Safety on the Job...



2022 America's Safest Companies

Lindblad was named one of the Safest Companies in America for 2022 by EHSToday Magazine. There were nine US-based companies awarded in 2022. The winning companies varied from an electrical construction company with 1,500 employees to a specialty blast-resistant building installer with 30 employees. The award criteria included a review of safety

topics including overall safety culture and engagement, training programs and initiatives, management support, and subcontractor participation.

Lindblad Safety is proud of and congratulatory to all employees who made this achievement possible!

Link: www.ehstoday.com/americas-safest-companies-awards/article/21250984/americas-safest-companies-2022-lindblad-construction

Fall Protection OSHA's Top Violation

OSHA's Top Ten Violations (preliminary report for 2022):

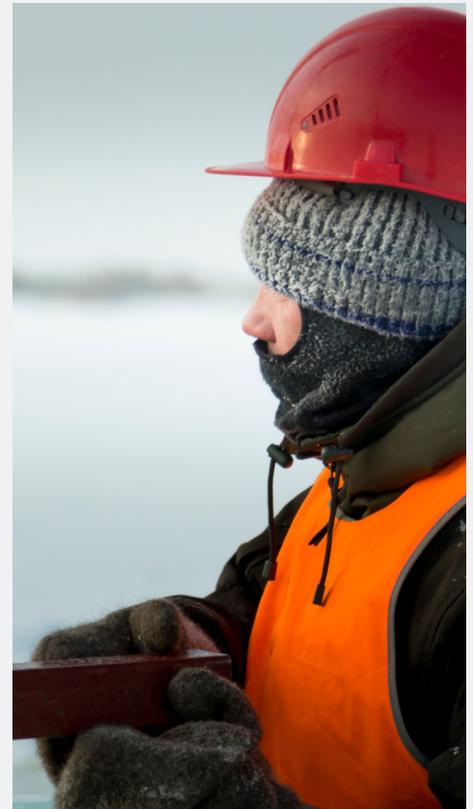
1. Fall Protection – general requirements (note: Fall Protection tops the list for the 12th year in a row)
2. Hazard Communication
3. Respiratory Protection
4. Ladders
5. Scaffolding
6. Lock-out/Tag out
7. Powered Industrial Trucks
8. Fall Protection – training requirements
9. Personal protective and lifesaving equipment – face and eye protection
10. Machine guarding

Source: www.ishn.com/articles/113466-fall-protection-is-oshas-top-safety-violation-for-12th-year-in-a-row

Winter Weather Readiness

As the weather gets colder, consider the following safety tips for working safely this winter:

- Allow for extra travel time when leaving for your destination. Check the weather the day before to assess if your drive will be impacted by snow or freezing rain. Always clear ice and snow from your vehicle body (hood, roof), windshield, and side windows before beginning your trip.
- Dress for the weather conditions: consider bringing a change of clothes and socks with you to the job.
- Winter gloves, helmet liners, and balaclavas are available in the Fastenal machines. If different PPE options are preferred, please contact Safety.
- Verify utility locates covered by snow before you dig. If needed, request a remark. Never assume where buried utilities are located.



OSHA Recordable Injury: Employee Receives Laceration Requiring Stitches

On August 30, 2022 a Lindblad employee received a laceration to his finger requiring five stitches. The employee was cutting drywall with a utility knife towards his non-dominant hand which was holding the drywall piece to secure.

Since the beginning of 2020, Lindblad has experienced five injuries requiring first-aid or medical attention; four of these injuries have been hand injuries due to Line of Fire.

- ✓ Practice the Two-Minute Pause; take two minutes before starting your task to consider line of fire and other hazards.
- ✓ Always be aware of hand placement when using tools such as utility knives, power tools, and hand tools.
- ✓ Wear gloves appropriate to the task; Safety stocks many styles of gloves in the Fastenal machines, and is willing to purchase other glove options upon request.

Offensive Bumper Stickers

Lindblad trucks must not have any postings, such as bumper stickers, that may be taken as offensive by the general public. If you are unsure if your bumper sticker may offend others, please remove or cover the sticker. The *only* approved stickers for Lindblad trucks are those issued by Lindblad Safety (first-aid kit, as example) or union/craft stickers.

...and off the Job...

Better Sleep Through Diet

According to The Sleep Foundation, the quality of sleep a person has each night is impacted through diet. Diet can impact your energy throughout the day, blood sugar levels, and weight gain. The Sleep Foundation conducted a study of which foods lead to the best sleep outcomes, and the following foods were consistently linked to good sleep.

Bananas: Bananas contain potassium, tryptophan and magnesium – all aiding in sleep regulation.

Fatty fish (i.e., salmon): Fatty fish contain omega-3 acids which help to regulate serotonin, and also contain Vitamin-D.

Tart Cherries: Tart cherries and cherry juice contain melatonin, a hormone that helps to regulate and promote healthy sleep.

Nuts: Nuts contain melatonin, zinc and magnesium. The amount recommended to eat daily differs by nut and by person but are an excellent snack for midday to fight afternoon fatigue. Good options include pistachios, almonds, walnuts and cashews.

Other excellent foods include kiwis, malted milk, poultry, eggs, and honey.

Source: *Healthy You*, fall 2022 issue, *St Margaret's Health*

Christmas Tree Safety

According to the National Fire Protection Association (NFPA), fire departments responded to an average of 160 home fires caused by Christmas trees during the years 2015 – 2019. Nearly half of the Christmas tree fires were sparked due to electrical hazards; one-fifth were due to lights on the tree and one-fifth were due to a heat source (candle, fireplace) too close to the tree. Consider the below safety tips when decorating your Christmas tree this holiday season:

- Do not place your tree near heat sources such as fireplaces and furnaces. Never use real candles to decorate your tree.
- Do not place your tree in front of exit pathways.

- Replace damaged string lights. Do not leave trees lit when leaving the house or after going to bed.
- Artificial trees: Select a Christmas tree that is fire resistant.
- Fresh-cut trees: Cut the bottom two inches off of the trunk so that water can be easily absorbed through the bottom. Check the water in the base daily. Select a tree with green needles that do not fall off when touched. When it is time to get rid of a dried Christmas tree, do not store it in the garage or up against your home. Local communities typically offer a recycling program to get rid of Christmas trees safely.



Fill Santa's Sleigh with Safe Toys

According to the Consumer Product Safety Commission (CPSC), in 2020, there were 150,000 toy-related injuries requiring emergency room treatment. Keep Safety in mind when mailing out wish-lists to Santa this holiday season.

Riding toys

The most common toy-related injury requiring medical attention was due to non-motorized scooters – accounting for 21%. The total number of scooter injuries increased from 35,600 in 2020 to 41,700 in 2021. Safety gear, such as helmets and knee pads, make great gifts to accompany riding toys such as scooters and bicycles.

Age Appropriate Toys

Remember, buy age appropriate toys. Small parts such as Barbie shoes and Legos can be choking hazards for small children. Deflated balloons should be discarded immediately.

Product Recalls

The CPSC makes recalled items such as toys publicly available. Monitor this list regularly and remove any recalled toys from play. Recalled toys are also frequently posted on bulletin boards at large retailers such as Walmart and Target.



Source: www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety

Protect the Paws this Winter

Dog paws can be injured due to snow, ice and salt. To protect your dog's paws, consider dressing him or her in boots when going for walks or spending time outside this winter. Many dogs do not like having boots on their feet, especially if introduced later in life. A good alternative is petroleum-based products or paw balm, such as Musher's Secret; this will coat the dogs pads, serve as a moisturizer, and prevent snow, ice and salt from getting in between toes. Wipe paw pads clean when coming back inside.

Salt and de-icing chemicals can be harmful if your dog licks the residue and can damage paw pads. Wipe dog's paws with a wet towel or dip in warm water after walks and consider buying pet-friendly ice for personal use. Shovel an area of your yard if substantial snow has fallen so that your dog does not need to trek into deep snow on quick trips outside.

Source: www.animalhumanesociety.org/news/protect-your-dogs-paws-winter-weather

Suggestions for content you want to read about in the January-February 2023 issue?

Contact the Safety Department.