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HSE Quiz Question

A person is unconscious, put the following steps in order:

- A) Tap the person and shout
- B) Open airway
- C) Check for signs of life (movement & normal breathing)
- D) Check the scene for safety

SUBMIT YOUR ANSWER TO THE HUMAN RESOURCES DEPT. EITHER VIA EMAIL OR BY CALLING 646-2307. FIRST CORRECT RESPONSE WINS A PRIZE

LAST MONTH'S QUESTION?

What do you do if you witness a coworker is choking and coughing forcefully?

- A) Pat your coworker on the back forcefully
- B) Give abdominal thrusts
- C) Encourage the coworker to continue coughing
- D) None of the above

CORRECT ANSWER: C

If the person is coughing forcefully, he or she may cough the object up, eliminating the need for you to give care. Use a combination of back blows and abdominal thrusts when the person cannot cough forcefully, speak or breathe.

Congratulations to Sergeant Shaun Leon Guerrero of MSS-Mobil and Mercle Debold of Admin Winners of July's Quiz Question

SAFETY is everyone's responsibility

- Slips, Trips, and falls can be prevented through proper planning and coordinated housekeeping efforts.

HSE NEWSLETTER CONTENT PROVIDED BY:

**PAUL BETANCOURT
SAFETY & SECURITY MANAGER
OGR**

If you have content for next month's edition, please forward to kezia.sablan@g4s.com. While we may not be able to print all submissions, we'll definitely take your ideas and suggestions into consideration.

Securing Your World

Standards for Safety Shoes

The American National Standards Institute created a set of industry standards overseeing the requirements for safety footwear. These standards were known as ANSI Z41 PT 99 until new standards were created by the American Society for Testing and Materials. The new standard covers all protective footwear, including the following items.

Steel toe boots are required to be worn in any work location where an employee may be exposed to injury as a result of a falling or rolling object.

Static dissipative protective footwear is designed to dissipate any build-up of static electricity in an individual's body. SD shoes are used in computer, solvent-based paint and plastics manufacturing.

Conductive shoes protect against static electrical build-up, as opposed to SD shoes, which regulate electrical build-up. Conductive shoes are designed to be used in environments where there is a large accumulation of static electricity such as computer processor plants, explosives factories, etc.

Electrical hazard protective footwear is designed for employees who work around heavy-duty electrical equipment, live wires and circuits and energized conductors. The soles in EH shoes include soles and heels that dispel electricity in case of electrical short-age or shock.

Puncture resistant protective footwear includes a thin steel plate built into the mid-sole of the shoe to deflect any objects that might pierce the sole of the shoe. These shoes are primarily used in the construction industry, landfills, scrap metal shops and any other place where a sharp object may pierce the shoe.



Safe Lifting Techniques: THE FOUR P's

Over the years, many techniques and methods have been developed to combat injuries related to lifting activities. One technique that is easy to remember is called the **Four P's**.

PLAN: your lift. Know where you are going with the load. Make sure the path is clear from point A to point B. Position yourself to avoid twisting. Get HELP, if necessary.

PREPARE: for the lift: Position your feet to get close to the load. Point your toes in the direction you want to go after the lift. Face the load squarely. Grasp the load firmly and with two hands. Tighten stomach and buttock muscles. Bend your knees, not your back.

PULL the object close to you: Keep your back straight, but not necessarily erect. Use smooth, continuous, and deliberate motions. Do **NOT** jerk the load.

PIVOT, don't twist: Keep your feet flat on the floor for stability. Turn by shifting your weight and moving your feet to avoid twisting. Twisting while lifting is the number one cause of injury, especially to the lower back. **DON'T TWIST!**



G4S Security Services
G4S Security Systems
1851 Army Dr. Rte. 16
Harmon, GU 96913
Phone: 671-646-2307
Fax: 671-649-7245
E-mail: guam@gu.g4s.com

We're on the Web!
www.g4sguam.com

EMPLOYEE SAFETY RESPONSIBILITY

Responsibility Number One - Recognize Hazards

At the core of your safety responsibilities lies the task of recognizing safety and health hazards. In order to do that, you must first understand what constitutes a hazard. Extreme hazards are often obvious.

There are, however, more subtle hazards that won't jump up and bite you. As a result of your safety training and meetings, some things may come to mind.

For example, a machine may not be easy to lock out. Common practice may be to use a tag. This is a potential hazard and should be discussed. Maybe something can be changed to make it easier to use a lock.

Responsibility Number Two - Report Hazards

A big part of recognizing hazards is using your instincts. Nobody knows your job as well as you do, everyone is counting on you to let a supervisor and management know about possible problems. This means you have to beyond -recognize hazards, correct them if you can and report them.

For example, if something spills in your work area you can probably clean it up yourself. However, if there is an unlabeled chemical container and you have no idea what it is, you should report it to your supervisor.

Keep Thinking. Even if you're doing your job safely and you are avoiding hazards, there are often even better ways to work safely. If you have ideas for improving the safety of your job or that of co-workers, share them. While nothing we do can completely eliminate the threat of an incident, we can work together to improve our odds.
Let's keep communicating and continue to improve safety.

Applying Ergonomics to the Workstation

Ergonomics is the study of fitting the job to the employee rather than the employee to the job. Safety concerns center around eyestrain and cumulative trauma disorders such as carpal tunnel syndrome. Here are just a few ways that you can apply to your job or work station to minimize the threat.

Eyestrain: Improper lighting causes most computer-related eyestrain.

- Position yourself and your computer to eliminate or at least minimize glare on your screen.
- Never shine a lamp directly onto the screen.
- If you work near a window, adjust the blinds or shades to improve the lighting and cut the glare.
- Place the computer at right angles to the window.
- Angle the display screen to avoid backlight glare.
- Move bright objects away from your terminal.
- Adjust the brightness and contrast on the screen

You may still need to give your eyes an occasional break. Simply taking your eyes off the display screen and focusing on a faraway object for a few seconds can work wonders. You can also try some eye exercises, like rolling your eyes, blinking or closing your eyes tightly for a few seconds.

Posture and Work habits

- Take frequent breaks every hour or so to stand up and move your legs to restore circulation.
- Stretch when you take your breaks, add a whole-body overhead stretch, and then swing your shoulders through its range of motion several times.
- Alternate activities to do seated computer work in small time blocks to allow for "recovery time".
- Frequently remind yourself to sit in a neutral posture, not hunched over your desk. Keep your head up!
- Take regular vision breaks to relieve your eyes.
- If you wear glasses, let your eye care provider know that you work at a computer.