

HOMESAFETYMATTERS

SUMMER 2021

A COMMUNITY FIND IT-FIX IT

Spot a hazard? If you can't eliminate it, report it to someone who can

A fiber optic cable contractor had left a boring machine partially blocking a two-lane residential road in Sylvania in April.



Dan Stark

The machine was unattended overnight, with no warning signs or safety cones.

"I was startled by it as I arrived home early in the morning after driving from the Clarion Winston-Salem plant," says **Dan Stark**, project manager, GEM GPS.

"I was concerned that someone would run into the boring machine and injure themselves. My daughter even mentioned when I saw her in the morning that she was startled by it when she drove home from work around midnight."

Stark couldn't eliminate the hazard on

GOOD HABITS TO KEEP

Washing your hands properly will always be a good idea

Keep your hands clean to prevent illness. Here's when to wash your hands:

- Before, during and after preparing food
- Before eating
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal food

- or animal waste
- After touching garbage

Wash your hands the right way

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
2. Rub your hands together with soap, lathering the backs of your hands, between your fingers and under your nails.
3. Scrub at least 20 seconds.
4. Rinse well.
5. Air dry your hands or use a clean towel.

his own, but he took the time to report it. "I contacted Buckeye Broadband after I returned from getting my second (COVID-19) vaccination later in the morning and noticed it was still in the same location."

He talked to a customer service rep and emailed a photo and the boring machine location in his subdivision.

About two hours later, Broadband had the contractor move the boring machine to the front of the subdivision off the side of the road.



The boring machine partially blocking a Sylvania street.

PREVENT FALLS AT HOME

In May, we paused work at all RLG job-sites to participate in OSHA's national fall prevention safety stand-down.

Make fall prevention part of life at home, too.

- Check the railings on stairs and decks – and tighten or replace them if necessary.
- Check carpet for worn areas or loose seams.
- Use nightlights in bathrooms and hallways.
- Secure small rugs with tape or nonslip pads.
- Wipe up spills immediately.
- Consider adding motion-sensing lights in garage and storage areas.
- Pick up clutter in your house, basement and garage.
- Use a step stool to change light bulbs or reach a cabinet, not a chair.
- Check your ladders. It may be time to replace your old ladder with a modern, safer model.

When there's no soap and water

When you can't use soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.

Sanitizers can quickly reduce germs on hands. However, they don't kill all germs and may be less effective on visibly dirty, greasy skin. They also may not remove chemicals like pesticides and heavy metals.

For more information, go to [cdc.gov](https://www.cdc.gov)



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TIME FOR PICNICS AND GRILLING

Keep your food safe whenever you eat outdoors

Eating outdoors is one of the joys of summer. Here's how to picnic and grill safely:

- Perishable food should not sit out for more than two hours. In hot weather (above 90°F), one hour is the limit.
- Serve cold food in small portions on ice and keep the rest in a cooler.
- Keep perishable food cold until it is ready to cook.
- After grilling meat and poultry, keep it hot until served, at least 140 °F.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where it could over-cook.
- Use separate cutting boards and utensils for raw meat and ready-to-eat foods like vegetables and bread.
- Use a food thermometer.

Safe cooking temperatures for:

- Beef, pork, lamb and veal - 145 °F
- Ground meats - 160 °F
- Poultry - 165 °F

Source: foodsafety.gov

FIND IT-FIX ITS AT HOME

True commitment to safety is 24/7/365. That's why we encourage and welcome Find It-Fix Its from your life outside work - at home and in your community.

If you see an unsafe condition outside work, eliminate the hazard if you can or report it to someone who can address it.

If you see someone doing something unsafe, speak up and help them find a safer way.

Then complete and turn in a Find It-Fix It report at work.

PLAY IT SAFE IN THE WATER

Rules for keeping your kids safe when swimming

When swimming, give small children your undivided attention.

- Never leave your child alone. If you must leave the area, take your child with you, even if you'll be gone only a minute or two.
- Make sure you can see your child at all times.
- Make sure your child takes swim lessons.
- Don't let children play around pool drains and suction fittings.
- If a child is missing, check the water first.
- Get trained in CPR and first aid.
- Don't let your child swim or dive in unfamiliar water, especially lakes and rivers, which can have strong currents and require more skill than a pool. (This applies to adults, too!)
- Don't let your child push or jump on others in or near the water - and don't let your child be around other kids who are engaging in rough horseplay.

Source: nsc.org

BOATING SAFETY

Use common sense, stay alert and know the rules

Boating safety is a combination of common sense, alertness and knowledge of the boat and rules.

- Check the weather beforehand and get off the water if there are dark clouds, high winds or sudden drops in temperature.
- Operate at a safe speed, especially in crowded areas.
- Stay alert and keep a safe distance from other vessels and swimmers.
- Make sure at least two people on board know how to handle the boat.
- Make sure someone knows the names/addresses/phone numbers of all passengers, boat type, where you're going and how long you plan to be gone.
- Make sure all children wear life jackets, and keep life jackets available for all adults.
- Don't drink alcohol before or while you're on the water.
- Brush up on your knowledge of boating safety rules by taking a local community or online course.
- Get a free vessel safety check from the U.S. Coast Guard.

Source: discoverboating.com

Warm weather often brings

LIGHTNING AND SEVERE THUNDERSTORMS.

Don't underestimate the power of strong thunderstorm winds.

Postpone outdoor activities if thunderstorms are imminent.

Always identify a safe place to take shelter.



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The sun's ultraviolet rays can damage your skin in as little as 15 minutes. Follow these

SUN SAFETY TIPS:

Put on sunscreen with at least SPF 15 before you go outside.

Wear a hat with a brim all the way around that shades your face, ears, and neck.

Wear sunglasses to protect your eyes from ultraviolet rays.



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