



MEMBERSHIP MINUTE

by Sadee Pistoia
Membership Manager

Ergonomic Tips

1. Don't lift items that are heavy or awkward; always ask for help.
2. Whenever possible, use carts, hand trucks and other equipment in place of lifting.
3. Keep items you are lifting close to you to avoid stress to your body.
4. Store heavier and frequently used items on shelves between waist and chest height to avoid bending and reaching.
5. Keep stock areas well organized and free of clutter so that you have good access to the items that you need.

Injury and Illness Prevention Programs

Injury and Illness Prevention Programs are an effective tool for reducing occupational injuries, illnesses and fatalities. Many workplaces have already adopted such approaches. Not only do these workplaces experience significant decreases in workplace injuries, but they often report a transformed workplace culture that can lead to higher productivity and quality, reduced turnover, reduced costs and greater worker satisfaction.

The major elements of an effective program include:

- Management Leadership
- Worker Participation
- Hazard Identification and Assessment
- Hazard Prevention and Control
- Education and Training
- Program Evaluation and Improvement

Source: www.OSHA.gov

Celebrate With Us at the Ball Park

To celebrate National Safety Month, the Utah Safety Council invites you to our second annual Night Out with the Salt Lake Bees on Friday June 26, 2015 at 7:05 p.m. The theme for this year's National Safety Month is "What I Live For" and spending a fun night with family and friends is a great reminder of why we all want to stay safe at home, at work, and on the go.

The evening will be filled with safety education, prizes, good food and of course a great baseball game. Upon entry, the first 2,500 fans will receive a Utah Safety Council co-branded batting helmet.

Look for more information about this event in the coming months, but please mark your calendars and plan to celebrate National Safety Month with the Utah Safety Council and the Salt Lake Bees!



Protect Your Loved Ones from Window Falls

About 5,000 children fall from a window every year. That's 5,000 too many for such a preventable incident.

Observe *National Window Safety Week* this year on April 5-11 by heeding these simple tips to help keep your children safe inside your home.

- Don't keep furniture or other objects that children may crawl on near windows.
- Don't let kids play around windows.
- Know that screens will not prevent your kids from falling through and out the window. Consider installing window guards to help with this.
- Keep all windows closed and locked when kids are around.
- If you must open windows for ventilation, open ones that children cannot reach.
- If your windows can open from the top and bottom, always open them from the top.
- Teach your children how to safely escape a fire through a window.
- Make sure windows aren't nailed or painted shut.
- Don't install AC units in windows used for your emergency escape plan.



Protect Your Drivers



Stay Compliant

Utah law requires every operator of an emergency medical response vehicle to have proper training and certification.

Enroll Online Today

Coaching the Emergency Vehicle Instructor Course

May 12, 2015
Member: \$350

Traffic crashes are the #1 cause of death in the workplace!

Attend the FREE Traffic Safety Management Seminar

April 29th
11-3 p.m. (Lunch will be served)

Learn what others are successfully implementing within their organizations!

Please register online to reserve your spot.

Date	April Courses	Member Discounted Price
April 1-2	OSHA 10-Hour Outreach for General Industry	FREE**
April 7	Contractor Safety Orientation (UITC)	\$75
April 7	Crane and Hoist: OSHA Compliance Series	\$110
April 8-10	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
April 13	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
April 14	Contractor Safety Orientation (UITC)	\$75
April 15	Breakfast Safety Seminar: Safety Committees New for 2015	FREE**
April 16	First Aid, CPR and AED for Business	FREE**
April 16	HAZWOPER 8-Hour Refresher Course New for 2015	\$145
April 21	Hazard Communication with GHS: OSHA Compliance Series	\$110
April 21	Contractor Safety Orientation (UITC)	\$75
April 22-24	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
April 27	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
April 27	Fire Extinguisher Training New for 2015	\$45
April 28	Contractor Safety Orientation (UITC)	\$75
April 29	Traffic Safety Management Seminar	FREE
Date	May Courses	Member Discounted Price
May 4	Breakfast Safety Seminar: Risk Management New for 2015	FREE**
May 5	Contractor Safety Orientation (UITC)	\$75
May 5-6	OSHA 10-Hour Outreach Course for the Construction Industry	FREE**
May 6-8	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
May 6-9	MSHA 32-Hour Training for New/Inexperienced Underground Miners	\$350
May 7	Machine Guarding: OSHA Compliance Series	\$110
May 8	MSHA 8-Hour Annual Training for Experienced Underground Miners	\$75
May 11	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
May 11-12	Lift Truck Trainer Certification Course	\$920
May 12	Coaching the Emergency Vehicle Instructor Course	\$350
May 15	Qualified Signal Rigger New for 2015	\$200

Courses held at the Utah Safety Council Training Center, 1574 West 1700 South, Lower Level, Salt Lake City. Register online at UTAHSAFETYCOUNCIL.ORG or by calling our office at 801.746.SAFE (7233).

**As part of the Utah Safety Council member benefits, more details found online.

WORK AROUND HAZARDOUS MATERIALS? You NEED HAZWOPER training.



New for 2015, the Utah Safety Council now offers HAZWOPER 8-Hour Refresher Courses. These courses meet the requirements outlined in OSHA 29 CFR 1910.120 for workers at hazardous waste sites.

Course Dates: April 16, June 11, August 27, October 29, December 17
Member: \$145 | Non-Member: \$175

Register Online Today!

UTAHSAFETYCOUNCIL.ORG



1574 West 1700 South, Suite 2A
Salt Lake City, UT 84104

ADDRESS SERVICE REQUESTED



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Your Membership Benefits

- Members Only Website
- Safety Media Library
- Streaming Safety Videos
- Member Appreciation Events
- Free Training
 - First Aid, CPR and AED for Business Course **(\$70 value)**
 - Monthly Breakfast Safety Seminars **(\$60 value)**
 - OSHA 10-Hour Outreach Course: either general industry or construction **(\$200 value)**
 - Safety Management Systems: Strategies for Business **(\$160 Value)**
- Discounts on Safety Training
- Discounted Consulting Services
- Exclusive Discounts on Safety Products

UTAHSAFETYCOUNCIL.ORG
801.746.SAFE (7233)

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Register Now

FORE

The
Utah Safety Council's
1st Annual

CRAZY PANTS

Golf Tournament at
Thanksgiving Point
May 14, 2015

8:30 a.m. Shotgun | 4-Person Scramble

Member: \$125 (\$400 foursome)
Non-Member: \$175 (\$650 foursome)

Registration Includes: Green fees, Cart rental, Swag Bag, Breakfast and Lunch
Register Online at UTAHSAFETYCOUNCIL.ORG

For more information contact Sadee Pistoia,
Membership Manager at 801.746.SAFE (7233) ext. 302 or
by email at spistoia@utahsafetycouncil.org.



Benefitting our Home & Community Programs