



# Safety Notes

February 2016

Volume 14



## MEMBERSHIP MINUTE

by Sadee Pistoia  
Membership Manager

If your company is looking to implement regular safety and health meetings, some things need to be considered first. Safety meetings should fit comfortably into workers' schedules, with the goal of motivating workers to take an interest in safety and health.

Safety meetings should also be used to:

- Empower workers to become better problem-solvers and decision-makers
- Identify, discuss and correct work place hazards through job safety analyses and inspections
- Discuss the safety and health procedures and philosophy

For more information, please visit our website at:  
[UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG).

## *Safety Through the Ages: 1930s*

In the early 1930s, at the start of the industrial revolution, safety was not always a top priority. Manufacturing was growing and so were the numbers of injuries and deaths of workers. However, the idea of a building a safer workplace was slowly growing across the American workforce.

The Golden Gate Bridge, built in 1933, is an example of how personal protective equipment (PPE) influenced workplace safety. Joseph Strauss, the projects chief engineer, was committed to making the construction of the bridge as safe as possible.

The bridge construction played a large role in the development of one specific form of PPE: hard hats. This was one of the first large projects to make hard hats mandatory. While head protection was not an entirely new concept (gold miners had learned long before the importance of protecting their heads from falling debris), it was new to this industry and would only continue to grow in use.

*Fun Fact-* The original hard hat, called the "Hard-Boiled Hat", was manufactured out of steamed canvas, glue, and black paint.

## *About Our Staff*

Jennifer Williams is our Traffic Safety Program Manager and has been with the Utah Safety Council for over five years. Jennifer works with programs like Defensive Driving, Alive at 25, and the Network of Employers for Traffic Safety.

Jennifer enjoys spending time with her family, playing with her cat, hiking, camping, and reading as many books as possible. Feel free to reach out to Jennifer at [jwilliams@utahsafetycouncil.org](mailto:jwilliams@utahsafetycouncil.org) to learn more about our traffic safety programs.



# Take Care of Your Ticker! February is National Heart Month

During the month, communities, health professionals, and families work together to spread the word about preventing heart disease. **The goal is to encourage people to live heart healthy lives.**

In the 1930s, one of the leading causes of death was heart disease. Due to the Depression, the national income was less than half of what it had been in 1929, and in several states as many as 40% of the people were on relief. Many Americans could not pay their medical bills, and visits to physicians and hospitals decreased.

While we have come a long way in science and medicine, unfortunately heart disease is still the leading cause of death for men and women in the United States. **Every year, 1 in 4 deaths are caused by heart disease.**

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Simple lifestyle choices can make a huge difference, including: staying active, eating well, choosing not to smoke, and keeping up with those zzz's.

And don't forget about your employees and customers when it comes to heart safety! The Utah Safety Council provides frequent First Aid, CPR and AED training courses. **There's still time to sign up for our next course on February 10th!** For more information and our complete list of courses, go to: [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG).



Image Courtesy of the National Safety Council

## Train Your Employees with a Defensive Driving Instructor of your Own!

Sign up for our next Defensive Driving  
Instructor Course!

**March 23-24, 2016**

Member: \$360 | Non-Member: \$470

This course has been designed and developed to meet the driver improvement and safety needs and goals of your organization.

For more information contact  
**Jennifer Williams**, Traffic Safety Program  
Manager at 801.746. **SAFE** (7233)  
or email [jwilliams@utahsafetycouncil.org](mailto:jwilliams@utahsafetycouncil.org).

Let us **help**  
**install** your new  
**car seat!**

[UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG)  
801.746. **SAFE** (7233)

**BUCKLE** ↑ 4 ♥



**Look for this sticker on car seats at  
select Target and Walmart Stores!**



## Forklifts from the 1930s to Today

Forklift design has come a long way since the 1930s. It was during this decade that the first electric forklift was invented, hydraulic power was first introduced, and pallets became standardized. Without these key elements, our global goods production would look very different today.

In 2000, OSHA issued new requirements for training employees who operate powered industrial trucks. To be OSHA compliant, all forklift operators must be certified to drive a forklift. Certification comes from both formal instruction, and hands-on evaluation. And this training shouldn't happen just once. Every forklift operator must have refresher training every 3 years.

In 2016, we have added a **new Forklift Operator Training course**. We are now offering a classroom course that meets OSHA's requirement for formal instruction, and the option to come onsite and complete the certification with a hands-on evaluation. If your operators need certification, send them over to our NEW class:

**When: February 26th | 8:00 a.m. – 12:00 p.m.**  
**Classroom Cost: \$75 | Onsite Evaluation: \$150**



For more information, contact Brooke Wahlquist at 801.746.SAFE (7233) or email [bwahlquist@utahsafetycouncil.org](mailto:bwahlquist@utahsafetycouncil.org).

### Safety Certificate Courses



- First Aid, CPR and AED for Business: Feb. 10, Mar. 9
- Fire Extinguisher Training: Mar. 10



- Team Safety: Feb. 22
- Safety Training Methods: Mar. 8-11



- Confined Spaces: Feb. 1
- Lockout/Tagout: Feb. 9
- Personal Protective Equipment: Mar. 18
- OSHA 30-Hour Course for General Industry: Mar. 22-25

### NEW Course for 2016: Behavior Based Safety



**February 29**

**8:00 a.m. - 12:00 p.m.**

**Member: \$115 | Non-member: \$175**

## Consulting for You

Need a fresh perspective on your safety program? Our consultants can help! Their expertise will help you answer questions and address critical workplace safety needs.

Consulting services include, but are not limited to:

- Walk-through evaluations
- Customized training programs
- Safety program revisions/audits
- Policy development assistance
- Ergonomic Assessments

To request a quote, contact **Brooke Wahlquist**, Occupational Safety Program Manager at 801.746.SAFE (7233) or email her at [bwahlquist@utahsafetycouncil.org](mailto:bwahlquist@utahsafetycouncil.org).



OCCUPATIONAL Safety

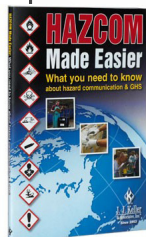


TRAFFIC Safety



## Product Picks

### GHS Made Easier Handbook



This handbook gives employees critical HazCom and GHS information to better ensure safety around hazardous chemicals.

Handbook Price: \$7.39

### How do you motivate and encourage your staff?

Let us make your job easy with our "Serious about Safety" mugs.

You can even personalize our incentive mugs with your company logo!



### Give Your Company the Power to Save a Life



**Sudden Cardiac Arrest is the number one cause of death in the United States.** Prompt External Defibrillation with an Automated External Defibrillator (AED) is the known treatment for Sudden Cardiac Arrest. Is your company prepared?

For pricing information, please contact Cassie Henson.

### Be Prepared for a Medical Emergency

#### Basic First Aid Kit

Member: \$35 | Non-Member: \$50

#### Deluxe First Aid Kit

Member: \$60 | Non-Member: \$75



### FINAL SALE!

### OSHA Manuals for General or Construction Industry

Product # OSHA1910 (General Industry)  
OSHA1926 (Construction Industry)

Member: ~~\$35.00~~ NOW: 25.00

Non-Member: ~~\$45.00~~ NOW: \$35.00



Compliance is made easier with these comprehensive manuals. Use the Quick-Find Index in the manual to quickly and easily access the information you need.

### Mini Portable CPR Barrier

This CPR barrier has a one-way valve to prevent cross-contamination from mouth-to-mouth contact or nose-to-mouth contact. Latex free transparent barrier surface; use with adults or children.

\$3.25 each



For more information, or to place an order for any of the products listed above, please give our office a call at 801.746.SAFE (7233) or email [safety@utahsafetycouncil.org](mailto:safety@utahsafetycouncil.org).

Date	February Courses	Member Discounted Price
February 1	Confined Spaces: OSHA Compliance Series	\$110
February 2	Contractor Safety Orientation (UITC)	\$110
February 3-5	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
February 4-5	OSHA 10-Hr Outreach for the Construction Industry	FREE**
February 8	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
February 9	Contractor Safety Orientation (UITC)	\$75
February 9	Lockout/Tagout: OSHA Compliance Series	\$110
February 10	First Aid, CPR and AED for Business	FREE**
February 17-19	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
February 22	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
February 22	Team Safety	\$250
February 23	Contractor Safety Orientation (UITC)	\$75
February 24	Breakfast Safety Seminar - Amputation Emphasis	FREE**
February 26	Forklift Operator Course	\$75
February 29	Behavior Based Safety   <b>New for 2016</b>	\$115

Date	March Courses	Member Discounted Price
March 1	Contractor Safety Orientation (UITC)	\$75
March 2-4	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
March 3	Qualified Signal/Rigger Course	\$200
March 4	NFPA 70E Electrical Safety	\$200
March 7	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
March 8	Contractor Safety Orientation (UITC)	\$75
March 8-11	Safety Training Methods	\$1,200
March 9	First Aid, CPR and AED for Business	FREE**
March 10	Fire Extinguisher Training	\$45
March 15	Contractor Safety Orientation (UITC)	\$75

Courses held at the Utah Safety Council Training Center, 1574 West 1700 South, Salt Lake City. Register online at [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG) or by calling our office at 801.746.SAFE (7233). **See complete course list online.**

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



## MSHA News Update:

Starting in February 2016, MSHA 24-Hour and 32-Hour training will also include First Aid, CPR and AED certification.

For more information, contact Sara Hernandez at 801.746.SAFE (7233) or email [shernandez@utahsafetycouncil.org](mailto:shernandez@utahsafetycouncil.org).



1574 West 1700 South  
Salt Lake City, UT 84104

## ADDRESS SERVICE REQUESTED

Just a reminder: our mailing address has recently changed (not our location). We're no longer living the "suite" life. See updated address above.



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## Your Membership Benefits

- Streaming Safety Videos
- Safety Media Library
- Members Only Website
- NETS Membership
- OSHA 10-Hour
- First Aid, CPR and AED for Business Course
- Defensive Driving Live Course
- Member Appreciation Events
- Breakfast Safety Seminars
- Discounts on Occupational Safety Training
- Health & Safety Fair Participation
- Family Safety & Health Magazine
- Monthly Publications and Email Updates
- Annual Awards & Luncheon Banquet
- Membership Recognition on Website
- Exclusive Discounts on Safety Products

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**2nd Annual Crazy Pants Golf Tournament**

Join us May 20th at Thanksgiving Point- and don't forget to wear your **craziest** pants!

Register today at [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG)

For **sponsorship** information, contact **Sadee Pistoia** at 801.746.SAFE (7233) or email [spistoia@utahsafetycouncil.org](mailto:spistoia@utahsafetycouncil.org)

Proceeds Benefit the Utah Safety Council's Home & Community Programs