

Safety Notes

February 2015 | Vol. 5

Membership Minute

by Sadee Pistoia
Membership Manager

Do You Use a Reward Incentive Program?

Recognizing, appreciating, and rewarding employees on a regular basis is an easy way to make them feel valued.

Employees who feel cared for and wanted by an organization are much more motivated to perform to the best of their ability.

There are several benefits that can come from using incentives in the workplace. You will see an increase in motivation, morale, company loyalty, better team work, and a decrease in turnover.

I am excited to announce that the Utah Safety Council will be promoting items throughout the 2015 year to help eliminate your stress in finding the right incentive item. Contact me at spistoia@utahsafetycouncil.org to see how I can help.



Promoting Health, Protecting Life

February is Heart Disease Awareness Month

Taking action to keep your heart healthy is important because heart disease is the number one killer in the world. Some signs of a heart attack are discomfort in the chest, back, arms, jaw, and neck and feeling out of breath, tired or fatigued, nauseous, dizzy, and light-headed. It could also be a combination of the symptoms, which may come and go.

There are simple lifestyle changes you can make that will help in preventing heart disease, together and on their own. They include:

- Quit smoking
- Eat healthy
- Exercise regularly
- Watch your weight
- Reduce stress
- Know your family history

Making positive changes in any of these areas can make a difference in your health and with the right information, education and care, heart disease can be prevented.



Do you have an AED at your facility?

Are you looking for more information before purchasing an Automated External Defibrillator (AED)? Attend our FREE Breakfast Seminar

March 13th

8 - 10 a.m. at our office in Salt Lake City.

Discounted AED packages are available for seminar participants.

**Register Online Today!
UTAHSAFETYCOUNCIL.ORG**



Tips on Distraction, Seat Belts, and Aggression

Keep in mind the following tips to stay safe when driving:

- Refrain from using your cell phone.
- Tell your friends and family that you will not answer calls or texts while driving.
- Put your cell phone on silent or in the glove box to avoid the temptation to use it.
- Safely pull over and put your vehicle in “park” to take or make a call.
- Let your voicemail take all calls. Include an “I’m driving” message.

Safety belts are one of the most effective safety devices in your vehicle. Always wear your safety belt when you are driving. Additionally, ensure your passengers are properly buckled before you begin to drive.

Aggressive driving behaviors include speeding, frequent and unnecessary lane changes, tailgating, and running lights. These behaviors create unsafe situations and can lead to road rage. To avoid aggressive driving:

- Don’t engage in emotional or heated conversations with passengers and limit all other conversations.
- Know exactly how to reach your destination or pull over to read a map or directions.
- Focus on your own driving.
- Do not tailgate or flash your headlights at another driver.
- Use your horn sparingly.



Qualified Signal Rigger Course

March 19, 2015
8:00 a.m. - 4:00 p.m.

Member: \$200 | Non-Member: \$275

This course provides training required by the new OSHA 20 CFR 1926 standards for any person that signals or attaches any load to a hook. Training includes both written and practical, hands-on training.

Register Online Today!

BE PREPARED for a medical emergency with a Utah Safety Council First Aid Kit

Basic First Aid Kit

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

Deluxe First Aid Kit

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

To order contact Cassie Tassie, Emergency Care Program Manager at 801.746.SAFE (7233) ext. 307 or email her at ctassie@utahsafetycouncil.org.



These kits make great incentive items to reward your employees for safe work performance.

Date	February Courses	Member Discounted Price
February 3	Contractor Safety Orientation (UITC)	\$75
February 3-6	Principles of Occupational Safety and Health	\$1,200
February 4-6	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
February 9	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
February 10	HAZWOPER 8-Hour Refresher Course New for 2015	\$145
February 10	Contractor Safety Orientation (UITC)	\$75
February 11	First Aid, CPR and AED for Business	FREE**
February 12	Confined Spaces: OSHA Compliance Series	\$110
February 17	Contractor Safety Orientation (UITC)	\$75
February 18-20	MSHA 24-Hour training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
February 18-21	MSHA 32-Hour Annual Training for New/Inexperienced Underground Miners	\$350
February 20	MSHA 8-Hour Annual Training for Experienced Underground Miners	\$75
February 23	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
February 24	Contractor Safety Orientation (UITC)	\$75
February 25	Breakfast Safety Seminar: Respiratory Protection Program New for 2015	FREE**
February 26-27	OSHA 10-Hour Outreach Course for the Construction Industry	FREE**
February 27	Member Appreciation Event	FREE**

Date	March Courses	Member Discounted Price
March 2	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
March 3	Contractor Safety Orientation (UITC)	\$75
March 3-6	Safety Training Methods	\$1,200
March 4-6	MSHA 24-Hour training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
March 10	Contractor Safety Orientation (UITC)	\$75
March 10	Lockout/Tagout: OSHA Compliance Series	\$110
March 12	Safety Management Systems: Strategies for Business	FREE**
March 13	AED Breakfast Seminar	FREE

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, this course is FREE for one person, per member organization, per membership year.

Save the Date

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 | Non-Member \$175

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



UTAHSAFETYCOUNCIL.ORG



Promoting Health, Protecting Life

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

ADDRESS SERVICE REQUESTED

In This Issue

- **Membership Minute**
- **February is Heart Disease Awareness Month**
- **Tips on Distraction, Seat Belts, and Aggression**
- **Upcoming Training Opportunities**
- **Golf Tournament**

Your Membership Benefits

- Members Only Website
- Safety Media Library
- 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

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Unveiling Some Big News!

Join Us at our Member Appreciation Event at the Gallivan Center

February 27th *NEW DATE*
Beginning at 6:30 p.m.

Be the first to hear about the great **NEW** things coming to the Utah Safety Council and enjoy a night of skating with your family.

You **MUST** R.S.V.P. for this event so that we can order your complimentary tickets in advance. Families are invited.

To R.S.V.P. please contact Sadee Pistoia, Membership Manager at 801.746.SAFE (7233) ext. 302 or email spistoia@utahsafetycouncil.org.