



UTAH
Safety™
COUNCIL

Safety Notes

January 2017

Volume 25



MEMBERSHIP MINUTE

by Sadee Pistoia
Membership Manager

Don't wait to register; space is limited for the next Women in Safety meeting on February 7th.

The topic for this course will be Safety Management Systems: Strategies for Business.

The course will start at 8:00 a.m. and end by 1:00 p.m. Lunch will be provided. The cost for this class is \$15.00.

Subjects will include: management commitment, employee involvement, work analysis, hazard prevention and much more.

Please register online. For additional information, feel free to contact me at 801.746.SAFE (7233) or spistoia@utahsafety-council.org.

Happy New Year from the Utah Safety Council

As we look back to 2016, it has been a lot of fun sharing highlights from the past 80 years. Safety has certainly come a long way and the Utah Safety Council has evolved to meet changing needs. Our training programs continue to grow through the support of our members and the business community.

Some highlights from 2016 include: our member movie night to kick off our 80 year celebration, the introduction of our Women in Safety initiative, another successful Crazy Pants Golf Tournament, and the largest Annual Meeting and Awards Luncheon in our 80 year history. We finished the year by partnering with a few of our members and The Christmas Box House in Ogden and Salt Lake City to provide some much needed items to support the children at these emergency shelters.

We are excited for 2017! **On February 28th and March 1st, we will host our first safety conference at the South Towne Expo Center.** The conference will include 50-80 exhibitors, keynote speakers, and over 40 breakout sessions to help attendees see new products and services, participate in topics to assist in developing or enhancing your safety programs, and network with old and new friends.

We still have exhibitor spots available, a few sponsorship opportunities, and **early bird registration until January 13th.** Please check out our website for additional information and to register for the conference.

Our success would not be possible without our membership, our instructors, our Board of Directors, and the most incredible staff who work hard to meet your needs and make sure your experience with the Utah Safety Council is the best.

All of us wish you a very safe and successful New Year!

Staying Healthy in 2017

While many of us make resolutions each year, one of them should include maintaining proper health. January is notorious for the flu- and in some rare cases, it can be deadly.


Do your best to avoid the flu this season by following these simple steps:

- **Wash your hands frequently, for at least 20 seconds.** Use soap and water or an alcohol-based hand rinse.
- **Avoid touching your eyes, nose and mouth.** Viruses are spread easily that way.
- **Reduce stress.** Studies have shown that stress can suppress the immune system.
- **Exercise regularly.** Regular exercise will lower stress, stimulate the immune system and promote healthy sleep.
- **Stay hydrated.** Increase your water intake.
- **Avoid contact with people who are sick.** If you have a respiratory infection, stay home from work or school.
- **Get a good night's sleep.** Lack of sleep may inhibit your immune system, while getting enough sleep will keep your body's natural defenses at optimum efficiency.



For more free safety resources and information to stay safe in 2017, visit UTAHSAFETYCOUNCIL.ORG.

Learn More About Utah Safety Council's Traffic Programs



Alive at 25 Young Driver Course
 Defensive Driving (Online + Live)
 Defensive Driving Instructor Course

More information at UTAHSAFETYCOUNCIL.ORG

Wishing You a Happy & Safe New Year!

Make it a New Year's Resolution to learn how you can Take Safety Home every day this year.

Visit UTAHSAFETYCOUNCIL.ORG to check out free home safety resources



Make Safety Your New Year's Resolution

Making New Year's Resolutions is as old as the ancient Babylonian Empire. At the start of each new year, they would make promises to their gods to return borrowed items and pay off their debts (if only we all did that!). Throughout the generations, peoples and cultures have continued this tradition, in one form or another.

As good intentioned as our resolutions may be, many of us rarely stick to our goals. In fact, according to Statistic Brain.com, only 8% of people are successful in achieving their resolution.

So why make them in the first place if failure is so likely? Maybe we sit down with our pen and paper, scribbling out our goals for the new year because of tradition, by habit, or perhaps we truly want to be better. Even if we fail at our resolutions, it's better than not trying at all. As Winston Churchill once said, "Success is not final, failure is not fatal: it is the courage to continue that counts".



It's very common for people to put down losing weight, being kinder, having more productivity at work, etc. Why not change things up a bit and put 'being safe' as one of your top goals for next year?

We're here to help, so check out our 2017 calendar of courses you don't want to miss this year!


Need a Forklift Trainer onsite at your company?



Become one with our Forklift Trainer Course on January 30th from 8:00 a.m.-4:00 p.m.

Register now at UTAHSAFETYCOUNCIL.ORG

Office Safety: It's not about preventing papercuts!



Join us on January 17th for our Office Safety course.

We will be covering topics such as Ergonomics, Recordkeeping, Slips, Trips and Falls, and more.

Register online now! For more information, contact Nicala Whitaker at 801.746.SAFE (7233) or email nwhitaker@utahsafetycouncil.org.



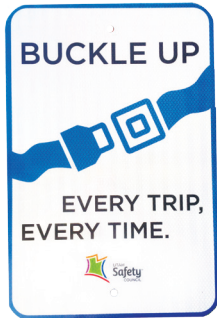
Have you heard about... **Women in Safety?**

It's our new group for professional women in safety offering free seminars, networking events, and discounted classes.



Next meeting will be held on February 7th. Space is limited- register now at UTAHSAFETYCOUNCIL.ORG

Product Picks



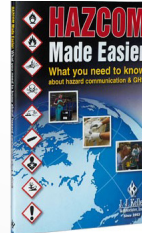
Reflective Parking Lot Sign

Encourage your employees to buckle up as they hit the road!

Member: \$25.75
Non-Member: \$27.70

HazCom Made Easier Handbook

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



Price: \$7.39

First Aid Kits

Basic First Aid Kit
Member: \$35

Deluxe First Aid Kit
Member: \$60



AED Sales, Service, and Supplies



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 only known treatment for Sudden Cardiac Arrest. Is your company prepared?

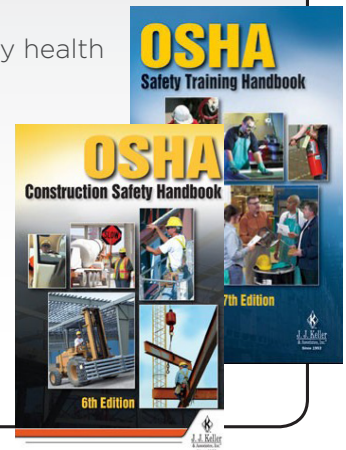
Give us a call for pricing information.

OSHA Safety Training Handbooks

Helping you review key health and safety topics!

Handbooks available for General Industry and Construction.

Price: \$10.50



END OF THE YEAR SALE!

2016 OSHA Manuals for General or Construction Industry

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

Member: ~~\$35.00~~ \$20.00 | Non-Member: ~~\$45.00~~ **\$30.00** *plus shipping

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.



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.

Are you getting the most out of your benefits?

The highlighted classes listed below **could be FREE** based on your membership level! For more information, please contact Sadee at spistoia@utahsafetycouncil.org or by calling 801.746.**SAFE** (7233).

Date	January Courses	Member Discounted Price
January 4	First Aid, CPR and AED Training	\$63
January 6	Recordkeeping: OSHA Compliance Series	\$112
January 9	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
January 10	Contractor Safety Orientation (UITC)	\$75
January 10-13	Principles of Occupational Safety & Health	\$1,200. ⁵⁰
January 11-13	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$275
January 11-12	MSHA 16-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$175
January 16	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
January 17	Contractor Safety Orientation (UITC)	\$75
January 17	Office Safety	\$101. ⁵⁰
January 19-20	OSHA 10-Hour Outreach Course for General Industry	\$95
January 20	Traffic Safety Seminar	FREE
January 23	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
January 24	Contractor Safety Orientation (UITC)	\$75
January 24	Walking Working Surfaces: OSHA Compliance Series	\$112
January 25-28	MSHA 32-Hour Training for New/Inexperienced Underground Miners	\$375
January 25-27	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$275
January 25-26	MSHA 16-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$175
January 27	HAZWOPER 8-Hr Refresher	\$147
January 27	MSHA 8-Hour Annual Training for Experienced Underground Miners	\$75
January 30	Forklift Trainer Certification	\$560
January 30	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
January 31	Contractor Safety Orientation (UITC)	\$75
January 31	Breakfast Safety Seminar: Physical Therapy in the Workplace	FREE

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

Save the Date

Our Annual Crazy Pants Golf Tournament is Coming May 19th!

More details coming soon to UTAHSAFETYCOUNCIL.ORG





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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

Have you heard? There's a new conference in town!

2017

Utah Safety Conference & Expo

Join the Utah Safety Council for our first annual safety conference & expo on February 28 - March 1



Featuring breakout sessions, keynote speakers, networking luncheons, and an expo highlighting the latest in safety products & services



Feb. 28 - Mar. 1

Would your company like to join us as an exhibitor? Go to our website to learn more & sign up

South Towne Expo Center
Salt Lake City, Utah



Register now at
UTAHSAFETYCOUNCIL.ORG

UTAHSAFETYCOUNCIL