



MEMBERSHIP MINUTE

by Sadee Pistoia
Membership Manager

What You Can Do to Avoid the Flu

Fever, headache, fatigue, dry cough, sore throat, stuffy nose, and nausea- if these symptoms hit, you may have been bitten by the flu bug. Stay healthy by following these guidelines:

If you don't like needles, ask your doctor if a nasal flu spray is available. Avoid being around sick people, if possible. Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand. Avoid touching your face. Disinfect surfaces that may be contaminated.

Stay healthy this winter...

 /UTAHSAFETYCOUNCIL

Drive Safely as it Gets Darker

Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. As we set our clocks backward by one hour in most areas of the country, here are some tips for driving safely at night.

The National Safety Council recommends the following:

- Prepare your car for night driving. Clean headlights, taillights, signal lights, mirror faces, and windows once a week. All windows should be cleaned on the inside as well as the outside.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive or consume any medications which warn about operating a motor vehicle while taking them.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will make it easier for other drivers to see you. Being seen is as important as seeing. (Daylight running lights are only 60% power. At night, you need the full strength of the headlights as well as the tail and marker lights).
- Reduce your speed, and increase your following distances.
- When following another vehicle, keep your headlights on low beam so you don't blind the driver ahead of you.
- Avoid glare from oncoming bright headlights by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise.
- If you have car trouble, pull off the road as far as possible. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.

Traveling Safely This Holiday Season

Holiday celebrations are exciting times for family and friends to get together, but these events can turn into tragedies when people are killed or injured in traffic crashes. Motorists need to be mindful of actions that will make their holiday travel safer. Drivers can protect themselves and their passengers by following these holiday travel rules:



- Before you travel, make sure your vehicle is tuned up and in good shape. If maintenance isn't up-to-date, have your vehicle and tires inspected before you take a long drive.
- Buckle up and make sure that your passengers do, too! Buckle children in age and size appropriate child safety seats and, remember, the back seat is the safest place for children of any age to ride.
- Leave early if you can to avoid the peak traffic hours. If snow is predicted during the time you plan to travel, change your schedule. It is better to reschedule your get-together than to risk the lives of traveling family or friends.
- Stay fresh and alert when driving by taking plenty of breaks.
- Keep your speed down. Give yourself plenty of time and distance to react to the traffic around you.
- If there will be drinking at your holiday party, choose a designated driver who will remain alcohol-free.
- Keep a cell phone and charger with you in case of an emergency.

With a little prep, you can leave the road trip stress at home and enjoy your holiday with family and friends. For more information, contact **Jennifer Williams** at 801.746.SAFE (7233) or email jwilliams@utahsafetycouncil.org.



UTAH SAFETY COUNCIL

UTAHSAFETYCOUNCIL.ORG

We would love to attend your next health & safety fair!

Please contact **Brittany Pitcher** at 801.746.SAFE (7233) or email bpitcher@utahsafetycouncil.org

First Aid, CPR, and AED for Business



November 13
8:00 a.m. - 4:00 p.m.

FREE for one person per member organization, each membership year. Additional attendees from a member organization are \$60 each.

Register at UTAHSAFETYCOUNCIL.ORG

Gobble, Gobble



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! **Cooking is the only way to destroy this potentially dangerous bacteria.**

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge: 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the **USDA Meat and Poultry Hotline** at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleKaren.gov for questions in Spanish.



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!

Contact **Sadee** for more information at spistoia@utahsafetycouncil.org or by phone at 801.746.SAFE (7233).



Safety Certificate Courses



- OSHA 10-Hour Outreach Course for the Construction Industry: Nov. 12-13
- OSHA 10-Hour Outreach Course for General Industry: Nov. 16-17 (Vernal)
- Exit Routes, Emergency Action Plans and Fire Prevention Plans: Dec. 3



- First Aid, CPR and AED for Business: Nov. 13, Dec. 11



- Incident Investigation: Nov. 5
- Fundamentals of Industrial Hygiene: Nov. 17-20
- Safety Management Techniques: Dec. 8-11

Safety Management Techniques

December 8-11
8 a.m. - 5 p.m.

Member: \$1200 | Non-Member: \$1650

Participants will learn how to lead safety in their organization, and get their team involved in safety and health efforts.



Top 10 Most Frequently Cited Violations for the Fiscal 2015 (Preliminary)

- | | |
|---------------------------|--------------------------------------|
| 1. Fall Protection | 6. Powered Industrial Trucks |
| 2. Hazard Communication | 7. Ladders |
| 3. Scaffolding | 8. Electrical - Wiring Methods |
| 4. Respiratory Protection | 9. Machine Guarding |
| 5. Lockout/Tagout | 10. Electrical- General Requirements |

Date	November Courses	Member Discounted Price
November 4-6	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
November 4-7	MSHA 32-Hour Training for New/Inexperienced Underground Miners	\$350
November 5	Incident Investigation	\$250
November 6	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
November 9	Electrical Safety: OSHA Compliance Series	\$110
November 9	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
November 10	Member Appreciation Event	FREE**
November 12	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners *St. George	\$75
November 12-14	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners *St. George	\$250
November 12-13	OSHA 10-Hour Outreach Course for the Construction Industry	FREE**
November 13	First Aid, CPR and AED for Business	FREE**
November 16-17	OSHA 10-Hour Outreach Course for General Industry *Vernal	FREE**
November 17	Contractor Safety Orientation (UITC)	\$75
November 17-20	Fundamentals of Industrial Hygiene	\$1,200
November 18-20	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
November 23	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
November 24	Qualified Signal/Rigger Course New for 2015	\$200
November 30	Breakfast Safety Seminar: Drug Screening Doesn't Cost, It Pays New for 2015	FREE**
Date	December Courses	Member Discounted Price
December 1	Contractor Safety Orientation (UITC)	\$75
December 2-4	MSHA 24-Hour Training for New/Inexperienced Metal/Non-Metal Surface Miners	\$250
December 3	Exit Routes, Emergency Action Plans and Fire Prevention Plans	\$110
December 8-11	Safety Management Techniques	\$1,200
December 11	First Aid, CPR and AED for Business	FREE**
December 14	MSHA 8-Hour Annual Training for Experienced Metal/Non-Metal Surface Miners	\$75
December 15	Contractor Safety Orientation (UITC)	\$75
December 15	Breakfast Safety Seminar: Bloodborne Pathogens and Disease Control New for 2015	FREE**

Courses 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).

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

About Our Staff

Sara Hernandez is the UITC/MSHA Program Manager and has been with the Utah Safety Council since April 2014. Since joining our team, she has made a big impact on our MSHA and Contractor Safety Programs.

When Sara joined us, we split job responsibilities of the Occupational Safety Program to give more focus on individual programs, and it has allowed us to grow and expand. Sara is dedicated to making a safe work environment for all of our members and customers and is a great asset to our team. Sara has a very active lifestyle which includes hiking, running, and enjoying time with family and friends.

For more information or to schedule a MSHA/UITC class, please contact her at 801.746.SAFE (7233) or by email at shernandez@utahsafetycouncil.org.





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

ADDRESS SERVICE REQUESTED



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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

UTAHSAFETYCOUNCIL.ORG
801.746.SAFE (7233)



Register Now! 2nd Annual Crazy Pants Golf Tournament

You know what they say, the **early birdie** gets the ~~worm~~ deal!

Register by **December 31st** for our "Early Birdie Package" which includes:

- 1 extra mulligan per player
- 1 additional raffle ticket per player
- Utah Safety Council golf package (towel, treats, tee-pack)

Don't forget to mark your calendars for the tournament on **May 20th** at Thanksgiving Point- we can't wait to see your best **CRAZY** pants again!



To register, contact **Sadee Pistoia** at 801.746.SAFE (7233) or email spistoia@utahsafetycouncil.org

Proceeds Benefit Utah Safety Council's Home & Community Program

Facebook, Twitter, Instagram, YouTube, LinkedIn icons and URL: /UTAHSAFETYCOUNCIL