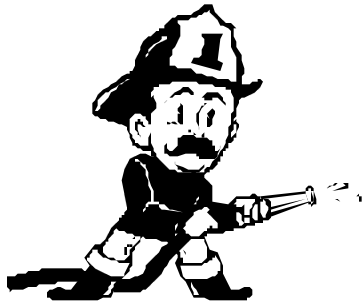


The Wrinkle

PREVENT = Fire Safety

Employees must know what to do in the event of a fire. Follow PREVENT so you and your fellow workers have a better chance of escaping injury in the event of a fire.



Plan Ahead. Install smoke detectors and replace batteries every six months. Get to know two escape routes from each area - the normal exit and another exit through a door or a window. Practice opening windows and fix jammed windows immediately. Always close doors while working. Reason: It takes fire 10 to 15 minutes to burn through a wooden door.

Realize the Danger Of Smoke. It only takes one or two minutes to succumb to smoke inhalation. Smoke and heat rise, so drop on hands and knees and crawl to the nearest exit. Test all closed doors before opening them. If a door is hot, don't open it. Stuff the cracks with towels or clothing and cover vents to keep out smoke. Use your alternate escape route instead.

Establish a Safe Meeting Place. Find a place for all your fellow workers to meet once outside the house, such as a driveway or across the street. If someone is missing, alert the fire department, but never re-enter the burning building.

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Visit Your Plan Often Practice, practice, practice. Set off a smoke alarm and go through the drill, doing exactly what you would do during a real fire.

Exit Safely. Use fire ladders for the second floor, or use an adjacent roof to wait for the fire department. If you have to jump, jump feet first. Never use an elevator to escape a fire.

Never Stop to Collect Your Valuables. Save yourself. You and your fellow workers can't be replaced.

Take Precautions. Inspect your area on a weekly basis to determine if there are fire hazards and eliminate them.

(Sources: City of Phoenix National Ag Safety Database)

PUT A LID ON OFFICE FLAMES

If you or your fellow workers work with or near flammable substances, there are certain precautions you should take. Workplaces are required to follow National Fire Protection Association guidelines and Occupational Safety and Health Administration standards on flammable substances.

Here are some basic safety rules everyone should know when working with or near flammable materials.

- Keep flammable substances in appropriate containers and label them "flammable." Arrange your work area so that spills would be prevented from spreading.

- Store flammable materials away from ignition sources, such as hot surfaces, sparks from electrical or welding equipment, and open flames.
- Be sure there's adequate ventilation. Store all flammable substances separately from general storage items.
- Never smoke or light a match near any flammable substance.

(Sources: Health & Safety Executive, OSHA)

THE RIGHT WAY TO LIFT

Back injuries are the most common workplace injury. Approximately 25 percent of all on-the-job accidents reported each year involve back injuries and usually happen when employees are lifting something incorrectly. The following tips can help you lift safely.

- **LIFT**, push, and pull with your legs, not your arms or back. Bend at your knees, not at your waist, to help you keep your center of balance.
- **AVOID** lifting higher than your shoulder height. Use a step stool or ladder to move objects at these heights.

- **USE** a mechanical aid such as a dolly, hand truck or forklift when you need to move heavy or bulky objects.
- **TURN** with your feet, not your hips or shoulders. **Reason:** Twisting can overload your spine and lead to serious injury.
- **CARRY** heavy objects close to the body and avoid carrying them, in one hand. Avoid a long reach to pick up an object.

Back injuries can be debilitating. Stay on the safe side and lift correctly

(Sources: The National Ag Safety Database, University of Maryland)

QUESTIONS?

Call your supervisor or Tom Vogel in the Sacramento office.

Thanks to all who sent me an answer on what causes stress. A safety mug is on its way to you.

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