

Ke Ola Loa

"Long Life"



Kamehameha Schools Hawaii Safety & Health Newsletter 2011-Fall



It Only Takes a Second...



...to prevent slips, trips and falls

1. Wear footwear that is appropriate for the conditions inside and outside
2. Be aware of changes in elevation and in walking surfaces
3. Walk, don't run through work areas
4. When carrying a load, make sure you can see over and around it
5. Clean up, correct, remove or report unsafe conditions
6. Do not allow equipment, tools, materials or other obstacles to accumulate in walkways
7. Keep desk and file cabinet drawers closed
8. Always use a ladder or step stool
9. Walk on stairs using even strides and good balance

...to watch for these hazards:

- √ Spills on floors
- √ Slippery walking surfaces
- √ Cords lying on the floor
- √ Poor lighting
- √ Clutter and obstacles in walkways
- √ Changes of floor level and slopes
- √ Loose mats and rugs
- √ Unsuitable footwear

*"An ounce of prevention
is worth a pound of
cure"*



**...to be a
DISTRACTED
DRIVER
NO TEXTING**

**MORE WORKERS
ARE KILLED
EVERY YEAR IN
MOTOR VEHICLE
CRASHES THAN ANY
OTHER CAUSE.**



It only takes a second.....

...to know that October is Fire Prevention Month and the U.S. Fire Administration (USFA) says that more than 3000 Americans die each year in fires, and approximately 18,300 are injured. Many of these deaths and injuries occur in the home, which is why everyone needs a home fire escape plan.

...to familiarize yourself with family fire evacuation tips

ESCAPE FIRST: THEN CALL 911

TEACH CHILDREN NOT TO HIDE FROM FIREFIGHTERS

NEVER GO BACK INTO THE BURNING BUILDING

INSTALL ELECTRICAL POWERED WITH BATTERY BACKUP SMOKE ALARMS THROUGHOUT THE HOUSE

TEST ALARMS MONTHLY DURING FIRE EVACUATION DRILL

KEEP MATCHES, LIGHTERS, GASOLINE, LP TANKS, SOLVENTS, PAINT, ETC. SAFELY STORED AND AWAY FROM CHILDREN

HAVE PORTABLE FIRE EXTINGUISHERS IN CLOSE PROXIMITY TO THE KITCHEN, CARPORT

HAVE PORTABLE FIRE EXTINGUISHERS IN CLOSE PROXIMITY TO THE KITCHEN, CARPORT OR WHERE FLAMMABLES AND COMBUSTIBLES ARE STORED

....to know the do's and don'ts of fire evacuation
DO...

- Evacuate calmly and quickly whenever a fire alarm or carbon monoxide alarm sounds.
- Know two ways out of any building
- Before opening a door, feel it with the back of your hand. If the door is hot, do not open it.
- If you encounter smoke during your evacuation, stay low to the floor.
- Call the fire department from a safe location

DON'T...

- Leave candles, incense, barbecue grills or other open flames unattended.
- Leave cooking appliances unattended
- Smoke in bed
- Use halogen lamps near curtains or other combustibles
- Attempt to re-enter the home until officials declare it safe.



...It only takes a second



...To locate the AED nearest you



Please take the time to learn where the AED's are in your work area