

# First Aid Depot

## Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 13th year!

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### Special points of interest:

- Proper tool usage
- How do you avoid deer collisions?
- Aging positively on the job
- Purchasing the right work shoes
- What kind of driver are you?
- Keeping Welders safe
- A choking child is saved

### Inside this issue:

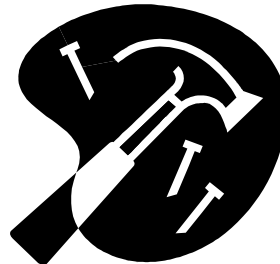
Tool Safety	1,3
Avoid Deer Collisions	1,2
Healthy Tips for Living	2
Aging on the job	2
Welding Safety	3
A Choking Success Story	3
Driver Characteristics	4

## Tool Safety

Big hazards come in small packages. Although hammers and saws may not be the largest equipment used in the workplace, improper use of these and other hand tools is a common cause of injury. Here's a few common sense tips that will keep them used safely:

**Tool maintenance is key.** Inspect tools for defects before use, and replace or repair any defective tools or parts. Make sure handles on axes, hammers or other tools fit tightly. Keep cutting tools sharp. Keep all tools clean and dry and store them properly after each use.

**Know when to discard a tool.** For example, a hammer with a mushroomed or chipped face, or with cracks in the claw or eye sections, is a hazard and should be discarded.



**Choose the right tool.** Select the right tool for the job according to manufacturer's direction. Substitutes increase the chance of having

an accident.

**Wear protective equipment.** Wear safety glasses, goggles or face shields, and well-fitting gloves appropriate for the hazard to which you may be exposed. Other common reminders:

- Do not carry tools in a way that interferes with using both hands on a ladder, while climbing on a structure or when doing any hazardous work. If working on a scaffold, tools should be raised and lowered using a bucket and hand line.

## Avoid Deer Collisions

Driving on Long Island's east end can be dangerous thanks to our deer population. November is the highest recorded month for this collision but they can happen in any month. Approximately 200 people die each year from collisions with deer's and the NHTSA esti-

mates 275,000 motor vehicle accidents involved an animal in 2005. Here are some tips to help avoid the hazard.

- Slow Down and prepare to stop as soon as you see a deer (watch out behind you). Stopping your vehicle

is safer than taking evasive action. Also, slow down if other drivers are behaving differently, which may indicate the presence of a deer.

- When you spot a deer, watch for more. Deer

## Healthy tips for Living

As reprinted from *Health & Safety Magazine of the National Safety Council*.



### **Well-fitting shoes protect feet.**

Try on shoes latter in the day, feet can swell as the day wears on. Fit shoes to your largest foot. Make sure there's at least a half-inch for your longest toe at the end of each shoe when standing, you should be able to wiggle all toes. Don't wear

too-tight shoes. Look for solidly constructed shoes. Try a lace-up style for better comfort. Look for natural material because it's usually softer and provides more flexibility.

### **Lugging Luggage**

Use lightweight luggage with a handle or on wheels. Pack as lightly as possible, don't overload. When lifting, bend at your knees and lift with your legs. Do not twist when

carrying luggage. Do not carry heavy luggage for extended periods or time. When flying, be sure to check heavy bags. Lift luggage into overhead bins in stages, first lift from the knees, then situate hands on either side of the item and lift into bin wheels first. Be sure backpacks offer well padded adjustable straps. Carry rolling bags up stairs. Always wear comfortable shoes when traveling.

## Aging on the job

*Aging  
positively  
on the job*

Older workers face their share of aging challenges. The risk of injury during a physical task increases because of a decrease in flexibility and muscle strength. A decline in balance control also may put them at higher risk of falls. According to an Arthritis Research Center changes can increase safety and comfort for older workers allowing them to remain healthy and productive employees.

Set priorities and be flexible. Do the most important work while you have the most energy.

Arrange work areas to cut down unnecessary movements and awkward postures, such as twisting spine, lifting heavy loads, leaning to one side, reaching overhead, standing on one foot, etc. Use memory aid like a calendar, pictures, pop-ups, etc.

Be careful not to hold any one

positions for too long. Stand and stretch for a few moments every 30-60 minutes if sitting for a long periods.

Increase task rotation, older workers are more vulnerable to the strain from repetitive motion.

Reduce excessive force, Avoid or modify job tasks that require prolonged and excessive muscle contraction.

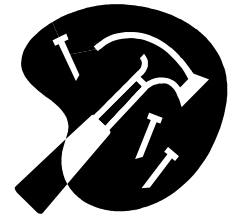


## Avoid Deer collision continued

- often travel in packs
- Know that deer are nocturnal and often travel at dawn or dusk. Many deer-vehicle crashes occur between 6 p.m. and 12 a.m.
- When driving at night, watch for reflections
- from your headlights. Deer eyes may reflect the light, and spotting the reflection could give you more reaction time,
- For maximum safety, assume that deer will cross your path.
- Do not swerve into another lane to avoid striking a deer. It is better to strike a deer than another vehicle.
- If you hit a deer, call 911 and wait for assistance.

## Tool Safety continued

- Ergonomically, a good general rule is to use tools designed to allow the wrist to stay straight. Avoid using hand tools with your wrist bent.
- Pull on wrench or pliers. Never push unless you hold the tool with your palm open.
- Point sharp tools lying on benches away from aisles and handles should not extend over the edge or the bench top.
- When using a saw, make sure the teeth and blades are properly set. Apply pressure on down strokes only. Hold stock firmly in place. Use a helper, a supporting bench or vice to support long stock if required,
- When using a hammer, look behind and above before swinging. Watch the objects you are hitting, and strike the blow squarely with the striking face parallel to the surface being struck. Always avoid glancing blows and over-and-under strikes.



## A Choking Success Story

First Aid Depot is the training agency for the Town of Smithtown after school program.

The Town of Smithtown operates an after school child care program filling the gap after school and before the parents arrive home from work.

Last fall a Town of Smithtown child care worker recently trained by First Aid Depot staff was working at a school where

one of the children eating a piece of food suddenly experienced an airway obstruction.

As we normally tell our classes, instinct and training will “kick in”; the child care worker performed elements of the obstructed airway procedure to expel the object.

Maureen Fiorello, Director of the Town of Smithtown program, called us and thanked us

for the training and that she had found us a couple years earlier to provide the training to her staff.

It does seem like a lot of work to be retrained yearly; and it may seem like an unnecessary expense, but when you consider that an obstructed airway was cleared and a life potentially saved it makes the investment seem small.

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*“Training  
does  
pay off”*

## Welding Safety

Hot work like welding can be risky for employees, as toxic fumes, sparks and ultraviolet light create serious hazards.

OSHA recommends the following precautions to ensure safety when welding:

- Review lockout/tag out procedures and inspect the work area before beginning.
- Provide UV shielding for arc welding.
- Inspect welding and cutting equipment before use. Leak test gas torches, gauge and hoses.
- Review the job’s hot work permit before beginning.
- Make sure all employees wear cotton or denim clothing as well as necessary protective equipment, including face shields, gauntlet gloves and leather welding vest.
- Be sure to watch for fires or fire hazards, and have fire protection equipment available and accessible.
- Ensure adequate ventilation.



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## Driver Characteristics

There are main types of drivers, and they essentially fall into 5 groups.

### 1. Power-Competitive.

Act aggressively, don't yield to others. View other drivers as opponents or obstacles. Show disrespect for laws and are willing to break laws.

### 2. Power-Assertive.

Are confident in their driving skills and abilities. Stand up for their rights on the road. Want to reach their destination quickly often to the point of taking risks. Cooperate with other drivers in

making everyone's driving easier.

### 3. Love and Belonging.

Show concern of other drivers. Cooperate with other drivers. Demonstrate courtesy. Drive to their destination without breaking laws or inhibiting others.

### 4. Freedom.

Display independence. Are willing to take some risks. Drive for the challenge. Are willing to participate in driving games like chicken or racing. Are willing to make exceptions to traffic laws.

### 5. Fun.

Drive for fun and recreation. Are willing to take risks. Drive vehicles with lots of power. Are likely to play driving games.

Figure out where you are and see if there isn't part of your behavior you should modify if you aren't happy with the description because it would be good for you and the other drivers on the road. Recognize the type of driver you are and avoid the temptation or stereotype to conform. Defensive Driving takes hard work!

