

The "C-Change" Initiative:

1. Change behaviors.
2. Challenge ourselves to re-think how we work.
3. Certify the results on a daily basis.



Toolbox Talk

Week of February 1st 2010

Home Safety

Americans are safer at work than they are at home – 11 times safer.

Off the job

- 146 million workers at risk
- 53,200 off-the-job deaths
- 9.4 million off-the-job disabling injuries
- \$240.3 billion in off-the-job costs to society

At Work

- 146 million workers at risk
- 4,988 on-the-job deaths
- 3.7 million on-the-job disabling injuries
- \$164.7 billion in on-the-job costs to society

When you add friends and families into the equation there are a staggering 72,600 deaths that take place in homes and in the community from unintentional injuries, as well as over 20,200,000 disabling injuries, affecting 112 million households, costing Americans over \$251.9 billion.

These injuries are from:

- falls, especially among adults 65 and older
- drivers who are distracted while texting or using their cell phones
- inexperienced teen drivers
- poisonings especially from unintentional drug overdose from painkillers or other prescription drugs
- sports injuries
- overexertion
- choking
- drowning
- and many more incidents that we never intended to happen

As a society, we must think about safety not only when we're at work, but when we're home and in our communities, in our cars, or on vacation. By understanding the hazards we face, adopting safety as a fundamental right, and knowing that we can influence safe outcomes, together we can make the United States the safest country in the world – each minute of the day, one day at a time.

Emergency Preparedness

At home or at work, routines can be disrupted with little or no warning by natural disasters, fires or other catastrophic events.

It is important to identify and learn about the hazards most likely to occur in your community. Making a plan and sharing this information with your loved ones may prevent needless confusion, worry and injuries.

- Learn about the most likely hazards, both natural and man-made, for your neighborhood, worksite and community.
- Determine the safest course of action for you and your family for each hazard. In some situations, it may be better to stay where you are, also called sheltering in place. This would be necessary during a tornado or hazardous chemical release, for example. Sometimes, leaving an area to escape danger or evacuation is the safer course of action in situations such as a fire or hurricane.
- Plan for your family's comfort during disasters. Severe weather, earthquakes, flooding and other emergencies may cause utility outages. Prepare a kit that can meet your household's basic needs (food, water, etc.) for 72 hours. Don't forget a kit for your car.
- Practice with your family what to do in an emergency. Conduct regular drills.
- Know how to keep in touch. Local telephone service may be interrupted, sometimes; it is easier to contact a family member in another state. Each family member should know how to contact a local and out-of-state emergency contact to advise if they are safe.