

Fire Safety!



Cooking and heating are the leading causes of home fires and fire injuries, and winter months are the peak time for fire-related deaths.

Minimize Your Risks

The good news: Deaths from home fires in the U.S. have trended downward since the 1970s, according to Injury Facts , but even one death from a preventable fire is too many. While fire doesn't discriminate by age, it is the third leading cause of death for children 1 to 14.

When cooking, make fire safety a priority by keeping these tips in mind:

- Be alert; if you are sleepy or have consumed alcohol, don't use the oven or stovetop
- Stay in the kitchen while you are frying, grilling, boiling or broiling food

(continued on page 2)

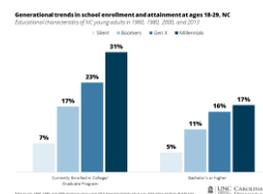
The Beginning of the Year OSHA Reporting and Posting Requirements!



Don't forget OSHA's beginning of the year requirements:

- OSHA requires you post your OSHA Form 300A from 1 February thru 30 April on all your safety boards.
- OSHA also requires you to electronically submit workplace injury and illness data using the Injury Tracking Application (ITA). The submission date for your OSHA Form 300 and 301 for the 2023 calendar year is March 2, 2024.

This is also a good time of year for Safety directors, managers, officers, technicians, etc. to do an analysis of last year's injuries and illnesses and look for trends.



This will help you target your problem areas in 2024.

When you set your goals for the new year make sure they're realistic. Don't set your company up for failure. It's best to set your goal to reduce the accident rate by 10, 20 or 30% than to set it for zero accidents. Although we want zero accidents, it's not realistic.

Finally, track near misses as well as accidents with injuries. Tracking near misses can warn us that more serious accidents are about to happen. Let's start the year off right and keep safety first!

INSIDE THIS ISSUE

- 1 Fire Safety!
- 1 The Beginning of the Year OSHA Reporting and Posting Requirements!
- 2 Working Smoke Alarms are a Must!
- 2 When and How to Use a Fire Extinguisher
- 2 Did You Know?
- 2 Safety Tip of the Month
- 2 Note From the Editor

(Continued from page 1)

- When simmering, baking or roasting, check the food regularly, remain in the kitchen while cooking and use a timer

- Keep anything that can catch fire away from your stovetop

Heating is the second leading cause of home fires. Follow these tips from the American Red Cross:

- Keep all flammables, like paper, clothing, bedding, drapes or rugs, at least 3 feet from a space heater, stove or fireplace

- Never leave portable heaters and fireplaces unattended; turn off heaters and make sure fireplace embers are extinguished before leaving the room

- If you must use a space heater, place it on a level, nonflammable surface, like ceramic tile, not on a rug or carpet

- Keep children and pets away from space heaters

- When buying a space heater, look for models that shut off automatically if the heater falls over

Other top causes of fire include smoking, electrical problems and candles. To minimize risks:

- Institute a “no smoking” policy in the house

- Check all cords and replace any that are frayed or have bare wires

- Switch to flameless candles

- Keep matches and lighters high and out of children’s reach in a locked cabinet.

Working Smoke Alarms Are a Must!

About three out of five fire deaths happen in homes without working smoke alarms. Smoke alarms are a key part of a home fire escape plan providing early warning to reduce your risk of dying in a fire. The National Fire Protection Association recommends you:

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas on the ceiling or high on the wall

- Keep smoke alarms away from the kitchen, at least 10 feet from the stove, to reduce false alarms

- Use special alarms with strobe lights and bed shakers for people who are hard of hearing or deaf

- Test smoke alarms monthly

- Replace batteries in your smoke alarm and carbon monoxide detector annually

- Replace smoke alarms that are 10 or more years old.

When and How to Use Fire Extinguisher

Always put your safety first; if you are not confident in your ability to use a fire extinguisher, get out and call 9-1-1. The American Red Cross cautions you to evaluate the situation and ensure:

- Everyone has left or is leaving the home

- The fire department has been called

- The fire is small, not spreading, and there is not much smoke

- Your back is to an exit you can use quickly

Remember the acronym PASS:

Pull the pin.

Aim low at the base of the fire.

Squeeze the handle slowly.

Sweep the nozzle side to side.

Did You Know?

Carbon monoxide detectors save lives. Every year, hundreds of people die and tens of thousands are treated for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as “flu-like” – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

Safety Tip of the Month

Safety is an attitude – Your attitude – Think safety.

Notes From the Editor

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