

Why do People Die Shoveling Snow?



Nationwide, snow shoveling is responsible for thousands of injuries and as many as 100 deaths each year.

So, why so many deaths? Shoveling snow is just another household chore, right?

Not really, says the American Heart Association. While most people won't have a problem, shoveling snow can put some people at risk of heart attack. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a big strain on the heart. Pushing a heavy snow blower also can cause injury.

And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. **(continued on page 2)**

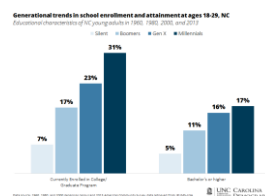
The Beginning of the Year OSHA Reporting and Posting Requirements!



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!

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(continued from page 1) This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them; every minute counts

Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.



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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