

GENERAL MEMBERSHIP MEETING

Wednesday, October 15, 2008, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)
 "Fitness Studies", Chris Langei, Center Court Fitness Club

Walk Safely

by Dr. Isabel Perry, "The Safety Doctor"

We've been walking for most of our lives. We walk without thinking, and often without looking. When we're at home, we know where the furniture is, where the steps are, where doors and appliances are. Accidents happen when a child leaves a toy on the floor, or the dog stretches out across a walk area, or someone moves a piece of furniture without telling us. If we're not looking where we're walking, we risk becoming a statistic!

At work, you probably know where every single thing is located in your office or at your workstation. Unfortunately, the moment you move outside your area, you should treat the environment as though you are a stranger there for the first time. That may sound odd, but it will ensure that you don't become a statistic at work.

No matter where you're walking:

- ◆ Stick to the approved walk areas.
- ◆ Don't be tempted to jump over obstacles to take shortcuts.
- ◆ If you must read something, stop – read, and then proceed
- ◆ When going into restricted areas, check to see what safety regulations they have
 - ◇ Do you have to wear safety hat or goggles?
 - ◇ Do you have to wear special clothing?
- ◆ Look around you and be alert to potential dangers
- ◆ Watch for moving vehicles or handtrucks
- ◆ Watch for headroom
- ◆ Make sure that loose fitting clothing doesn't get near machinery or moving objects
- ◆ Going around blind corners, look at the corner mirrors that have been provided
- ◆ If crossing an aisle, look both ways before you step into the aisle
- ◆ Use the handrail when going up or down stairs. It's not necessary to have a death grip on the handrail, but if your hand is gliding along it, you will have no problem reaching the rail if you slip.
- ◆ When going up and down stairs, put your full foot on the step. Failure to do so, or putting only the toes and ball of your foot on the step going up, can mean a fall.

Does this sound like things you would do while out on the street? They are! When we're on the job daily we tend to get careless because everything is familiar. But when we stop paying close attention to what we're doing, accidents happen.

A FINAL WORD OF CAUTION

When we don't stay focused on what we're doing, we have accidents. No matter where you are:

- ◆ Check for blind spots
- ◆ Don't get too close to power or hand trucks
- ◆ Stay out of restricted areas
- ◆ Watch for moving equipment
- ◆ Watch for possible hazards that cause slipping or tripping

Every day people are injured because they are not paying attention to where they are going and what is happening around them. Focus on what you are doing, and stay safe!

[Info found at www.TheSafetyDoctor.com.]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH

NEXT MEETING → November 6th

- THANK YOU WSI for supporting our NOSHA Seminar again this year and to everyone who helped make this year's seminar "Prescriptions for Safety" by Dr. Isabel Perry a HUGE SUCCESS! A *Special Thank you* to Bob Hewitt for heading up the committee and for his dedication to bringing safety into the workplace!

BOARD MEMBERS

Steve Harken (President)
 Dale Dahlen (Vice President)
 Joe Strang (Treasurer)
 Tracy Cameron (Secretary)
 Pat Balstad • Carol Gierszewski
 Robert Hewitt • Bonnie Knutson
 Cedric Masa • Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Need one of our application forms for a potential member? Go to our website @ www.nosha.net
 ⇒ Become A Member
 ⇒ Application Form or ⇒NOSHA Brochure

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **November 19, 2008**
 - "Make Sure The Shoe Fits Before You Wear It", Christel Parvey, DPT, Riverview Health
 - Opening Nominations for Board Elections
- **December 17, 2008**
 - "Holiday Stress Relief", Jackie Anderson, Northland Community & Technical College
 - Election of Board Members for 2009

Membership Committee

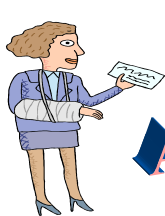
(Davis Hoverson)

★ **60+ MEMBERS STRONG...and GROWING!**

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.



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An accident can cripple your income

