

GENERAL MEMBERSHIP MEETING

Wednesday, August 18, 2010 - "Prevention & Treatment of Varicose Veins"
 Dr. Jerry Smith, General Surgeon, Aurora Clinic

WHAT'S YOUR SAFETY SCORE?

Safe Habits Are Easy To Learn

We all try to be safety conscious, but at times we find excuses for not acting safely, both on and off the job. This quick "quiz" can help you identify some common safety practices, and may help you find areas that you can improve. Take a few minutes to find out your safety score. (Circle the answer that you think best describes your own practices.)

SAFE PRACTICES

1. I wait until after work to let off steam in "horseplay." *usually once in a while never*
2. I read labels before using chemicals. *usually once in a while never*
3. I use the right equipment, even when it takes longer. *usually once in a while never*
4. When I see a spill, I clean it up. *usually once in a while never*
5. When I start a new job, I ask questions to make sure I understand how to do it right. *usually once in a while never*
6. I come to work well-rested and awake. *Usually once in a while never*
7. My workshop and home are equipped with a fire extinguisher. *yes no*
8. Emergency police, medical, & fire numbers are posted where all can easily find them. *yes no*

SAFE CONDITIONS

1. When the proper safety equipment is not available, I let my supervisor know right away *usually once in a while never*
2. I inspect the area and machines I'm responsible for. *usually once in a while never*
3. I make sure electrical cables & wires are in good condition. *usually once in a while never*
4. When I see a condition that might be dangerous, I take care of it myself or report it right away. *usually once in a while never*
5. I know the hazards of my job, and I don't begin until I've taken all necessary precautions. *usually once in a while never*
6. In winter climates, I carry sand, salt, or chains in case of snow. *usually once in a while never*
7. I disconnect plugs from outlets by pulling on the plug, not the wire. *usually once in a while never*

SAFE ATTITUDES

1. I stay focused on the task at hand *usually once in a while never*
2. When I'm angry, I take a "time out" before going back to a possible dangerous task.. *usually once in a while never*
3. When I see a situation that might be dangerous, I report it. *usually once in a while never*
4. When I take a safety class, I ask questions & pay attention. *usually once in a while never*
5. When I know a coworker is taking drugs or drinking, I let my supervisor know. *usually once in a while never*
6. I come to work in a good state of mind. *usually once in a while never*
7. I relax without alcohol or drugs. *usually once in a while never*
8. I'm careful to put out matches, cigarettes, or fires completely. *usually once in a while never*

SCORING: Give yourself 3 points for each "usually" or "yes", 2 points for each "once in a while", and 1 point for each "never" or "no".

- **Over 58: Excellent.** Excellent attitude, habits, and a bright, safe future.
- **47-58: Good.** Select 5 areas for improvement and try to change your "once in a while" to "usually".
- **36-46: Lucky.** You're lucky if you've never been in an accident. Work on changing your "once in a while" or "nevers" to "usually".
- **Under 36: Time Bomb.** You are an accident waiting to happen. Better start work on 5 dangerous habits today!

Safety & Tailgate Topics www.pacificemployers.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 → September 2nd

SAVE THE DATE!

Our "Safety Leadership" mini-conference is now set for **Wednesday, October 6, 2010**
8:30 AM – 3:30 PM
 at the Clarion Inn! **Bob Uppgren** will be our Keynote Speaker!
More info to come!!!

CONFERENCE VENDORS

SECURE YOUR SPOT TODAY!

\$30.00 – NOSHA Member
 \$50.00 – Non-Member

Contact **Eric Pearson**
 @ 777-3759 or
ericpearson@mail.und.nodak.edu

- A "BIG THANK YOU" once again to our cook **Joe Strang**, for the delicious food he supplied for our picnic!

BOARD MEMBERS

Carol Gierszewski (PRESIDENT)
Christin McWaters (VICE-PRESIDENT)
Joe Strang (TREASURER)
Tracy Cameron (SECRETARY)
Todd Brady • Davis Hoverson
Rachel Kmecik • Tim Krile • Eric Pearson
Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

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

- Visit us at www.nosha.net for the latest Job Announcements or Safety Training!

Education Committee

(Bonnie Knutson, Lyle Ross)

(Upcoming GM Meeting Presentations)

- **September 15, 2010**
 - TBD

Membership Committee

(Davis Hoverson, Rachel Kmecik)

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

THANK YOU NOSHA AND HOOD
PACKAGING FOR SUPPLYING DOOR
PRIZES FOR OUR PICNIC,
DR. FLEISSNER FOR HIS TREATS AND
THE GRAND FORKS PARK DISTRICT FOR
THE USE OF RIVERSIDE PARK!

