



# NOSHA News

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September 2013

## GENERAL MEMBERSHIP MEETING

**Wednesday, September 18th from 11:30 am to 1:00 pm @ the Speedway Restaurant**

Our speaker is Derek Gossein, OSHA Safety and Health Consultant, BSC. Derek will talk about services offered through the BSC program.

### Three Point Technique

Slips trips and falls account for 20 percent of work injuries, totalling 13 million injuries per year. Climbing into and out of mobile equipment presents a common exposure to slips and falls. Inclement weather, greasy or broken steps, grab handles and the rush of the work day make this a serious exposure. The three-point technique is a simple and effective way to minimize the risk of falling. Use this technique if you are entering the cab of a forklift, climbing onto the bed of a truck or climbing into/onto any other piece of equipment. When you are climbing, at least three limbs should always be in contact with the equipment. This could be two hands and one foot or two feet and one hand. Of course, to use this technique the climber must be facing the equipment. You cannot have three points of contact if you are jumping off or sliding out of the seat. Before you enter the equipment, place any objects on the seat: log books, production schedules, bar-code scanners, etc. Do the same when you exit. Leave the objects on the seat until you are off the equipment. In addition, make sure you look before you exit. Other points to remember include: wear footwear appropriate to the job; keep the steps and grab rails clean; make sure the lights are working so you can see where you are climbing; do not use the steering wheel or control handles as handholds. Most slip and fall injuries are minor. However, 15,000 people die each year as a result of these incidents. Old habits are hard to break, but properly climbing onto and off of mobile equipment may prevent you from becoming a slip and fall statistic.

### It's not my Fault!

How many times have you heard a child (of any age) exclaim "it's not my fault!" or "it wasn't me!?" Whether or not these statements are true is beside the point, what we are talking about is how we conduct ourselves and what image we project to those around us. A responsible, conscientious person will say "it's not my fault, but it's my problem." These individuals identify themselves by their actions; they pickup that piece of garbage on the ground, they're quick to lend a co-worker a hand or show them a better, safer way. They step up and take the high road any chance they get. Why? Because to these people, they see an opportunity every time a situation presents itself. An opportunity to eliminate a trip hazard, an opportunity to lighten the load for a co-worker or to help them keep out of harms way. They may not be a supervisor or a lead-hand, but they lead by example, they answer to themselves. When you hear "Ah...somebody's bound to get that," they are that somebody, for them there's always something to do, always an opportunity. When you get enough of these people working together (there's never enough, always looking for new members) you get a company of people that do the right things, follow safe work procedures, help and look out for each other and co-workers throughout the site. They project an image of accountability and carry a reputation for getting things done and asking "what else can we help you with."

### You're invited to the NOSHA 2013 Safety Conference: Influencing Safety, Presented by Garrison Wynn

**October 3rd, 2013, Ramada Inn, 1210 N 43rd Street, Grand Forks, ND**  
8:30 am to approximately 1:00 pm  
Check-In 7:00 am to 8:30 am.

#### Join us for Breakfast! - Served from 7:30 am to 8:25 am.

Hot Buffet includes: scrambled eggs, bacon, sausages, American fries, mini muffins, chilled fruit, assorted juices, coffee and water.

This event is free to registered participants. **For complete information and on-line registration visit us at [www.nosha.net](http://www.nosha.net) Seating is limited!**

### BOARD MEETING

Board members meet the first Thursday of the month - 6:00-8:00 pm at the Valdak Corp. 1149 36<sup>th</sup> Ave. S (Valley Dairy)

**NEXT MEETING September 19th**

#### 2013 BOARD MEMBERS

**Dan Mankie** (President)  
*Cirrus Aircraft*

**Eric Pearson** (Vice-President)  
*UND Campus Safety & Security*

**Joe Strang** (Treasurer)  
*Valley Dairy Car Wash*

**Cindy Holweger** (Secretary)  
*Development Homes*

**Carol Gierszewski**  
*Gierszewski Enterprises*

**Davis Hoverson**  
*Workforce Safety & Insurance*

**Rick Else**  
*Workforce Safety & Insurance*

**Dave Opp**  
*Opp Construction*

**Sally Miskavige**  
*Opp Construction*

**Joe Reynolds**  
*Cirrus Aircraft*

### COMMITTEES

**Communication Committee**  
*(Linda Wiley)*

Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

**Education Committee**  
*(Rick Else)*

**Upcoming GM Meeting Presentations**

**October 3<sup>rd</sup>** - 2013 NOSHA Safety Seminar.  
Ramada Inn, GF. For complete information and online registration go to [www.nosha.net](http://www.nosha.net).

**October 16<sup>th</sup>** - Kelly Krapu - Compliance and Safety Services, will speak about the new DOT regulations effective July 1<sup>st</sup>, 2013.

**Membership Committee**  
*(Dave Opp, Eric Pearson)*

**NOSHA News Editor**  
*( Joe Reynolds)*

**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.