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NOSHA News

March 2012

GENERAL MEMBERSHIP MEETING

Wednesday, March 21st, 2012 @ 11:30 am to 1:00 pm, Speedway Restaurant

"Examples of Root Cause and Safety Performance Tracking,"
presented by Diane Johnson, Safety Director, JR Simplot.

Four Seconds To Safety

Perhaps the best tool to come along in industrial construction (at least as far as safety is concerned) is the **Field Level Risk Assessment or Job Hazard Analysis**. Whatever you call it, this is a tool that makes everyone stop and think about the different risks associated with the task. Crews normally gather and write out the JHA or FLRA before doing a job. This exercise greatly reduced the number and severity of injuries where this was done.

The same principle of these risk assessments can be done in our shops. Simply take a four-second "reset". Take four seconds before starting some new familiar task. This act of refocusing has been shown to reduce the probability of an injury incident by more than 90% versus not taking the four seconds. How hard is that? You may have done the task you are about to perform thousands of times before. In your mind, you know that you could do it with your eyes closed. It is usually not the task itself but some small thing you did not anticipate that causes the incident. You did not notice the debris in front of the tool you were going to pick up. You did not notice somebody placed something on the part you were about to pick up. You did not realize how heavy a piece is that you were asked to help carry.

It is easy to imagine the different activities we do every day and how this applies. For example, getting in a forklift and having a quick look around. We change our thinking from where we are going to focusing on the area, road conditions, and other vehicles and so on. This is the "reset" we are talking about.

Believe it or not, four seconds is all it takes. Get in this habit of taking four seconds and you significantly reduce your chance of injury. If you get into the habit of taking chances or simply cruising from job to job, you will eventually be injured.

We highly recommend this four second "reset" as an excellent way to refocus on the job at hand. And we believe that this is one very effective method to prevent injury on and off the job. Copyright © 2012 - Safety Toolbox Talks.

The Iron Kettle has closed.

Our March 21st GM Meeting is at the

Speedway Restaurant, 805 North 42nd Street, GF, ND.

Make your way to the back room.

We have a limited menu selection of eight items. Please give yourself extra time to acquaint yourself with the new facility.

BOARD MEETING

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

NEXT MEETING: April 5th

2012 BOARD MEMBERS

Eric Pearson (President)
UND Campus Safety & Security

Christin McWaters (Vice-President)
UND Energy Environmental Research Center

Joe Strang (Treasurer)
Valley Dairy Car Wash

Cindy Holweger (Secretary)
Development Homes

Todd Brady
Marvin Windows and Doors

Dan Mankie
Cirrus Aircraft

Rachel Kmecik
Grafton Equipment Company

Rick Else
Workforce Safety & Insurance
Davis Hoverson
Workforce Safety & Insurance

COMMITTEES

Communication Committee
(Linda Wiley, Dan Mankie)

Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Rick Else)

Upcoming GM Meeting Presentations

- **April 18th** Key information on OSHA 300 Log – Maurizio Delcaro, Safety Director, AGCND.
- **May 16th** – “Team Building Exercise” key for a successful safety program – Sally and Dave Opp, Opp Construction.

Membership Committee
(Christin McWaters, Rachel Kmecik)

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.