C I T Y O F P H I L A D E L P H I A

Office of the Director of Finance

"Breathing Life Into Safety"

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Newsletter
http://www.phila.gov/risk

Risk Management Division: Safety and Loss Prevention Unit

Safety Matters In the Lives of Employees

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Office of Emergency Management Receives High Honors!

On November 19, 2015 the City's Office of Emergency Management (OEM), headed by Samantha Phillips, was recognized and accredited by the Emergency Management Accreditation Program (EMAP) Commission for meeting all of the 64 nationally accepted emergency management standards. The City of Philadelphia is the largest municipality in the country to ever receive such an accreditation by EMAP. Barbara Graff (center), Chair of the EMAP Commission, presented Mayor Michael Nutter and Deputy Managing Director / Director of Emergency Management, Samantha Phillips with a plaque in honor of this achievement. The accreditation award ceremony was also joined by Everett Gillison, Deputy Mayor / Chief of Staff, and Michael Resnick, Director of Public Safety. OEM's Erik Iverson, Director for Planning, was key in managing all the documentation needed for the accreditation process.

This honor comes on the heels of OEM's work and leadership in coordinating City agency services for Philadelphia's largest event in modern history, the World Meeting of Families and Papal visit from Pope Francis. OEM coordinated with both federal and other outside agencies to make WMoF happen. Some other recent notable events include the Amtrak 188 derailment in Philadelphia, July 4th Wawa Welcome America festivities, Made in America concert, and Philadelphia Marathon.

Over the years OEM's team of emergency preparedness subject matter experts has demonstrated their ability to be leaders at the forefront of the City's emergency preparedness planning and disaster response needs. This accreditation is a testament not only to being a local leader, but also recognized nationally as a model for other municipalities. **CONGRATULATIONS OEM!**

The Scoop on Snow Removal Safety to Prevent Injuries

Every year hundreds of people injure their backs, or worse, by shoveling snow. Snow removal may be a necessity if it snows frequently, but it is also a physical activity that should be carefully undertaken. However, there are some tips that can help alleviate this hassle and keep you and your back safe.

Shoveling light snow: If you receive only several inches of light, dry snow, you may be able to shovel your walkways and driveway, but:

- When shoveling, keep your back straight and bend from the knees, not from the waist. As you lift, hold the snow shovel as close to your body as possible. If you have to turn, step in the direction of the turn. Lift with your legs and knees, NOT your back.
- Avoid twisting while shoveling.
- Use lighter weight shovels with newer ergonomic handle designs
- Take your time, shovel smaller and lighter loads of snow each time. not a heavily packed shovel.
- Don't shovel soon after you wake up. A slipped disc injury is much more likely to occur in the morning due to the build-up of fluid in the disc from lying down all night.
- Take breaks often.
- Anyone not used to heavy and labor intensive work should consider hiring neighborhood youth or a snow removal professional to shovel their sidewalks . In the end it will prevent you from possible injury.

When possible use a snow blower for heavy wet snow: These machines do all the work for you while all you have to do is push them. Pushing is better than pulling or shoveling and lifting.

When snow is very wet and heavy, using a snow blower can reduce the strain and exertion on your back. However, snow blowers are not without dangers.

- Ensure you read the entire manufacturer's user manual and comply with all its safety guidelines before using the equipment.
- Extreme caution should be used when operating a snow blower.
- Keep all shields in place and keep hands and feet away from all moving parts.

Use rock salt to melt ice.

- For icy sidewalks apply rock salt to prevent icy and slippery sidewalks. Re-apply as necessary.

According to the 2013 US Consumer Product Safety Commission:

Approximately 28,000 people were treated in hospital emergency rooms for injuries that happened while shoveling or removing ice and snow manually. More than 6,000 people were injured using snow blowers.

Share the Road & Keep Everyone Safe!

We all share a responsibility of keeping our roads safe for ourselves and those around us. As a City of Philadelphia employee, help us set the example for all drivers, bikers and pedestrians and making sure all Philadelphians get where they need to go in a safe manner.

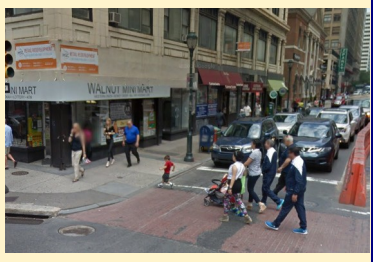
Biking Safety Tips

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. Remember these tips for safe biking.

- A helmet is the single most effective safety device to prevent head injury resulting from a bike crash. Know that helmet is required by law for all children 12 years old and under.
- Ride clear of a parked car's door zone to avoid getting 'doored.'
- Follow the rules and be predictable! Use appropriate hand signals and respect traffic signals, following all stop signs and traffic signals.
- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure the bike has reflectors as well.
- Wear bright clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Always yield to pedestrians in crosswalks.
- If biking with children, actively supervise them until you're comfortable that they are responsible enough to ride on their own.

Pedestrian Safety Tips

Philadelphia is one of the most "walk-able" cities in America. As a pedestrian your eyes and ears are your best tools for keeping yourself safe. Below are some tips:



- Look up! Put devices down, avoid distractions, and be alert; stop, look, and listen before crossing the street.
- Look for both drivers and cyclists.
- Be aware of your visibility, especially at night.
- Be visible to drivers and bikers at all times and make eye contact whenever possible. Crossing between parked cars, especially for small children, greatly decreases visibility.
- Stay in well-lit areas, especially when crossing the street.
- Follow the rules and be predictable! Know and follow all traffic rules, signs and signals. Do not suddenly dart out into traffic.
- Avoid walking along roadways where pedestrians are prohibited.
- Where possible, use crosswalks when crossing the street.
- Never assume a driver will give you the right of way!

**Article Contributed by Mayor's Office • Traffic Safety Working Group*

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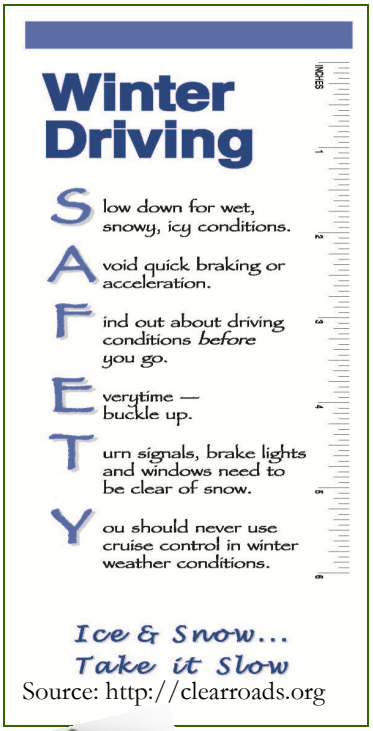
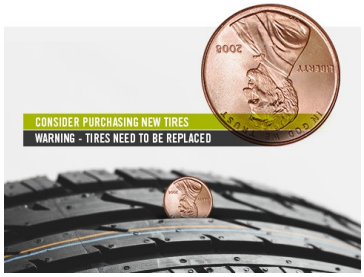
Welcoming Old Man Winter with Driver Safety



Source: http://clearroads.org

Winter weather can bring a variety of conditions, such as fog, rain, ice, snow, and sleet making it difficult to navigate slippery roads along with poor visibility. It's a time that can be dangerous for pedestrians, drivers, and other vehicle operators.

This winter season, before you get behind the wheel of a vehicle, take a little extra time to make sure everything in and about the vehicle is in good condition and operating correctly. Below are a number of simple precautions you can do before hitting the road this season to minimize the risk of accidents and injuries.



- ☑ **Are the wiper blades in good condition and working?**
- ☑ **Are all mirrors adjusted to minimize blind spots?**
- ☑ **Do tires have good tread and proper air pressure?**
- ☑ **Are headlights cleaned & allow for good visibility?**
- ☑ **Are the brakes working properly (i.e. - not squeaking)?**
- ☑ **Are brake lights working properly?**
- ☑ **Do the emergency / hazard lights work?**
- ☑ **Is vehicle cleared of all snow including roof?**
- ☑ **Is the defroster working properly?**
- ☑ **Is there more than a quarter tank of gas in the vehicle?**
- ☑ **Is there an emergency road kit in vehicle (i.e. - flashlight, jumper cables, leather gloves, flares, fire extinguisher, air pump, blanket, tire chains, etc.)?**

FREE! Workplace Safety Trainings (OPEN TO ALL CITY EMPLOYEES)

DATES	TRAINING TOPIC *For Additional Training Information Visit: www.phila.gov/risk*	TIME
1/5/16 1/19/16	*Safe Lifting Techniques:* ***Back Safety*** and Manual Materials Handling	10A-12P
1/12/16 2/16/16	*Office Ergonomics*: Minimizing Repetitive Strain Injuries	10A-12P
1/7/16 2/11/16	Distracted Driving: Multi-Tasking: Myth or Fact? The Dangers of Driving Distracted	10A-12P
2/18/16	*Defensive Driver*: Learn Safe Driving Strategies & Techniques to Prevent Crashes	8:30A-12:30P
1/28/16 2/25/16	*Rules of Road*: Safe Drivers Follow Driving Laws. Do You Remember Them?	10A-12P

To Register for Training RSVP to Email: Corinne.Bailey@phila.gov

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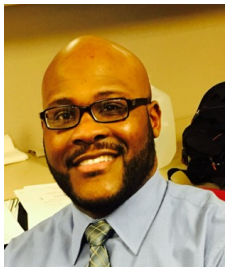
Newest Risk Management Team Members

Lance E. Steadman
Occupational Safety Administrator



Lance comes to Risk Management with experience in Occupational Safety and Industrial Hygiene. Lance was a Safety Specialist with the Federal Prison System, as well worked in safety and health consulting. Lance received his B.S. in Occupational Safety & Environmental Health from Millersville University, and his M.S. in Administration of Justice and Security from Phoenix University. Lance is the Safety Liaison for several City departmental clusters (Transportation & Utilities, Financial Agencies, & Public Safety) and a member of the Risk Management's Special Programs Proactive Team, including but not limited to vehicle safety and special events. Lance is a certified Environmental Systems Manager and certified Environmental and Safety Compliance Officer.

Michael Lawrence
Infectious Disease Health & Safety Coordinator

Michael initially came to Risk Management as an intern from West Chester University. He received his B.S. in Environmental Health and Safety from West Chester University with a minor in Health. Michael now works jointly with the Risk Management's Safety & Loss Prevention Unit and the Philadelphia Department of Public Health's Division of Disease Control - Bioterrorism Program, as its infectious disease coordinator. This position focuses on health and safety issues presented by infectious agents and diseases. Michael is also the secondary Safety Liaison for the Health & Opportunity departmental cluster and a member of the Risk Management's Occupational Health & Industrial Hygiene Team.

Victoria Lewis
Employee Disability Coordinator

Victoria Lewis has been a City of Philadelphia employee since 1988. Vicky spent the last 7 years with the Philadelphia Fire Department as an Administrative Officer, prior to coming to Risk Management. As the Employee Disability Coordinator, Ms. Lewis is responsible for helping to manage injured on duty (IOD), workers' compensation, and Heart & Lung claims for all City employees. Ms. Lewis is a graduate of Community College of Philadelphia and currently enrolled at Pierce College majoring in Business Administration.

David Magaldi
Employee Disability Counsel

Dave Magaldi comes to Risk Management with 12 years experience as a workers' compensation attorney having worked for more than seven years directly on City employee disability cases as outside counsel. Dave received his B.S. in Criminal Justice from West Chester University in 1998, and his law degree from Temple University in 2002. After graduating Temple, he worked as a law clerk for the Honorable Joyce S. Kean in the Philadelphia Court of Common Pleas dealing primarily with criminal matters. Dave then entered private practice where he has two years experience as a plaintiff's injury lawyer and 10 years as a Insurance Defense Attorney. Dave was chosen three times as a PA Super Lawyer Rising Star in the area of Workers' Compensation. He is Risk Management Counsel who's primary responsibility is to oversee the Employee Disability Unit. He also sits as the City's partial arbitrator on the Heart and Lung Arbitration Panel, and as the Law Department representative on the Board of Pensions Benefits Committee.

Click on Each Link for FREE Safety Information!

- Philadelphia Fire Department - Home Safety
- Ready Philadelphia
- OSHA
- National Poison Control Center
- National Safety Council
- Centers for Disease Control & Prevention

POISON Help 1-800-222-1222