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Newsletter

Safety Matters In the Lives of Employees



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Each year individuals make New Year's resolutions to change their lives for the better. Some of the most common resolutions in the past have been:

- Eat Healthier Foods
- Exercise More
- Lose Weight
- Manage Debt
- Manage Stress
- Quit Smoking
- Reduce, Reuse, and Recycle
- Save Money
- Take a Trip
- Volunteer to Help Others

A closer look at these resolutions tell us that people are very aware of personal health and safety needs that impact them on an individual level. In

fact, 6 out of 13 of the most common New Year's resolutions have are directly related to health and safety.

This June, as part of National Safety Month, let's make workplace safety personal and carry that attitude forward. The National Safety Council's Safety Month's theme: **"Safety Starts with Me,"** is very apropos. Spend time to not only care for yourself and family, but your coworkers and colleagues. Help ensure that you and your coworkers follow good safety practice to prevent injury to you or others from occurring. Remind each other about safe practices and

behavior while working together.

Your family and love ones look forward to seeing you back home safe each and every day. One way to help ensure that happens is by performing your tasks and duties without taking short cuts and creating unsafe conditions for you or anyone else around your workplace.

To help you start, the National Safety Council is focusing on 4 major areas and provided a number of free downloaded tools and resources.

- Week 1:** Preventing Slips, Trips and Falls
- Week 2:** Employee Wellness
- Week 3:** Emergency Preparedness
- Week 4:** Ergonomics

Click on the link below to visit the NSC's safety month web page.

http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx

"Texting behind the wheel is extremely dangerous because of the amount of time it takes a person's eyes off the road. If it takes five seconds to write and send a text, at 55 miles per hour, your vehicle will travel the length of a football field"

The Cost of Driving Distracted

Nov. 12, 2011: A Doylestown man injured 4 people while texting and driving. Two of the victims include a 65 year old father who suffered a broken neck and his 14 year old son who broke both legs. The accident happened at mid-day with clear dry weather.

- The Intelligencer 7/12/12

It's not just a face or name anymore, we continue to see the impact of motorists, in our own backyard, who fail to see the cost of driving distracted. The lives of those who are seriously injured or killed and their families are severely affected in ways which no monetary value can be easily be attributed. **Help prevented Driving Distracted.**

Remember to do these simple things when you are behind the

wheel of a vehicle whether for work or pleasure.

- 1) **Pledge to NEVER use a cell phone while driving (texting or voice calls)**
- 2) **Educate friends and family members to do the same**
- 3) **Understand the dangers of using cell phones, eating, or doing other activities other than concentrating on driving.**
- 4) **Remember—you are modeling for the young passengers in your vehicle.**



The SLPU Team and Our Promise

As the City's central safety office, the Safety and Loss Prevention Unit (SLPU) is committed to excellence and high quality safety and health services. The SLPU's promise is to provide unsurpassed service to its stakeholders through a creatively cooperative, professional, and results oriented philosophy. These core promises are values embedded as an integral part of the SLPU's dedication to achieving the mission of Risk Management.

“Breathing Life Into Safety”

Kendall O. Banks—Director, Safety and Loss Prevention



Kendall Banks serves as the chief safety official who oversees and directs the City's central program for occupational safety and health, industrial hygiene, and loss prevention. His primary focus is to prevent employee injuries/illnesses, costs associated with those injuries/illnesses, control risks associated with City operations & facilities, and protect the public from hazards related to City operations, thereby minimizing the potential for claims and lawsuits. Mr. Banks has over 20 years of experience in the field of Industrial Hygiene, Occupational Health & Safety, and Environmental Health; 16 of those years with the City of Philadelphia. His prior experience in safety & health includes working for two manufacturing companies and an environmental, health & safety consulting firm. Mr. Banks obtained his B.S. degree in Occupational Safety & Industrial Hygiene Management from Millersville University.

Jamilah Abdur-Rahman— Occupational Safety Administrator



Jamilah Abdur-Rahman is an Occupational Safety & Health Administrator (OSA) in the Office of Finance's Risk Management Division. Jamilah holds a Master's of Public Health from Drexel University School of Public Health and is a Certified Health Education Specialist (CHES). She has 7 years of experience in the field of occupational safety and health. In her role as OSA, she administers the City-wide driver license verification program. In addition, she serves as the primary safety and health liaison for the Health & Opportunity, and Planning, Economic Development & Commerce departmental clusters. Her specialty areas generally consulted upon include: infectious disease and control, vector related infestations/infections and ergonomics. She has an educational background in the biological sciences and public health.

Eric Beckhusen—Health and Safety Specialist



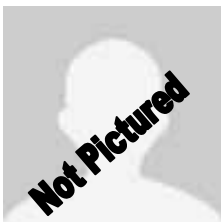
Eric Beckhusen is the Team Leader for the Occupational Health and Industrial Hygiene Proactive Team. Eric is also the secondary liaison to several departmental clusters, namely Administration and Coordination, Health and Opportunity, and Public Safety. Eric has twenty-nine years of experience in industrial hygiene and occupational health. Eric has expertise in indoor air quality, mold remediation, ergonomics, and asbestos remediation among other areas. Eric retired from the New Jersey Department of Health and Senior Services, Public Employees Occupational Safety and Health Program after twenty-six years of service. Eric is a graduate of Dickinson College (BS, Biology) and Drexel University (MS, Industrial Hygiene).

Sandra Danner —Safety Manager



Sandra Danner is the newest member of Risk Management's SLPU team. Sandra is the Safety Manager who serves as the Liaison Coordinator and Safety Officer for the Department of Public Property. Sandra has over 33 years of safety and environmental health experience. Sandra has worked in both government and private sector entities from manufacturing/production to consultation service focused. Prior to coming to the City, Sandra headed the Office of Safety and Health Consultation Program for the State of Delaware Department of Labor. Sandra has a wealth of knowledge and is experienced in the areas of program development, training, process safety management planning, accident investigations, substance abuse, lock-out tag-out, and confined spaces among other disciplines. Sandra holds a BS in Chemistry from Washington College and two Master's in Health Services Administration and Environmental Science & Management.

Keith Freeman —Health and Safety Specialist



Keith Freeman has over 38 years of experience in the field of occupational safety, health and training. His prior work experience was focused mainly in the oil industry for Gulf Oil, Chevron Corp and Sunoco Inc. He worked as the Environmental, Health and Safety Training Manager for Sunoco and Safety Manager for M.V. Transportation (SEPTA's South Eastern Pennsylvania Transportation Authority) Para Transit division. He had experience managing a large work site (1,500 plus employees) as well as managing a company with multiple locations. Keith is currently the Safety and Health Specialist at Risk Management. Keith is multi-talented and has responsibilities including being the interim Public Property Safety Officer, Team Leader of the Vehicle Safety and Special Programs Proactive Team, and serves as the Primary Liaison for three departmental clusters and Secondary Liaison for two departmental clusters. Keith is also a Certified Asbestos Building Inspector.

Josh Gansner—Health and Safety Specialist



Josh Gansner has over 10 years of health & safety experience. Josh holds a B.S. in chemical engineering from Penn State University and is designated as both a Certified Safety Professional (CSP) and an Associate Risk Manager (ARM). Josh's areas of expertise include Pennsylvania Accident and Illness Prevention Program (AIPP) Compliance, OSHA compliance, developing and implementing safety and health programs, and site inspections. Josh is the Team Lead for the Audits and Compliance Proactive Team at Risk Management. Josh also heads up Risk Management's Loss Control projects and is the coordinator for Risk's Safety Committee training series and Safety Officer training series.

Roderick Washington—Occupational Safety Administrator



Roderick Washington is an Occupational Safety Administrator at Risk Management where he is responsible for providing safety & health support and guidance to several City departments as a liaison to the following departmental clusters: Environmental & Community Resources, Public Safety, and City & Public Services. He did his undergraduate study at Hampton Institute, now referred to as Hampton University. Mr. Washington has served honorably in the law enforcement community for fourteen years working as a police officer and correctional professional. He has been employed by the City of Philadelphia since 1985 and has worked for several City departments to include the Philadelphia Prison System, Department of Human Services, Philadelphia Commission On Human Relations (PCHR) as a safety officer, Capitol Program Office as an OSA, and the Department of Public Property. Mr. Washington has a very varied background with keen investigative abilities to assist departments with injury reduction, loss control assessments, fire safety as well as employee and public safety concerns.

Doua Xiong — Safety and Health Manager



Doua Xiong is the Safety and Health Manager at the Risk Management Division and serves as the Proactive Program Team Coordinator. Doua has over 15 years of experience in the field of occupational health and safety and workers' compensation. Doua's experience includes working as a loss control consultant and serving as the safety officer for three (3) City of Philadelphia departments prior to his current position at Risk Management. Doua has work experience in both private and public sector industries. Doua also worked in the Philadelphia Department of Public Health's Division of Disease Control—Bioterrorism Unit as the Logistics and Training Coordinator. Doua holds a B.S. in Biology from Haverford College and an MPH in Environmental and Occupational Health from Drexel University School of Public Health.

“Watch Where You’re Walking!”

Watch where you are walking!

This is a phrase we have all heard in some form or another from the time each of us have learned how to walk upright.

Over the past 3 years, the City's injuries attributed to slips/trips/falls from the same level are only second to overexertion injuries. These injuries are the City's top 2 causes. Such injuries costs the City on average \$4.7 million annually. Such costs do not account for indirect costs such as overtime from other colleagues for coverage, training/retraining employees, and administrative costs associated with managing the claims. You can do your part to educate and remind your co-workers and colleagues to be mindful of work surfaces that can pose a safety hazard to anyone.

The following four (4) safety tips can be helpful in minimizing injuries to everyone.

Spotting Hazards: Scan ahead while you walk and remove hazards that you encounter. House-keeping plays a big part in preventing slips, trips, and falls. Essentially, by keeping the area clean and free of clutter, you are removing the hazards, preventing injury to yourself and others.

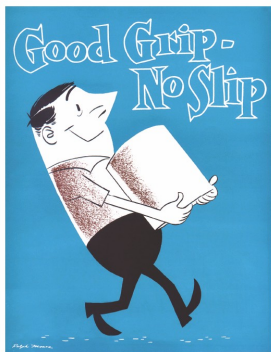
Maneuvering Around Hazards: If you spot a hazard or slippery area, slow down, keep a steady footing and look where you place your feet. Shorten your stride to keep your center of balance under you. Walk like a duck, with your feet pointed slightly outward, creating a stable base and making wide corners. Correct the hazard, if possible.

Alerting others of the hazard: Alert others of the hazard by the

Falls from the same level is second among the City's Top 5 Injury causes.

use of cones or other barriers.

Choosing the Appropriate Footwear: Choose your footwear to meet the environment that you will encounter. Sole patterns are engineered for different work areas. Other ways to prevent falls is to improve the lighting. As we age, it takes more light for us to see clearly. Poor lighting can impair your vision and create hazardous situations. If lighting is poor, use a flashlight at the work site.



Risk Management Division Safety and Loss Prevention Unit

1515 Arch Street—14th Floor
Philadelphia, Pa 19102



Phone: 215-683-1743
Fax: 215-683-1715
<http://www.phila.gov/risk>



We're on the web!

<http://www.phila.gov/risk>

What We Do...

The Safety and Loss Prevention Unit of the City's Risk Management Division is responsible for ensuring Citywide development, implementation and maintenance of safety and health programs to control and minimize hazards that could result in injury or illness to its workforce of approximately 30,000 employees. This unit also evaluates working environments, in conjunction with City Departments, to review potential safety and health problems with departmental operations, procedures and facilities, thereby minimizing potential risks for the City, as well as improving safety for the City and its residents. Additionally, this unit works to assess and reduce public risks or liabilities associated with the City's operations, products, services, activities and events .



Surviving the Summer Heat



It's important to understand and recognize signs and symptoms of heat illness. Such symptoms includes a range of conditions that result when your body is exposed to more heat than it can handle. The human body is constantly trying to cool itself from heat that it produces and heat from the surroundings to maintain its normal body temperature of 98.6° F.

Who is at risk?

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

Those especially at risk are:

- Infants, young children, elderly and pets
- Individuals with heart or circulatory problems or other long-term illness
- Employees working in the heat
- Athletes and people who like to exercise
- Individuals taking certain medications that alter sweat production

There are different stages of heat related illnesses which can potentially be life-threatening if not addressed promptly and appropriately. These stages are list in order of least severe to most severe:

1. Heat Rash
2. Heat Cramps
3. Heat Syncope (Fainting)

4. Heat Exhaustion
5. Heat Stroke

As you spend time outside this season here are some tips and strategies to minimize your risk for heat related illnesses:

Avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, individuals should take the following steps to prevent heat related illnesses:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks in extreme heat and humidity.
- Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never be come thirsty. Approximately 1 cup every 15-20 minutes.
- Avoid alcohol, and drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your coworkers.

For more information you can visit the following websites:

<http://www.cdc.gov/niosh/topics/heatstress/>

<http://www.nsc.org/safetyhealth/Pages/0712Workplace-Solutions-Dangers-of-heat-stress.aspx#.UaegFgKORzo>