

QUIKQUIZ™: Safety Savvy



How much do you know about avoiding mishaps and injuries on and off the job? Test your knowledge.

- 1 You can use a chair as a step stool as long as the chair has no wheels. **T** or **F**
- 2 You can only drive a forklift if you have been trained and pass a written test and driving test offered by your employer. **T** or **F**
- 3 Lockout/tagout procedures can protect you when a machine is out of production. **T** or **F**
- 4 As long as you wear required personal safety equipment when necessary, it doesn't really matter how it fits. **T** or **F**
- 5 If an unknown dog barks or seems aggressive, turn and run in a zig-zag pattern in the opposite direction. **T** or **F**

Answers on the back page.

SAFETY CORNER



June is Internet Safety Month.

Avoid Money Mule Scams



A money mule is someone who moves stolen money, and scam artists often get innocent people involved — unwillingly. Beware if someone sends you money and asks you to send it to someone else. The FTC gives these tips on how to avoid money mule scams:

Don't accept a job that asks you to transfer money. No job should ask you to send money to a "client" or "supplier," sometimes to "purchase" home office equipment. Say no. You may be helping a scammer move stolen money, even if it sounds legitimate.

Never send money to collect a prize or move money out of your "winnings." That's always a scam, and they might be trying to get you to move stolen money.

Don't send money to an online love interest even if they sent you money. This is also always a scam and another way to get you to move stolen money.

Tip: If you spot a scam, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

National Trailer Safety Week is June 4 to 10.



June is Trench Safety Month.

Factors to Consider Before Trenching

OSHA defines an excavation as "any manmade cut, cavity, trench or depression in the earth's surface formed by earth removal."

A trench is defined as "a narrow excavation (in relation to its length) made below the surface of the ground." Usually, the depth of a trench is greater than its width, but the width of a trench is not greater than 15 feet.

The greatest danger of working in a trench is a cave-in. Other hazards include falling loads, hazardous atmospheres and equipment hazards. OSHA states that employers must assign a competent person (CP) before the project begins to identify existing and predictable hazards and be authorized to take prompt corrective measures to eliminate these hazards. Here are a few things a CP considers before excavating a trench:

- Checks weather conditions before and during excavation.
- Determines what type of soil exists.
- Knows surface and ground water and water table locations.
- Checks for overhead and underground utilities. Important: Always contact utility companies prior to excavation.
- Gathers and inspects shoring and protective systems and personal protective gear needed.
- Inspects the site and checks for nearby structures.
- Prevents cave-ins by sloping, benching and supporting the sides of the excavation and or placing a shield between the side of the excavation and the work area.



Note: The CP should perform some of the above items; learn more at [osha.gov/sites/default/files/publications/osh2226.pdf](https://www.osha-slc.gov/sites/default/files/publications/osh2226.pdf).

Surprising Dirty Spots in Your Home

The bathroom isn't the only place you'll find dirt and germs lurking. Here are some surprising and not-so-surprising areas to inspect:

Kitchen sponges and rags: Kitchen sponges often are the most bacteria-laden, followed by dish rags. Sanitize them after each use. **Tip:** Place wet sponges in a microwave oven for two minutes every day and replace every two weeks. Wash dish rags every other day.

Kitchen sink and strainer: Clean once or twice a week with a disinfecting cleaner. Wash strainers in the dishwasher once a week.

Toothbrush holder: If you have a free-standing toothbrush holder, wash it in a sanitizing dishwasher or hand wash it with soapy water once or twice a week. **Tip:** Clean with a disinfecting wipe in between.

Your pet's dishes: Most people don't think about washing their pet's bowls, but you should clean them as you do your own dishes — in a dishwasher or with hot soapy water, daily.

The coffeemaker's reservoir: Follow manufacturer's recommendations on cleaning to avoid bacteria buildup.

Grout: To prevent mold and mildew, clean grout with a specially made grout brush and equal parts vinegar and water or make a paste from hydrogen peroxide and baking soda.

Air vents: These, like air filters, can collect a lot of nasty stuff, including pet dander, bug debris, dirt and hair. Use your vacuum attachments to suck up the dirt from your registers, including the ducts. A stiff bristle brush will also work — be sure to wear a mask while cleaning to prevent breathing in particles.

Your keyboard: Your laptop or computer keyboard holds all types of germs. Use canned air or dust cleaner to get debris and dust out. Use screen wipes carefully to remove stubborn debris and grime. Never spray cleaner or use overly wet wipes to clean. **Tip:** Don't eat near your computer.

Faucet handles: Kitchen and bathroom faucet handles are often overlooked. Clean them daily with a disinfectant wipe.



June is
Home Safety Month.

QUIKQUIZ™: Safety Savvy

ANSWERS:

- 1. False** — A chair is meant for sitting and can tip or move easily. Use a proper step stool.
- 2. True** — OSHA requires that all forklift drivers have proper training and certification.
- 3. True** — Lockout/tagout procedures ensure that dangerous equipment is properly shut off to protect you from hazardous energy sources when machines and equipment are being maintained or repaired.
- 4. False** — Personal Safety Equipment must fit correctly to protect you.
- 5. False** — Remain quiet and still. If you can, back away slowly. Avoid direct eye contact.

WATCH FOR: Social Media Teen Challenges

As a parent or guardian, it's often tough to stay on top of the latest social media trends, but your awareness is important because online teen challenges are often a recipe for disaster or tragedy. One popular challenge involves the misuse of over-the-counter (OTC) drugs, such as cooking foods in OTC drugs or taking large doses to induce hallucinations. This challenge has had serious consequences, including death.



Here's how to prevent misuse:

- ❖ **Know** what your children are watching on social media.
- ❖ **Lock up** OTC and prescription drugs.
- ❖ **Talk** to your children about the use of OTC medicines and the dangers of misuse.
- ❖ **Lead by example;** read labels and use OTC and prescription drugs as intended.
- ❖ **Call 911** to get immediate medical attention or contact poison control at 1-800-222-1222 or at [poison.org/contact-us](https://www.poison.org/contact-us) if you believe your child has overdosed. Symptoms include seizures, trouble breathing, hallucinations, confusion, loss of consciousness, unresponsiveness and vomiting.



The **Smart Moves Toolkit**, including this issue's printable download, **Getting Forgetful?**, is at personalbest.com/extras/23V6tools.

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