

World Safety Organization NEWSLETTER



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December 2021

6 Tips to Keep Safety Top of Mind This Holiday Season

Article posted on workrise.com, December 20, 2021

Why it Matters

The holidays mean more traffic, more shopping, and more stuff on the brain. That means less focus and vigilance when it comes to safety, both on and off the job. Combine that with the added stress and precautions needed due to the COVID-19 pandemic, and we've got a safety crunch on our hands.

The Danger of Distraction

Distraction is one of *the* leading causes of errors and accidents in the workplace. This is especially relevant in today's digital age. In fact, a [Digital Distraction & Workplace Safety](#) study reported that 14% of respondents said at least one workplace accident happened because an employee was distracted by their smartphone.

This type of distraction could of course happen in any type of work environment — and in many industries, such as the skilled trades, a single error can lead to a serious injury.

All it takes to avoid dangerous distractions during the holiday season (and all year round), is extra awareness. Use the following key tips as a starting point for ensuring a happy and safe holiday season.

Focusing on Safety First

By following these *six* tips, you'll be well on your way to helping prevent accidents and injuries on the job:

1. Keep your eyes, and your mind, on the task.

Most of the time, if you take a moment to reflect on it (preferably before you start the task), you can assess if you're following good safety habits or not. Do you have the right traction or grip to complete the job safely? Are you placing yourself out of the line of fire? These are common errors of distracted workers.

2. Don't skimp on sleep.

The holidays are a busy time, but it's important to make sleep a priority. When the brain doesn't get enough rest, cognitive processing slows and life-saving reaction times plummet. Reports show that fatigue-related crashes tend to be much more likely to result in a fatality or severe injury.

3. Exercise good cell phone habits.

Cell phone use increases over the holidays, whether you're bouncing gift ideas off mom, or checking in with friends — just make sure that when you're at work, you're putting *work* first. A simple solution is to silence your phone during periods at work that require more of your focus.

4. Don't fall for a false sense of security.

During the holidays, with the end of the year approaching and a host of other things on our minds, we tend to relax on some of the safety procedures we've been trained to follow all year long. Don't get into bad habits, no matter what time of year it is.



(cont. on pg. 3)

from the desk of

DR. CHARLES H. BAKER

Chief Operations Officer



HAPPY HOLIDAYS! Welcome to the December Newsletter. I know this is a very busy time for most as we take family time and finish the business year. There are many celebrations and to be quite honest, this is not the safest time of the year.

Parties, late nights, bad weather all combined to create unsafe conditions. As a result, I hope each of you takes a few minutes to reflect on having a healthy and safe holiday. We want everyone to be back with us next year. This is also the time of the year we think of goals and objectives for next year. You have probably heard that most of these personal objectives do not survive the first months of the new year. This is especially true of any weight loss goal. At least these are fun to think about. Then we have the business goal. Inputting these together, we hope you think about World Safety Organization and its need for new members to continue to grow the organization. If you start early in the year talking to your colleagues and associates, we will be able to make our yearly goal for membership. New certifications and recertifications should also be on the list. If you need help, Stephanie and Wanda in the WMC will be glad to answer your questions or assist you in the process. Also, remember as of the first of the year, World Safety Organization has a new CEO, Perry Ballard. We welcome Perry to his new responsibility and plan to give him every assistance as he takes over the helm. We also wish Lon McDaniel luck and happiness as he moves on to the next stage in his career. We also thank Lon for his many contributions over the past number of years. Again, have a happy and safe Holiday!!!! We will see you next year!!

CHB

WE NEED YOU

Do you blog?

Do you write articles for your company's newsletter?

Do you have relevant information to share?

Did your company or agency sponsor a special safety-focused event?

Does your company or agency have an upcoming safety-focused event you wish to promote?

If so, we would love to feature your content in a future WSO NewsLetter or TechLetter!

Just email your article/ blog, author(s) byline, brief bio, and photo to us: editorialstaff@worldsafety.org

Please request a publication release form if required by your employer or co-author(s). Authors/ Companies will maintain all proprietary rights, and WSO will state where the original content was posted or published, if applicable.

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5. If you're a supervisor, be extra vigilant.

Those in supervisory roles have an important job this time of year. Pay extra attention, whether you're on the floor, or in the field, and be quick to intervene when you notice bad habits or distracted behavior.

6. Mask up and keep your distance.

This year's holiday season (just like the last), has necessitated continued safety measures for both work and personal life due to the COVID-19 pandemic. The Centers for Disease Control and Prevention say that because the virus spreads through respiratory droplets, masks and social distancing are the best ways to keep everyone safe.

In many locations and industries, masks are still mandated, so be sure to wear your mask, and try to keep a distance of 6 feet between yourself and others whenever possible. Other measures recommended by the Occupational Safety and Health Administration (OSHA) include frequent and thorough hand washing or sanitizing with at least 60% alcohol hand sanitizer and staying home when sick.

Remember that incidents can happen at any time, but especially during the holidays. Follow these safety procedures, plus those that apply to your unique workplace, and help be a part of making sure that everyone gets home safely for the holidays.

Get in Touch

At Workrise, quality and safety are our top priorities. We offer more than 200 flexible safety, compliance, and HSE training courses online and in person. Together, we will find the right courses to ensure the workers on your job site meet your requirements.

Let us help you with training, staffing, technology, and professional services so you can get back to focusing on what you do best. Visit our website at workrise.com.

Hello from the Incoming CEO

I am humbled and honored to accept the position as the CEO of the World Safety Organization. I have been an active member of the WSO since the year 2000 and have been on the WSO Board of Directors for more than 10 years and in that time, I have witnessed the safety profession grow, expand and change exponentially. Occupational Safety encompasses a wide variety of workplace concerns from environmental issues, heavy equipment accidents and confined space fatalities.

Our monthly Newsletter will continue to disseminate relevant up to date safety and environmental information that is important to our members and their respective companies. I plan to reach out to our professional members and past members to gather information that could assist in the prevention of occupational injuries and illnesses. My goal will be to raise the awareness and responsibilities for companies to stay in compliance with Occupational Safety & Health Administration (OSHA) and the Environmental Protection Agency (EPA). We all must understand by staying in compliance with state and federal regulations, our members will have a greater chance in preventing on the job injuries and potential occupational exposures.

I do understand the responsibilities I have by taking over the CEO position of our longtime CEO Lon McDaniel. He has been successful in maintaining and spearheading the WSO and its relevance in the safety world for many years and for that I am very appreciative.

In the past, I was named the WSO's Safety Person of the year on two occasions and now I accept the challenge for raising the awareness and the importance of safety to our members and showcasing the World Safety Organization on the world stage.

Sincerely,

Perry L. Ballard

Perry L. Ballard MS WSO-CSE/CSM CSHM



HolidaySafety

"Take a moment for Holiday Safety"

The holidays are here in a few short days and there are lots of activities going on which can act as distractions to our work. "Did that present we order arrive on time?" "Did we forget to invite anyone to holiday dinner?" "What was I supposed to bring to that holiday party?"

It is a challenge to stay focused at work during this time of year. **So, this is when it is especially important to take four seconds for safety.** When you find yourself working away and your thoughts running wild with all the plans and activities of the holiday season, STOP, take those four short seconds to look around and come back to the present moment. Look for a hazard in the middle of your activity. Are you standing on a ladder? Are you in an awkward position or about to trip on something lying on the floor? Hazards do not go away. Only our awareness of the hazards goes away. And when we ignore hazards, we tend to get injured.

Holiday injuries tend to put extra stress on everyone. Imagine yourself sitting around the festive table in a leg cast because you fell off a ladder or tripped over something.

Unfortunately, these stories are more common than all of us might admit. Injuries at this time of year seem to magnify how many people are affected by an injury to one person. How many people count on you each day to come home safely? If you add them all up, you will be surprised.

Taking four seconds for safety may seem unimportant to you yet it is the one activity, the one action you might take during a busy and distracted day which will have the most benefit in keeping you safe. Think of it as your holiday present to yourself. In fact, you can think of each of those people who would be affected by an injury to you every time you take four seconds to refocus.

Think about this when you are about to drive away to some gathering this season. The noise, the excitement, the distraction! Take a moment, take a big breath, count slowly to four, then drive away. Chances are that you will arrive safely once you focus for those four seconds.

EVERYONE, EVERYWHERE, EVERY DAY: **SAFE HOME**



*The WSO World Management Center wishes
everyone a safe and happy Holiday Season*



Our offices will be closed December 24th & 31st

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