

# SAFETY SYSTEMS HAWAII, INC.

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## Safety Awareness Sheet

## On or Off the Job, Safety is Always With You!

**Safety doesn't stop at quitting time.** There are at least three good, practical reasons your company should encourage employees to practice safety both on and off the job. First, paying attention to safety all the time makes safety a habit and builds a good "safety attitude." Second, preventing accidents at home means fewer lost work days and fewer employees who can't do their work properly because of off-the-job injuries. Finally, an off-the-job death or serious injury to an employee or family member is a real tragedy that will affect co-workers and your company as a whole.

Kids are out of school and the summer season is starting. Safety should always be on your mind.

### SUN SAFETY

- Cover up with a wide-brim hat or visor, tightly woven clothing and sunglasses when outdoors.
- Limit exposure to the midday sun (around 10a.m. to 4p.m.) when the sun's rays are at their strongest.
- Apply a sunscreen with a Sun Protection Factor (SPF) of at least 15 about 20 minutes before sun exposure. Reapply every two hours after sweating and swimming if you're at the beach or the pool.
- Apply sunscreen to infants beginning at 6 months of age.



- Keep infants under 6 months of age out of direct sunlight and in the shade. Use an umbrella or towel over the stroller for shade.

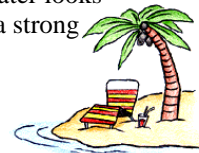
### EYE SAFETY

- Choose glasses labeled to block 99-100% of UV-A and UV-B light.
- Polarized lenses cut reflected glare and are useful for driving as well as fishing.
- Large-framed wraparound sunglasses can protect your eyes from all angles.
- Even if you wear contacts with UV protection, remember your sunglasses.



### BEACH SAFETY

Remember, just because the water looks calm doesn't mean there isn't a strong undertow hiding beneath its surface.



- Swim in lifeguard supervised areas
- Never swim alone
- Don't dive into unknown water or into shallow breaking waves
- Ask a lifeguard about beach and surf conditions before swimming
- If you are unable to swim out of a strong current, signal for help and stay afloat. Stay calm and try not panic.
- Look for, read and obey all beach safety signs and symbols
- IF IN DOUBT, DON'T GO OUT!

### POOL SAFETY

- Never prop open or disable a pool gate or latch.
- Keep a cordless, water resistant telephone near the pool with emergency numbers posted.
- Keep rescue equipment close to the pool area.
- Use plastic eating and drinking utensils around the pool area.
- Store pool chemicals in a dry place away from other items and heat sources--and always lock up pool chemicals out of children's reach.
- Never swim alone.

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### LAWN & GARDEN SAFETY

- Wear protective eyewear (glasses, goggles, face shield) when operating all mechanical gardening equipment.
- Wear earmuffs or earplugs when using weed-whackers and leaf-blowers.
- Wear protective clothing (gloves, long pants, long-sleeved shirts and slip-resistant shoes).
- Wear sunscreen and drink lots of water.
- Don't lift yard waste that is too heavy for you – use a dolly or wheelbarrow.
- Follow the manufacturer's directions when using any chemicals on your lawn.
- Keep your pets and children away from the lawn after chemicals are used.
- Store all gardening chemicals in a locked, ventilated area that is out of a child's reach.
- Before mowing, remove debris from the lawn.



### BBQ-ING SAFETY

Always have a fire extinguisher near by when you are barbecuing. Fire extinguishers are available for purchase from Safety Systems Hawaii.

#### Charcoal/Wood Chunk Grilling Safety Tips



- When using charcoal briquets or wood chunks, form a pyramid and douse the briquets/chunks with lighter fluid. Wait until the fluid has soaked in before lighting.
- Lighter fluid should be capped immediately and placed a safe distance from the grill.

- Once the barbecue grill has been lit, do not touch the charcoal briquets/wood chunks to see if they are hot.
- Keep grill uncovered until ready to cook.
- Allow coals to burn out completely and let the ashes cool or douse them with water before disposing of them. Put the ashes into a non-combustible container.

#### Gas Grilling Safety Tips

- When not in use, the liquid propane (LP) cylinder valve must be turned to the OFF position and the valve outlet plugged whenever the cylinder is being transported.
- Always have a propane supplier fill the LP cylinder.
- If storing the gas grill indoors, the LP cylinder should be disconnected, removed, and secured outdoors out of direct sunlight.
- Always check for gas leaks every time you



- disconnect and reconnect the regulator to the LP cylinder.
- Never attach, disconnect, move or alter gas fittings when the grill is in operation or is hot.
- Visually inspect hose(s) for any damage. A soap and water solution may be used to test for leaks. Replace faulty hose(s) immediately.
- When lighting a gas grill, always keep the lid open to prevent a flash off from gas build-up.
- If a burner doesn't ignite or the burners go out during operation, turn all gas valves to OFF, open the grill lid and wait five minutes before trying to light it again.



### Neighborhood Watches on O'ahu help with safety and crime fighting.

To start a NW in your area, make sure there is interest among neighbors and get their phone numbers and names. Decide whether your group wants a citizen's patrol (walk), a neighborhood watch or both. Call the community policing officer in your district to schedule a presentation. The presentation will be on how to organize, meet and patrol your area.

**District 1:** Honolulu 529-3386

**District 2:** Wahiawa/North Shore 621-8442

**District 3:** Pearl City/Waipahu 455-9055

**District 4:** Windward 247-2166

**District 5:** Kalihi, 842-7737

**District 6:** Waikiki, 529-3801

**District 7:** East Honolulu, 529-3362

**District 8:** Leeward, 696-4221

Officers will walk around the neighborhood with residents and advise them on what to look for and how to better secure their homes.

Sources: [www.honoluluupd.org](http://www.honoluluupd.org); [safety.blr.com](http://safety.blr.com); [www.aloha.com](http://www.aloha.com); [www.homesafetycouncil.org](http://www.homesafetycouncil.org); [www.hpba.org](http://www.hpba.org)