



"Our Work Shows Pride, With Safety As Our Guide"

IRVING MATERIALS, INC.

Safety Topics

A LITTLE OF THIS AND A LITTLE OF THAT

STROKE IDENTIFICATION

A friend sent this to me and encouraged that I pass it along to spread the word. If everyone can remember this simple 3 step test, you may be able to save someone's life or prevent a deterioration of their quality of life.

Sometimes symptoms of a stroke are difficult to identify. A lack of quick identification of the signs and prompt action to apply emergency procedures may make the difference between life and death for the sufferer.

Neurologists say that if a stroke victim can get help within three hours, usually the effects can be reversed. The trick may be in recognizing and diagnosing the stroke and then getting the patient to an appropriate medical facility within the three hours. Many victims deny that they are having any problems, so if you suspect that a stroke may have occurred, try these simple 3 steps:

S -- Ask the individual to SMILE

T -- Ask the person to TALK, to SPEAK A SIMPLE SENTENCE (i.e. . . It is sunny out today) or have them stick out their TONGUE.

R -- Ask him or her to RAISE BOTH ARMS and MAKE CIRCLES WITH THEIR HANDS.

A stroke victim's smile will have one side that droops. Speech will be slurred. The tongue will be crooked. One arm will be unable to be raised as high as the other arm and the circle will be irregular.

If the individual has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

Not all stroke victims die. Many end up in a helpless condition. Remember 'STR'.

HOURS OF SERVICE WARNING

There has been some concern expressed that drivers may not be complying with federal rules on hours-of-service, especially if they have another driving job.

CFR Title 49 Part 395.3 (a) No motor carrier shall permit or require any driver used by it to drive a property-carrying commercial motor vehicle, nor shall any such driver drive a property-carrying commercial motor vehicle:

- (1) More than 11 cumulative hours following 10 consecutive hours off-duty; or
(2) For any period after the end of the 14th hour after coming on duty following 10 consecutive hours off duty. . .

(b) No motor carrier shall permit or require a driver of a property-carrying commercial motor vehicle to drive, nor shall any driver drive a property-carrying commercial motor vehicle, regardless of the number of motor carriers using the driver's services, for any period after --

- (1) Having been on duty 60 hours in any 7 consecutive day if the employing motor carrier does not operate commercial motor vehicles every day or the week; . . .

(c)(1) Any period of 7 consecutive days may end with the beginning of any off duty period or 34 or more consecutive hours.

These hours-of-service rules apply to all hours worked where driving is required. The responsibility of compliance is shared by the employer and the driver. As a driver, if you are driving a CMV for another employer, you must report those driving activities to your imi supervisor.

For What It Is Worth! The Fastest Car

A man goes out and buys the best car available in the US or Europe, a 2006 Turbo BeepBeep. It is the best and most expensive car in the world, and it runs him \$1,500,000. He takes it out for a spin and, while doing so, stops for a red light. An old man on a moped, both looking about 90 years old, pulls up next to him.

The old man looks over the sleek, shiny surface of the car and asks "What kind of car ya got there, sonny? "

The dude replies "A 2006 Turbo BeepBeep. They cost \$1,500,000."

"That's a lotta money!" says the old man, shocked. "Why does it cost so much? "

"Cause this car can do up to 320 miles an hour!" states the cool dude proudly.

The old man asks "Can I take a look inside? "

"Sure," replies the owner.

So the old man pokes his head in the window and looks around. Leaning back on his moped, the old man says "That's a pretty nice car, alright!"

Just then the light changes, so the guy decides to show the old man what his car can do. He floors it, and within 30 seconds the speedometer reads 320. Suddenly, the guy notices a dot in his rear view mirror. It seems to be getting closer!

Whhhooooooooooooosshhhhhhh! Something whips by him! Going maybe three times as fast!

The guy wonders "what on earth could be going faster than my Turbo BeepBeep?" Then, ahead of him, he sees a dot coming toward him.

Whooooooooooooosh! Goes by again! And, it almost looked like the old man on the moped! Couldn't be, thinks the guy. How could a moped outrun a Turbo BeepBeep? Again, he sees a dot in his rearview mirror!

WhoooooooooshhhhhhhhhK-BBBBBLAMMMMM! It plows into the back of his car, demolishing the rear end.

The guy jumps out and discovers it is the old man! Of course, the moped and the old man are hurting for certain. The guy runs up to the dying old man and asks "You're hurt bad! Is there anything I can do for you? "

The old man groans "Yeah. Unhook my suspenders from the side-view mirror on your car!"

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skillful execution! It represents the wise choice of many alternatives!!

IRVING MATERIALS, INC.

Editor: Walt Tharp
 Irving Materials, Inc.
 2321 E - 150 N
 Ellettsville, IN 46714
 Phone: 260-824-3428
 Fax: 260-824-4422
 Mobile: 317-432-9604

"We're Proud of Our Work"



Words of Wisdom:
 Do something for somebody every day for which you do not get paid!
 -- Albert Schweitzer

Location: _____

Supervisor: _____

Please sign below as an indication that the material was read:
 Please include any suggestions that you may have, as well!

Study warns of injuries from lawnmowers

I have been on the training kick of talking about *Making Safety A Value*. If we do make safety a value, that should carry over to activities at home. I recently observed a man and his daughter mowing the lawn, as I drove down the road. The father was on a riding mower and the young lady was using a push mower. The young girl caught my attention because she was small enough that she had to strain to make the mower move. Her head was barely above the height of the handle of the mower. On closer observation I noticed that she was wearing shorts and flip-flops.

In 2004, nearly 80,000 Americans required hospital treatment for injuries caused by lawn mowers, according to a study conducted by researchers at the Johns Hopkins Bloomberg School of Public Health in Baltimore. The majority of injuries occurred in children younger than 15 and adults 60 and older. The most common injuries were caused by strikes from debris, such as rocks and branches, propelled by the mower's spinning blades. The study was published in a recent online edition of the *Annals of Emergency Medicine*.

Was safety a value to the father and his daughter? When safety is a value it is second nature to think of the safety hazards of all tasks. I don't think it happened.

Please consider what could go wrong when you give young people a job to perform. In my mind the young lady that I observed was too small for the task. She certainly was not dressed appropriately. Flip-flops are too unstable and would offer no resistance to major toe injuries, or worse, if the foot were to slip under the edge of the mower deck. There was no protection offered for objects being thrown from under the mower.

As I always preach at work, **THINK ABOUT WHAT COULD GO WRONG**. Appropriate safety gear applies at home as well as at work. Long pants, work boots, safety glasses, and hearing protection should be required safety gear for mowing the lawn, especially with a push mower. Don't let someone in your family be a statistic from the emergency room.



Enjoy those May flowers!

