

SEED

Weekly SAFE Magazine



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Mr. Rangaraj.

Anabond

For Communication:

Safety and Environment Education for Development Pvt. Ltd.

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Road Safety

Guidelines for Motorcyclists



The motorized two-wheeler rider is the one most likely to sustain serious injuries no matter what he hits- a pedestrian, a cat or another vehicle. This is because he is traveling at a speed more than 15 kmph without any protection around, and the human body is not able to tolerate forces generated when the head or any other bone hits hard and rigid objects at speed higher than 15 kmph.

We can avoid accidents by following guidelines:

1. *While driving always carry your driving license and important documents such as your vehicle registration certificate, insurance certificate, road tax and P.U.C certificate*
2. *MUST NOT carry more than one pillion rider and he/she MUST sit astride the machine on a proper seat and should keep both feet on the footrests.*
3. *Make yourself as visible as possible from the sides as well as the front and rear. You could wear a white or brightly colored helmet. Wear fluorescent clothing or strips. Dipped headlights, even in good daylight, may also make you more conspicuous.*
4. *You should be aware of what is behind and in the sides before maneuvering. Look behind you; use mirrors if they are fitted.*
5. *Never Drink while driving*
6. *Follow the traffic signals, lights and signs*
7. *Avoid using the cell phone when driving. If urgent move to left, stop and then take the call*
8. *Always use a helmet*
9. *Understand the signals given by other road users and use the same when riding*
10. *Never stop abruptly in traffic. Move to the left and slow down*
11. *Do not try and weave your way through stationery or slow moving traffic. It may cause accidents*
12. *Slow down at zebra crossing and if needs be stop*
13. *Don't sit children on fuel tanks or stand them in front of the rider*
14. *Avoid using brakes at turns. If needed, ensure both brakes are applied gently.*

Life don't have Reset button. Drive safe..

Facts about Helmet

1. *It should not obstruct vision.*
2. *It should not impair with hearing.*
3. *It should be light weight.*
4. *It should not cause fatigue which causes crashes.*
5. *It should not cause skin diseases.*
6. *It should not increase the probability of neck injuries.*



Kinds of helmets to be used

It should have a thick padding of thermocole- at least 20 mm- which must extend to the sides of the head. A full face helmet is safer by all means. Components of the helmet and their roles:

The Shell *The shell of a helmet is an injection molded thermoplastic or a pressure molded thermo set that is reinforced with glass fibers or made of fiber glass.*

1. *It absorbs energy in an impact:- The shell bends when the helmet is impacted and the underlying foam deforms. At moderate speeds the shell can take one-third of the impact energy.*
2. *It distributes local forces from an impact:- Rigid objects like stone or a projecting beam can cause a skull fracture at low forces, the shell acts to distribute the force of such impact eliminating the risk of penetration.*
3. *It allows sliding on road surfaces:- The shell being rigid and having a convex shape allows the helmet to slide along a road surface without there being an excessive force.*
4. *It protects the face and temples:- Full-face helmet is beneficial in protecting the face and jaw. The chin bar of such helmets contain rigid foam to absorb energy for direct blows on the chin, prevent facial bone fractures and prevent the lower part of the forehead and temple being struck.*

The foam liner *This is a molding of polystyrene beads or polyurethane foam. It provides a stopping distance for the head. The foam can compress by 90% during an impact, although it recovers partially afterwards. But this helps increase the stopping distance thus reducing the peak deceleration of the head. It also protects as much as possible of the head.*

Proper strapping system *It is essential to wear a well-fitting helmet for the effective working of chinstrap system. To test if the helmet fits your head properly, tightly fasten the chinstrap and then pull helmet off forward by gripping the rear and then pulling. The strap must be threaded correctly so that the buckle locks the strap when it is pulled from the chin side. The strap must be pulled as tight as is bearable under the chin*

Safety Multi Skill Practical Training with Special Focus On First Aid & Fire



Title	<i>Safety Multi Skill Practical Training With Special Focus On First Aid & Fire</i>
Category	Safety Professional Training.
Duration	14 th March 2015. Time: 9.30 am to 3.30 pm.
Location	SEED Training Hall – Camp road, Chennai.
Fees	900 + Tax

Mode of Language : Tamil

Course objectives : This course will cover all Safety Multi Skill Practical Training With Special Focus On First Aid & Fire

Who should attend? : All Professional

WHAT WILL YOU LEARN?	WHO WILL TEACH?
<p>First Aid</p> <ul style="list-style-type: none"> ▪ Need and Importance of First Aid ▪ Basics of first Aid ▪ Procedure for diagnosis and treatment ▪ CPR ▪ First Aid Box Usage ▪ Mannequin Usage ▪ Fracture Slings & Bandages ▪ Recovery Position ▪ Transportation <p>Fire</p> <ul style="list-style-type: none"> ▪ Understanding and identification of fire hazards ▪ Evacuation Procedures ▪ Types of fire and extinguishers types ▪ Hydrant Valve, Branch Pipe & Hose Usage ▪ Fire Refilling Method <p>Rescue Emergency Handling Equipment's Environment</p>	<p>Expert From Industries</p>

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Accidents of the week

Four persons were killed in a road accident under Turkapally police station limits here on 26.12.2014 night as a speeding bus hit a two-wheeler.



A speeding tipper lorry rammed at least 12 cars, a water tanker and lorry before hitting an electricity pole at Gachibowli late on 24 Dec 2014.



Train runs over 5 during track maintenance in Bihar on 27 Dec 2014: A speeding train on Saturday ran over five rail maintenance staff, including an inspector, near Kamhau railway station



Industrial accidents bring to focus the need for safety audition 29 Dec 2014 :Though safety apparatus is being reviewed nothing is materialising'. "It's a matter of serious concern that there is no let-up in industrial accidents.



Legal Article

THE FACTORIES ACT 1948

Chapter I - Preliminary

1. Short title, extent and commencement - This Act may be called the Factories Act, 1948

(2). It extends to the whole of India

(3). It shall come into force on the 1st day of April, 1949.

2. Interpretation. - In this Act, unless there is anything repugnant in the subject or context.-

a) "adult" means a person who has completed his eighteenth year of age;

b) "Adolescent" means a person, who has completed his fifteenth year of age but has not completed his eighteenth year;

(bb) "calendar year" means the period of twelve months beginning with the first day of January in any year];

c) "Child" means a person who has not completed his fifteenth year of age;

(ca) "competent person", in relation to any provision of this Act, means a person or an institution recognized as such by the Chief Inspector for the purposes of carrying out tests, examination and inspections required to be done in a factory under the provisions of this Act having regard to -

(i) The qualifications and experience of the person and facilities available at his disposal; or

(ii) the qualifications and experience of the persons employed in such institution and facilities available therein, with regard to the conduct of such tests, examinations and inspections, and more than one person or institution and can be recognized as a competent person in relation to a factory;

(cb) "Hazardous process" means any process or activity in relation to an industry specified in the First Schedule where, unless special care is taken, raw materials used therein or the intermediate or finished products, bye-products, wastes or effluents thereof would -

(i) cause material impairment to the health of the persons engaged in or connected therewith, or

(ii) result in the pollution of the general environment:

Provided that the State Government may, by notification in the Official Gazette, amend the First Schedule by way of addition, omission or variation of any industry specified in the said Schedule;]

d)"Young person" means a person, who is either a child or an adolescent;

e)"Day" means a period of twenty-four hours beginning at midnight;

f)"week" means a period a seven days beginning at midnight on Saturday night or such other night as may be approved in writing for a particular area by the Chief Inspector of Factories;

g)"Power" means electrical energy, or any other form of energy, which is mechanically transmitted and is not generated, by human or animal agency;

h)"prime-mover" means any engine, motor or other appliance, which generates or otherwise provides power;

i) "transmission machinery" means any shaft, wheel, drum, pulley, system of pulleys, coupling, clutch, driving belt or other appliance of device by which the motion of a prime-mover is transmitted to or received by any machinery or appliance;

j)"Machinery" includes prime-movers, transmission machinery and all other appliances, whereby power is generated, transformed, transmitted or applied;

k) "Manufacturing process" means any process for -

(i)making, altering, repairing, ornamenting, finishing, packing, oiling, washing, cleaning, breaking up, demolishing or otherwise treating or adopting any article or substance with a view to its use, sale, transport, delivery or disposal; or

(ii)pumping oil, water, sewage, or any other substance; or

(iii) generating, transforming or transmitting power; or

(iv) composing types for printing, printing by letter press, lithography, photogravure or other similar process or book-binding ; [or]

(v) Constructing, reconstructing, repairing, refitting, finishing or breaking up ships or vessels ; [or]

(vi)Preserving or storing any article in cold storage;

(l) "worker" means a person 9[employed directly or by or through any agency (including a contractor)with or without the knowledge of the principal employer whether for remuneration or not] in any manufacturing process, or in cleaning any part of the machinery or premises used for a manufacturing process, or in any other kind of work incidental to, or connected with the manufacturing process, or the subject of the manufacturing process

[but does not include any member of the armed forces of the Union];

(m) "Factory" means any premises including the precincts thereof –

(i) whereon ten or more workers are working, or were working on any day of the preceding twelve months, and in any part of which a manufacturing process is being carried on with the aid of power, or is ordinarily so carried on, or

(ii) whereon twenty or more workers are working, or were working on any day of the preceding twelve months, and in part of which a manufacturing process is being carried on without the aid of power, or is ordinarily so carried on, but does not include a mine subject to the operation of [the Mines Act, 1952 (35 of 1952)] or [a mobile unit belonging to the armed forces of the Union, a railway running shed or a hotel restaurant or eating place];

[Explanation I]. - *For computing the number of workers for the purposes of this clause all the workers in different relays] in a day shall be taken into account;]*

[Explanation II].- *For the purposes of this clause, the mere fact that an Electronic Data Processing Unit or a Computer Unit is installed in any premises or part thereof, shall not be construed to make it a factory if no manufacturing process is being carried on in such premises or part thereof ;]*

n) "Occupier" of a factory means a person, who has ultimate control over the affairs of the Factory, 15[* *];
[Provided that -*

(i) In the case of a firm or other association of individuals, any one of the individual partners or members thereof shall be deemed to be the occupier;

(ii) In the case of a company, any one of the directors shall be deemed to be the occupier;

(iii) In the case of a factory owned or controlled by the Central Government or any State Government, or any local authority, the person or persons appointed to manage the affairs of the factory by the Central Government, the State Govt. or the local authority, as the case may be, shall be deemed to be the occupier.]

[Provided further that] in the case of a ship which is being repaired , or on which maintenance work is being carried out, in a dry dock which is available for hire,-

(1) the owner of the dock shall be deemed to be the occupier for the purposes of any matter provided for by or under -

(a) Section 6, section 7, 17a [section 7A, section 7B], section 11 or section 12;

(b) Section 17, in so far as it relates to the providing and maintenance of sufficient and suitable lighting in or around the dock;

(c) section 18, section 19, section 42, section 46, section 47 or section 49, in relation to the workers employed on such repair or maintenance;

(2) the owner of the ship or his agent or master or other officer-in-charge of the ship or any person who contracts with such owner, agent or master or other officer-in-charge to carry out the repair or maintenance work shall be deemed to be the occupier for the purposes of any matter provided for by or under section 13, section 14, section 16, or section 17 (save as otherwise provided in this proviso) or Chapter IV (except section 27) or section 43, section 44 or section 45, Chapter VI, Chapter VII, Chapter VIII or Chapter IX or section 108, section 109 or section 110, in relation to -

(a) The workers employed directly by him or by or through any agency; and

(b) The machinery, plant or premises in use for the purpose of carrying out such repair or maintenance work by such owner, agent, master or other officer-in-charge or person;]

(o) 18 [* * *];

(p) "Prescribed" means prescribed by rules made by the [State] Government under this Act;

(q) [* * *]

r) Where work of the same kind is carried out by two or more sets of workers working during different periods of the day each of such sets is called 22["group" or "relay"] and each of such periods is called a "shift".

3. References to time of day - In this Act references to time of day are references to Indian Standard Time being five and a half hours, ahead of Greenwich Mean Time.

Provided that for any area in which Indian Standard Time is not ordinarily observed the [State] Government may make rules -

a) Specifying the area,

b) Defining the local mean time ordinarily observed therein, and

c) Permitting such time to be observed in all or any of the factories situated in the area.

Continue.....

Frequently Asked Questions In Safety

1. What is Safety?

It is a condition which gives you freedom from hazard, risk, accident which may cause injury, damage and loss to material or property damage and even death. (OR) Safety is defined as freedom from that condition that can cause injury to persons including death or damage to property or environment.

2. What is accident?

It is an unexpected or unplanned event which may or may not result in injury or damage or property loss or death.

3. What is injury?

It is defined as a harmful condition sustained by the body as a result of an accident.

4. What is hazard?

Inherent property of a substance or an occurrence which has potential to cause loss or damage property, person or environment.

5. What is Risk?

In probability of the realization of potential for loss or damage or injury.



Quiz of the Week

Q1. Never _____ while driving

Q2. Always use a helmet - True or False

Q3. Slow down at _____ and if needs be stop

Q4. Accident happened due to _____

Q5. Risk is a combination of severity X _____

Send your answers at support@seedforsafety.com

Winner will be awarded with a cash prize of Rs.500.If more than one person answers the quiz correctly, then winner will be selected based on random pick up by the selection committee.

Winner of the last week : Mr.Kandasamy (Johnson)

Safety Vacancy

Position : **Safety Officer**

Client : **Sriram EPC**

Experience : **5 years with Construction Experience**

Mail at : **venkat@shriramepc.com**

FEED BACK

Send Us Your Feed Back at: kannan@seedforsafety.com

SAFE – MEMBER REGISTRATION FORM

Type of Membership :

Name & Address of the Member:

Name : Designation :

Resident : Office :

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Pin : Cell :

E Mail :

Alternate E Mail :

Date of Birth :

Gender :

Enclosed D.D / Cheque No Date :

For Rs. only in favor of

Safety Association for Everyone (SAFE)

Signature.

Fees:

Membership Type	Life Time	Yearly
Professional Member	Rs.1000	Rs.100
Corporate Member	Rs.2500	Rs.250
Student Member	Rs.500	Rs.50

Address to send the Cheque / DD:

Safe Association for Everyone (SAFE), 5/414, Ambedkar Street, Nanmangalam, Chennai.600129. 08144846277, Tel: 044-22681385.

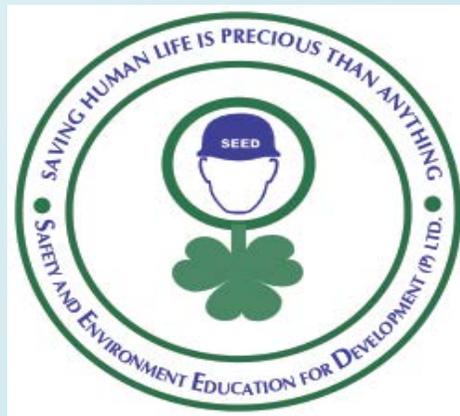
SEED Activities



SEED SERVICES

- + Safety Training*
- + Competency Certificate*
- + Safety Audits*
- + HSE Consultation*
- + HSE Posters*
- + Safety Multi Skill (SMS) Practical Training*
- + Customized Accident Prevention Audit (CAPA)*
- + Safety Officer / Supervisor / Steward Deputation*
- + Environmental Services*
- + Safety Management Systems (SMS)*
- + Fire Detection & Protection*
- + Personal Protective Equipment*
- + Accident Investigation*
- + Safety Videos & Safety E Learning Package*
- + CSR Activities on and Behalf of the Corporate.*

Be Grateful...



Get in touch with....

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