

SEED



SAFE

Weekly

Magazine

EDITOR

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Designed By,

SEED

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How to stay positive when you know your life sucks

Focusing on the Good

Find a few positive things to write down each week.



Slow down to savor the good parts of life.



Send someone a letter of gratitude.



Repeat a meaningful mantra.



Go easy on yourself.



Figure out what life means to you.



Banishing Negativity

Distance yourself from negative thoughts.



Resist the urge to exaggerate your



problems.

Set a time to worry, then move on to other things.



Distract yourself when your thoughts get overwhelming.



Take care of yourself as you would a friend.



Making Positive Changes

Connect with other people.



Be helpful to others.



Be physically active.



Take care of your health.



Seek professional help if you need it.



Emergency Planning with A Special Focus on Fire & Mock drill Importance



Title	Emergency Planning Special Focus On Fire &Mock drill importance
Category	Safety Professional Training.
Duration	9 th April 2015. Time: 9.30 am to 3.30 pm.
Location	Hotel Pepper Mint, Krishnagiri bye pass roadpass road, Hosur.
Fees	900 + Tax, Per Participant.ticipant.

Mode of Language : English & Tamil

Course objectives : This course will cover all Emergency Planning Special Focus On Fire &Mock drill importance

Who should attend? : All Professional

WHAT WILL YOU LEARN?	WHO WILL TEACH?
<ol style="list-style-type: none"> 1.Understanding and identification of fire hazards 2.Evacuation Procedures 3.Other Industrial and residential medical crisis management 4.Types of emergency. 5.How to act fast in emergency situation 6.Types of fire and extinguishers types 7.Fire fighting principles. 8.Fire classification (Indian standards) 9.Fire Practical Demonstration. 10.Mock drill for any one scenario. 	<p>Expert From Industries</p>

Safety and Environment Education for Development Pvt. Ltd.

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Accident Case Study

Overcrowded bus plunges 650ft from cliff top into river



Incident:

- Place : Guatemala
- Date : 02/03/2008
- Kills 44, A further 46 passengers were taken to hospital for treatment to injuries
- At least six children are said to have died including three babies

Cause:

- It is thought that the driver lost control of the bus on a sharp bend
- Over load
- Poor maintenance
- The route is made up mostly of dirt roads that wind through steep mountains without guardrails or other safety measures

Consequences:

- Kills 44, A further 46 passengers were taken to hospital for treatment to injuries
- It was carrying around 90 passengers when its capacity only allows 54
- At least six children are said to have died including three babies
- The Guatemalan government declared three days of national mourning after the crash

Prevent control:

- To proper follow road safety
- To limit passenger allowed
- To proper maintenance
- Speed limit control
- Guard rails
- Proper road maintenance



Frequently Asked Questions In Safety

Q. 1. While a vehicle entering a main road from a branch road, the driver shall give preference.

- To the vehicles coming from the left
- To the vehicles coming from the right
- To all vehicles proceeding along the main road

ANS: 3

Q. 2. The signal represents

- Intends to go straight
- Intends to stop the vehicle
- Intends to turn right



ANS: 2

Q. 3. You can overtake a vehicle through the left side if

- The driver of that vehicle indicates his intention to turn right and proceeds to the center of the road
- There is sufficient space on the left side
- That vehicle moves slowly

ANS: 1

Q. 4. The signal represents

- Request to stop the vehicle from behind
- Request to pass the vehicle from behind
- Request to stop the vehicle from front



ANS: 1

Q. 5. What is "Tail-gating" ?

- Driving too close behind a vehicle in a dangerous manner.
- Keeping safe distance from the vehicle ahead regulating the speed proportionately.
- Keeping a distance of at least 7 metres from the vehicle ahead.

ANS: 1

Health Safety

EXERCISE FOR YOUR BABY'S BRAIN

Being active during pregnancy may speed development of your baby's brain. A study from Canada showed that jogging, swimming or cycling for as little as 20 minutes three times a week starting at the beginning of the second trimester made a measurable difference in the activity of the babies' brains, according to researchers from the University of Montreal.

The investigators divided 60 women into exercise and non-exercise groups. To check the effect of the exercise on the infants' brains, the researchers measured the babies' brain activity while they slept on their mothers' laps when they were eight to 12 days old.

The EEGs used for the test showed that the babies of the active mothers had a "more mature cerebral activation," which suggests that their brains developed more rapidly than the offspring of women who didn't exercise.

This was the first study of the effect of exercise on human brain development. Earlier research has shown that exercise during pregnancy can ease post-partum recovery, make pregnancy more comfortable and reduce the risk of obesity in the children.

The results of the brain study were presented on November 10, 2013 at the annual meeting of the Society for Neuroscience.



Quiz of the Week

Q1. Slow down to savor the _____ of life

Q2. Distract yourself when your thoughts get overwhelming. True / False.

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.Bharath Kumar (Tirunelveli)

Safety Vacancy

Position : *Safety Officer*

Client : *Tevar Erection*

Experience : *B.E & Diploma - 2 years Experience*

Mail at : venkat@shriramepc.com

Feed Back

Dear all

We from the Safety Dept of Tata Steel Ltd,HMC Division convey our gratitude to the Team SEED for sharing the weekly magazine.

This really informative and knowledgeable. Our BEST WISHES.

*P.R.Sinha
Sr Manager-Safety*

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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