

SEED FOR SAFETY

SAFE
Weekly
Magazine



EDITOR
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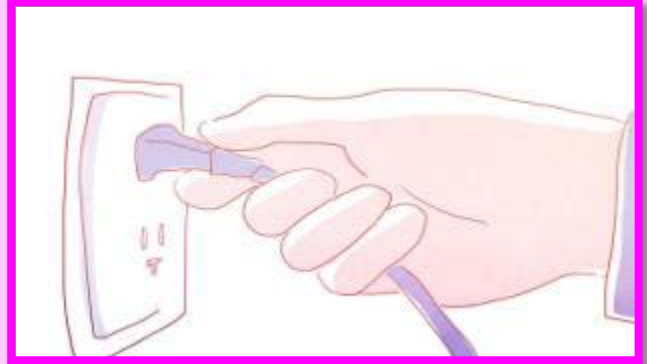
Designed By
SEED FOR SAFETY

How to Go Green at Work

1. Feel Empowered.



2. Conserve your computer's energy.



3. Turn off all peripherals when not in use.



4. Reduce printer use.



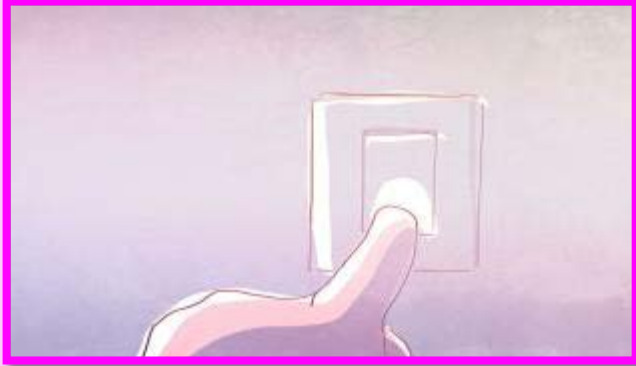
5. Reduce your paper waste.



6. Prioritize your paper use.



7. Reduce energy usage.



8. Maintain healthy airflow.



9. Recycle.



10. Eat green and healthy.



11. Travel green.



12. Spread the word.



Accident Case Study

Demolition worker killed in building collapse at Saints stadium site

Incident:

- Place : St. Paul Saints stadium, USA
- Date : 10/09/2013
- One worker was killed



Causes:

- A Plymouth man is dead after part of a building collapsed at the construction site of the future St. Paul Saints
- Careless
- Safe operating procedure was not followed
- Awareness was not considered
- Poor house keeping
- Moving free space is not available



Consequences:

- One worker was killed
- Demolition work is very dangerous by its nature
- An employer could face a fine of \$25,000 for a serious violation that results in a worker's death, according to Minnesota OSHA.
- The fine would be \$50,000 if the violation were willful or repeated
- The company was inspected once by Minnesota OSHA in the past five years, a routine planned inspection at a 2010 demolition project, and no citations were issued

Prevent Control:

- Job safety analysis
- Using Safety Net
- Proper safety training
- Using proper technique
- Rescue team

Frequently Asked Questions In Safety

Q. 1. Maximum length of load that can be projected from the rear part of a goods carriage

- 150 cm
- 100 cm
- 120 cm

ANS: 2

Q. 2. Maximum permissible speed of heavy motor vehicles in the cities

- 35 Km/hr
- 45 Km/hr
- 60 Km/hr

ANS: 2

Q. 3. Maximum distance allowed between towing and towed vehicles

- 15 meters
- 5 meters
- 10 meters

ANS: 2

Q. 4. Maximum permissible speed of a motor cycle in cities

- 40 km/hour
- 30 km/hour
- 50 km/hour

ANS: 1

Q. 5. You are driving on a two-lane street, vehicle in front of you is moving very slowly and the road ahead is clear for overtaking, you should –

- Pass the vehicle from the left hand side.
- Pass the vehicle from the right hand side.
- Pass the vehicle from any convenient side.

ANS: 1

Tool Box of the Week

How Diet Affects Healthy Aging

Eating well in your 50s and 60s can set the stage for healthy aging. Researchers from France, the Harvard School of Public Health and Boston's Brigham and Women's Hospital looked at health and diet data from more than 10,000 mid-life women participating in the long-running Nurses' Health Study, none of whom had any major chronic diseases when they joined the study.



All the women filled out two diet questionnaires in 1984 and 1986. The researchers defined "healthy" aging as survival to 70 years or older with no major chronic diseases or major impairments in cognitive or physical function or mental health.

Assessing the diet questionnaires and the women's health at age 70 or older, the researchers found that only 1,171 (11 percent) qualified as healthy agers. The team found that these women's diets were closest to the Mediterranean-style diet.

The "healthy agers" were also less likely to be obese or smoke than the other women in the study. They also exercised more in midlife and fewer of them had diagnosis of high blood pressure or high cholesterol compared to the women who were not deemed healthy agers.



Quiz of the Week

Q1. Reduce your paper waste .True / False.

Q2. Eat _____ and _____ .

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. shabir.

Safety Vacancy

Position : Safety Manager
Client : Construction
Experience : B.E / ME & Diploma with RLI Industrial Safety
Mail at : support@seedforsafety.com

Feed Back

Dear seed safety team,

This is very knowledgeable & useful magazine. We always wait for same and try to implement things learnt from you.

Regards,

Monu Tyagi

Motherson Sumi Syystem Ltd.

SEED FOR SAFETY ACTIVITIES



SEED FOR SAFETY 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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