Welcome to the Sentinel!

Welcome to the pilot issue of Goodwill Industries of Lower South Carolina, Inc. Safety Newsletter!

Inside you will find the latest happenings in the safety community as well as safety tips, wellness items, games and safe practices.

Please feel free to provide input or feedback to make future issues more user friendly. If you want to see it, let us know! Here are some items from the Safety Office:

This past quarter we had 16 recordable incidents in our work areas. During this quarter in 2011, we only had 14 recordable incidents. Let's all do our part to reduce that number this quarter! Our goal as always is to achieve ZERO recordable incidents across the board.

We take Safety Seriously—And so Should You!

Safety Leaders: Before each shift discuss each of the following:
1. What do we want to accomplish today?
2. What are the hazards involved in what we are doing?
3. What can we do to mitigate those hazards?

Accident Reporting Procedures:
- Employee Accidents - Manager approves treatment (Not Main Office). Accident report gets sent to DM/PM and Human Resources.
- Customer Accidents* - Customer determines treatment (Not Goodwill Staff). Accident report gets sent to DM/PM and Safety Office.
- Property Damage* - Accident report gets sent to DM/PM and Safety Office.

*Never give a Customer a copy of the accident/damage report. Refer them to the Safety Office if they need further assistance. Phone numbers and email addresses for you Safety Office personnel are located on the last page of this newsletter.
Forklift & Stacker Operators

Forklift incidents are on the rise! All certified operators were required to participate in Safety Stand Down training to ensure re-familiarization with the forklift safety requirements was covered and understood. If you did not attend this training, get with your manager ASAP. Make sure you inspect the equipment prior to each use and use all equipment the way it is intended to be used. Also, remember to remove the key to all equipment when you are not using it!

Stacker operators are reminded that steel toed shoes ARE REQUIRED for operation of the equipment. This is also true for conducting and/or attending training. If you have not provided your shoe size to your manager yet, do it now! Each store is ordering their own and shoes are being purchased as quickly as possible. It may take longer to get certain sizes but we will fit everyone with the proper personal protective equipment.

Donation Area Safety

Since the beginning of July, we have had several mishaps occur in our donation drop off areas. These mishaps have been a culmination of lowered customer and employee awareness which led to a Safety Stand Down at all of our retail locations. We must do a better job at Goodwill to ensure the safety of our employees and our customers.

When operating in the donation drop off areas, it is required that employees exercise some of the following practices to heighten their safety and the safety of those around them:

1. WEAR a yellow safety vest AT ALL TIMES.
2. Always LOOK before entering the donation area. Treat it like a busy street.
3. Have customers place their vehicles in PARK and engage EMERGENCY BRAKES while loading/unloading.
4. NEVER place yourself between two vehicles at once while one is moving.
5. Periodically CHECK the car/area behind you. Don’t lose situational awareness.
6. At busy times...ASK FOR HELP!!!

Meet John Kenney
Safety & Security Specialist

John retired from the Coast Guard after serving 24 years. His military experience was a combination of 10 years sea time and navigation coupled with physical and personnel security assignments.

He is a certified USSF Soccer referee, High School soccer referee and an advocate of health, nutrition & fitness. He dedicates his spare time repairing and donating old computers.

John has a wife and three children. His oldest son is attending the U.S. Coast Guard Academy. His daughter has enlisted in the U.S. Air Force and his youngest son plays oboe at Rollings Middle School of the Arts.

Stop by the Safety and Security Office and say Hi to the Safety BINGO guy!
Heat Stress Prevention

As the Summer “hot weather” temperatures continue to rise, we should remember some of these tips to prevent heat stress. Physical activity at high temperatures can directly affect your health and can lead to heat exhaustion.

What is heat stress?

Your body will send signs to you that it is having difficulty maintaining its temperature range. The heart speeds up to pump blood faster to internal organs and skin surfaces. Breathing rate increases, you begin sweating, etc. All of this in the attempt to transfer more heat to the outside air and cool the skin by the evaporation of sweat.

If the body can not keep up, a person suffers a range of discomforts. Heat cramps, weakness, headaches, dizziness, and/or unconsciousness may be the result leading to convulsions, coma or even death. Dry clothes and dry skin doesn’t mean you’re not sweating!

In dry climates you might not feel wet or sticky, but you are still sweating. On a very warm day you can lose as much as two liters of fluid. In humid areas like Charleston, the air is heavy and it seems harder to get oxygen into your system. You can beat the heat and help prevent heat exhaustion by:

- Drinking water or potassium, sodium replacement type liquids (every 15-30 minutes).
- Resting out of the sun (in a shaded spot if you can find one or make one).
- Eating lightly.
- Doing more strenuous jobs during cooler hours of the day.
- Utilizing ventilation with windows, doors, fans and drafting in enclosed areas.
- Avoid alcohol consumption; many cases of heat stroke have occurred the day after a “night out on the town”.
- Wearing light colored, cotton clothing and keeping your shirt on.

For this time of year when we are hitting 90’s on a regular basis, it’s important to remember to drink 1 quart of water per hour when doing moderate work outside and resting 40 minutes for every 20 minutes of work. Don’t think you can do more than you really can. Always be SAFE!!
Heat Stress Word Find

Find All 16 Words relating to Heat Stress in the puzzle below

DID YOU KNOW?

UV rays can come from many different directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces.

- Wear Proper Eye Protection that absorbs UV Rays. Some inexpensive sunglasses DO NOT. You can always replace you sun glasses - but not your eyes!
- Wear a brimmed hat or cap when outside for long periods of time.
- DO NOT look directly into the sun...ever!!