

For Your Safety: Be a Safety Leader

Statistics show that 86% of all accidents are caused by someone committing an unsafe act. In most cases, interviews with injured workers revealed that at the time they were hurt, they knew they were doing something unsafe. Having a safe workplace is not just about following rules. It is about everyone in the operation being a leader for safety. Whether you are the most senior guy in the yard or newest person in the company, you can be a safety leader by setting an example.

- Focus on the job you're doing. Don't be distracted by others or by thinking about what's going on outside of work.
- Take time to do the job right. Follow procedures and use the right equipment.
- Do the right thing, even when others want you to take shortcuts.
- Take responsibility for safety even when it's "not my job".
- Stop co-workers, customers, drivers and other when you see them doing something unsafe.
- Ask Questions. If you are unsure of the right way to do something, ask for help.

For Your Health: Too Tired on the Job?

You can't cheat sleep. Experts say approximately eight hours of sleep is sufficient for the average adult. Yet some 65 percent of people polled by the National Sleep Foundation admitted they didn't get enough sleep. Safety and health studies show that the less sleep a worker gets, the greater the risk he or she will be injured on the job. Lack of sleep impairs the judgment, memory and attention you need to do your job safely. Stimulants like caffeine, cigarettes and energy drinks can only keep you up for so long before your body crashes. For your own safety, make it a priority to get enough sleep.

For Your Information: Accident Trends in the Recycling Industry

The most common type of workplace accidents in the recycling industry:

- **Manual material handling** - *lifting, carrying, pulling, and throwing scrap metal and other objects.*
- **Struck by or caught between objects** - *hit by materials or equipment, forklift accidents, etc.*
- **Slips and falls from elevations** - *getting in or out of vehicles, falls from equipment, etc.*
- **Machine injuries** - *caught in machinery, conveyors, shears, wire strippers, etc.*

This e-mail was produced by the Institute of Scrap Recycling Industries, Inc. For more information visit us on the Web at www.ISRI.org.

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