



Annual Safe Gift Guide

It's **Safe Toys and Gifts Month**, and that means it's time for our annual TopSafety safe gift guide. Check out what's new.

Gifts for Parents

Car seat installer: This device works with a phone app to help parents correctly install car seats by automatically monitoring levels and tensions.



High-tech baby monitors:

Baby monitors have come a long way, including those with video. Many now sync with your cell phone and

have apps ensuring your baby's safety. There are even infant smart socks, which have a monitor built into a baby's sock that tracks vital signs.

Wearable trackers: GPS-tracking wristbands and even headbands can help you locate a lost child or alert you if a child falls into a pool.

Gifts for Winter Sports Fanatics

Airbag ski vests and backpacks: There are several airbag backpacks available; they are a must for backcountry skiers and boarders. There is also an airbag ski vest that detects when the wearer is about to fall and then self-inflates. **Note:** Backcountry enthusiasts must also carry an avalanche beacon for ensured safety.

Smart helmets:

In addition to impact protection, these helmets have communication devices, trackers and GPS built in to prevent skiers or boarders from becoming lost.



Avalanche beacons: These are a must for backcountry skiers and boarders. **Caution:** Backcountry sport enthusiasts need proper avalanche training and should never go alone.

Gifts for the Driver

Wearable anti-fatigue monitors and apps:

These can keep you awake with an alarm system; one can even alert your friends or family to call you and keep you awake.

Safer cell phones: Phone-locking apps prevent drivers from texting, emailing and surfing while driving. This is a great gift for teen drivers who need to disconnect from their phones and connect with the road.



SAFETY CORNER

URGENT: Detergent Pod Update

In our March issue, we wrote about concentrated laundry and dishwashing pods. Unfortunately, accidental deaths and poisonings have increased more than 17% in 2 years, according to the National Institutes of Health and National Library of Medicine. A study showed that more than 60% of detergent poisoning calls made to emergency departments were due to the pods. These pods are attractive to small children because of their size, texture and colors. Because they are concentrated, they are very toxic and cause serious medical problems leading to coma or death. If you have small children or small children visit your home, use an alternative or keep these pods locked and out of reach. **Note:** In response to the study, manufacturers are looking for ways to package and label these products to reduce accidental exposure.

>17%

Don't Be a Fall Guy



According to OSHA, the most frequently cited OSHA standard violated in 2015 (latest statistic available) was **fall protection for construction**. Falls also accounted for the most fatalities on the job in the construction industry. To avoid slips, trips and falls in the workplace, follow these 10 tips:

- Clean up spills immediately** and mop or sweep up any debris.
- Wear suitable footwear** for work — slip-resistant soles are required for some workplaces.
- Watch where you are walking;** there may be uneven surfaces, holes, steps, obstacles or wet areas. Avoid texting and walking.
- Adjust your stride to the surface.** Always take short steps when walking on slippery surfaces to keep your center of balance.
- Keep walkways and work areas free of clutter,** obstacles and electrical cords. Keep filing cabinet and desk drawers closed.
- Set up and use ladders properly.** Never stand on a chair to reach high items — use a stepladder.
- Use the handrail** when going up or down stairs.
- Report broken or poor lighting** — especially in stairwells.
- Never jump forward** off of a ladder or truck bed. Instead, step backward slowly.
- Be aware of fall hazards** at your worksite and be sure to follow all required methods to protect yourself from falling.



Parking Lot Patience

'Tis the season for senseless drivers — usually found in shopping center parking lots. Don't let parking lot hassles and theft spoil your holidays. Take precautions:

Drivers:

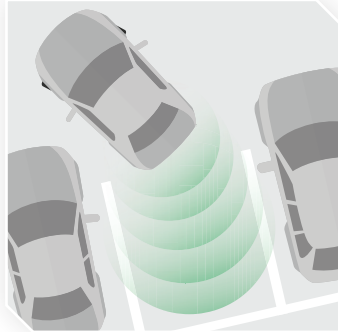
Practice patience. If someone is slow getting in and out of a parking space or walking with packages, don't try and maneuver around them.

Avoid backing up if you can. Most parking accidents happen when a car is in reverse. If possible, take the time to back into a space; pulling out will be much safer and easier than backing up into a crowded lane.

Drive slowly and watch for pedestrians — especially little children. Obey the speed limit (usually 10 mph).

Don't leave packages or valuables in plain sight. Instead, store them in the trunk or camouflage them with a blanket or coat. Lock your doors.

Park your car in a well-lit, highly visible area. If you own a small car, try to avoid parking next to large vehicles, where it's easier for predators to seek cover.



Pedestrians:

Be aware of your surroundings. Don't check your cell phone or use earphones while walking through a parking lot.

Don't assume that a driver can see you. Look both ways before crossing and use sidewalks if possible. And, don't walk between cars; use the aisles.

Avoid returning alone to your car late at night. Get someone to escort you. Have your keys ready and check around your vehicle before you enter it. Lock your doors once you're inside.

Watch for slippery surfaces. Parking lots may have ice patches; wear shoes with traction and make sure you watch where you are going.

SHIFTWORK ZONE

STAY AWAKE at the Wheel

Driving tired is just as dangerous as driving while intoxicated. Studies show that going without sleep for 20 hours is comparable to having a blood alcohol level above the legal limit in most states.

The most dangerous aspect of drowsy driving is that you can nod off for a microsecond without even realizing it, and that's all it takes to cause an accident in many cases.

Review these signs of drowsy driving:

- ✓ Trouble focusing; wandering or disconnected thoughts.
- ✓ Frequent blinking or feeling as though your eyelids are heavy.
- ✓ Missing exits, stoplights or traffic signs.
- ✓ Yawning uncontrollably and rubbing your eyes.
- ✓ Head nodding.
- ✓ Drifting between lanes or veering into oncoming traffic.
- ✓ Tailgating.
- ✓ Hitting the rumble strip on the road shoulder.
- ✓ Feeling restless and irritable.
- ✓ Having trouble remembering the last few miles driven.

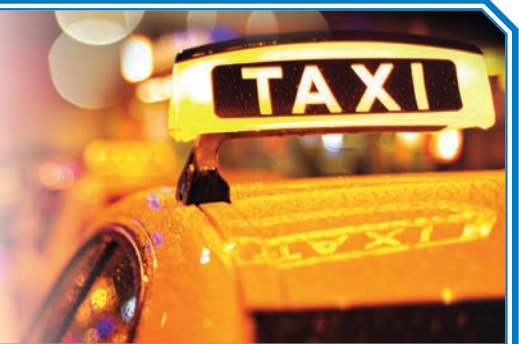


If you have trouble keeping your eyes open by the time your shift ends, get a ride home from a family member or a coworker. If you're behind the wheel and you begin experiencing any of these signs while driving, pull over someplace safe and rest or call someone to come get you.



December is Drunk and Drugged Driving Prevention Month

— the busiest time for holiday celebrations. If you plan on celebrating with alcohol, arrange for a designated driver, call a cab or stay the night.



Reach your personal best with www.personalbest.com/extras/16V12tools.

12.2016