



# The Porcelain Press

NSWC Indian Head Division  
Safety Department Newsletter

5<sup>th</sup> InSTALLment

Distributed to a Restroom near you

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## *Do Your Safety Concerns Reflect Reality?*

While American workers recognize safety as a serious issue, their perceptions about their greatest safety risk do not mirror reality. Surveys find that people feel safer at home than they do at work, when in fact the opposite is true. Safety data shows that far more people are killed or injured from accidents occurring in and around the home than in the workplace. In 2005, about 5,000 workers died and 3.7 million suffered disabling injuries as a result of accidents occurring in the workplace. That same year, nearly 44,100 workers died and 6.8 million American workers were disabled as a result of injuries suffered while they were off the job.

Contrary to what most people believe, home is not the safe haven we think it is. With more accidental deaths and injuries occurring in home and communities, we have a greater challenge protecting ourselves while off the job than in the workplace.

The success that Indian Head has had in reducing the rate and costs of workplace injuries has set the stage for us in understanding the importance of applying these workplace safety practices in off-the-job activities.

You are the manager of “off-the-job safety” for you and your family. At work we prepare you on how to execute tasks safely and you should use this same approach during off-work activities. Ultimately we are striving to establish an Activity culture of safety that transcends the workplace to include the safety and health of each employee and their families in all aspects of their life.

## *Ways to Go.....*

When and how death will arrive can rarely be predicted, but statistics can reveal what holds the greatest chance of ending a life. Riding a motorcycle, for example, is far riskier than playing with fireworks, statistically speaking. This chart shows what the lifetime probabilities are of a U.S. resident dying in relatively common events. No matter what the cause, one thing is certain “no one gets out of here alive”

Total odds of dying, any cause	1 in 1	Bicycling accident	1 in 4,919
Heart Disease	1 in 5	Air/space accident	1 in 5,051
Cancer	1 in 7	Accidental firearms discharge	1 in 5,134
Stroke	1 in 24	Accidental electrocution	1 in 9,968
Motor vehicle accident	1 in 84	Alcohol poisoning	1 in 10,048
Suicide	1 in 119	Hot weather	1 in 13,729
Falling	1 in 218	Hornet, wasp or bee sting	1 in 56,789
Firearm assault	1 in 314	Legal execution	1 in 62,468
Pedestrian accident	1 in 626	Lightning	1 in 79,746
Drowning	1 in 1,008	Earthquake	1 in 117,127
Motorcycle accident	1 in 1,020	Flood	1 in 144,156
Fire or smoke	1 in 1,113	Fireworks discharge	1 in 340,733

## *Safety Puzzle*

Figure out the safety messages in the following rebus word puzzles. The first ten NSWC Indian Head employees who correctly solve both safety messages and E-mail them to me at raymond.geckle@navy.mil will win a safety award.

**thinkuact**

**merepeat focus  
safety**

## *Ask the Safety Wiz*

The Safety Wizard will answer your questions and concerns about the safety program!

**Dear Wiz:** Who keeps thinking up all these safety rules? Has it ever occurred to you that maybe the people who write these rules just don't have a clue as to what's really going on out in the office, or out in the plant or in the world for that matter?

- *Enough Already*

**Dear Enough:** Here are some examples of these people who write the rules: It was the guy we've all heard about who cut two of his fingers off after he wired up the guard on a circular saw. He was helped by the machinist who didn't have the time to go back to the lunch room for his safety glasses and lost an eye when the bit broke in the drill press. They both got advice from the fellow who had his head split open by a falling hammer because he just plain didn't like to wear hard hats.

I think you get my point here. If not, then let me put it another way. Each and every safety rule came about because someone was hurt, maimed or killed. Their misfortune contributed to our knowledge of how accidents happen and how to avoid them. Safety rules came into being in order to help you avoid a similar accident or injury.

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Don't turn your bathroom into a library. Restrict your toilet time to 5 minutes per sitting, if you can. Sitting on the toilet can put undue pressure on your blood vessels, leading to hemorrhoids. That's why bowel specialists advise patients not to use the toilet for anything other than strictly business.