

# eplica ▶▶ Safety Lines

## In this edition:

### ▶▶ Holiday Shopping Safety

Don't let the spirit of giving lull you into giving muggers, thieves and pickpockets a better chance to do their dirty work. Before you head out for the sales and crowds, read up on how you can keep yourself safe.

Page 1

### ▶▶ The 10 Commandments of Electricity

Whether you know a little or a lot about electricity, The 10 Commandments of Electricity will both educate and bring a chuckle.

Page 2

### ▶▶ Slips, Trips and Falls

Practicing good housekeeping may be the most important measure in preventing slip and trip incidents. Having a clean and organized working environment will not only help reduce the risk of injuries from these types of incidents, it will also help employees work more efficiently and increase employee morale.

Page 2



## 'Tis the Season to Shop Safe



This holiday season, don't let the spirit of giving lull you into giving muggers, thieves and pickpockets a better chance to do their dirty work. They do some of their biggest business during the holiday season. People are rushing around, stressed out and careless, trying to get everything done. It's enough to make a crook giddy with holiday joy!

Here are some tips on how to safely celebrate the holiday season:

- \* Avoid carrying large, heavy packages that block your vision and make you a target for purse-snatchers.

- \* Bring a babysitter, friend or older child to help watch your youngest, especially when waiting in long lines.

- \* Teach children what to do in the event you get separated. The best option is to instruct your child to look for a security guard or police officer, or go to the customer service desk where people are trained to help.

- \* Keep all car doors locked and windows closed while in or out of your car. Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must leave something in the car, lock it in the trunk or put it out of sight.

- \* If you shop at night, park in a well-lit area and

avoid parking next to vans, trucks with camper shells, or cars with tinted windows.

- \* Be sure to locate your keys prior to going to your car.

- \* Beware of strangers approaching you for any reason. At this time of year, con artists may try various methods of distracting you with the intention of taking your money or belongings.

- \* If there are suspicious people in the area, do not approach your car alone. Ask mall or store security for an escort before leaving your shopping location.

- \* When entering your debit pin in a shop or cash machine, use your spare hand to hide the number from spying eyes or hidden cameras.

- \* Guard your cards at all times and don't leave them unattended. Beware of "skimming," a popular trick where, for example, a waiter or shop assistant will take your card and in addition to swiping it to pay for the goods, will also pass the card through a battery powered device that will copy your details.

- \* Ensure you carry your wallet in an inside pocket, not your back pocket. If someone bumps into you in a crowd, check to see if you still have your wallet or purse. Thieves are on the lookout for easy prey in crowded areas.

- \* Be aware of your purchases and how many bags you are carrying. It's easy to lose, misplace or have them stolen. Try to keep bags closed at all times. Make several trips to your car to deposit packages in the trunk. Don't allow yourself to become so burdened down with packages that you become a tempting target.

- \* Avoid carrying large, heavy packages that block your vision and make you a target for purse-snatchers.

- \* If you see someone acting suspicious, report them to shop staff, security or the police.

**May you find plentiful sales and short lines this winter shopping season - happy holidays!**



## December Safety Tip:

Many of the products we use for housework, gardening, home improvement or car maintenance contain hazardous materials that endanger our health as well as pollute the environment. The average house has an estimated three to 10 gallons of hazardous products.

Read and follow label directions for household cleaners, pesticides, paints, etc., and use any recommended protective equipment such as gloves, goggles or masks. Follow doctors' instructions for prescribed medicines and labels for organic toxic compound products. Keep all dangerous substances where children cannot get to them.

## Contact Us

Editor in Chief / Writer  
CLAUDIA C. HARO

Editorial Consultant  
/ Writer  
JEFF ADCOCK

Staff Writer  
APRIL FLAK

Contact us:  
[allsafety@eplicaservices.com](mailto:allsafety@eplicaservices.com)

Or visit us online.

## The 10 Commandments of Electricity

- (1) Beware of the lightning that lurks in an undischarged capacitor lest it cause thee to be bounced upon thy backside in a most ungainly manner.
- (2) Cause thou the switch that supplies large quantities of juice to be opened and thusly tagged, so thy days may be long on this earthly vale of tears.
- (3) Prove to thyself that all circuits that radiateth and upon which thou worketh are grounded lest they lift thee to high-frequency potential and cause thee to radiate also.
- (4) Take care thou, usest the proper method when thou taketh the measure of high-voltage circuits so that thou doth not incinerate both thee and the meter, for verily though thou hast no account number and can be easily replaced, the meter doth have one and as a consequence bringeth much woe upon the supply department.
- (5) Tarry thee not amongst those who engage in intentional shocks for they are surely non-believers and are not long for this world.
- (6) Take care thou tampereth not with interlocks and safety devices, for this incurerth the wrath of thy seniors and bringeth the fury of the safety officer down upon thy head and shoulders.
- (7) Work thee not on energized equipment, for if thou doest, thy mates will surely be buying lunch without thee and thy space at the table will be filled by another.
- (8) Verily, verily I say unto thee, never service high-voltage equipment alone, for electric cooking is a slothful process, and thou might sizzle in thy own fat for hours on end before thy Maker sees fit to end thy misery and drag thee into His fold.
- (9) Trifle thee not with radioactive tubes and substances lest thou commence to glow in the dark like a lightning bug.
- (10) Commit thee to memory the works of the prophets, which are written in the instruction books, which giveth the straight info and which consoleth thee, and thou cannot make mistakes.

-From *Orbit*, the Journal of the Rutherford High Energy Laboratory, Didcot, England (31 January 1965) p.12

## Preventing Slips, Trips and Falls

Most slip, trip and fall incidents are preventable with general precautions and safety measures.

Practicing good housekeeping may be the most important measure in preventing slip and trip incidents. Having a clean and organized working environment will not only help reduce the risk of injuries from these types of incidents, it will also help employees work more efficiently and increase employee morale — nobody wants to work in a cluttered, dirty and potentially hazardous environment.

Although housekeeping may be delegated to custodial staff in most work environments, it is everyone's job to keep his or her workplace orderly. Developing a housekeeping program can be done in three easy steps:

- 1. Plan ahead.** Know what needs to be done, when it should be done and what the workspace should look like when you're finished picking up.
- 2. Assign responsibilities.** Of course, individuals should be responsible for cleaning up after themselves, but assigning responsibilities for shared spaces may be helpful to ensure that housekeeping duties are completed.
- 3. Implement the program.** Make housekeeping duties a part of the daily routine. Following this simple rule will reduce the risk of slip and trip injuries:

**If you drop it, pick it up. If you spill it, wipe it up. Look where you are going, and go where you are looking.**

## December Safety Quote

"Safety is about doing the right thing, even if no one is looking."