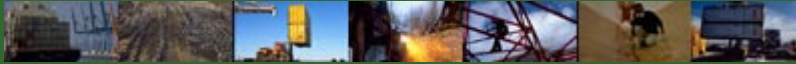




Safety Meeting Outline



SMO 07-0401

HEAD INJURIES – AFTER THE FALL

By SeaBright Insurance Loss Control

You can work for years and hardly get a scratch, then one day a fall can turn your life around. Fall injuries may cause abrasions, fractures and dislocations. However, one of the most *serious* results of a fall, other than death, can be a head injury. How this injury will affect you depends upon which part of your brain has been wounded. Broken bones usually heal, but head injuries can result in serious lifetime problems, such as:

- Personality changes such as increased anxiety, depression or anger.
- Difficulties with eye and hand coordination including the ability to handle tools or play sports well.
- Defects in vision and visual illusions.
- Short-term memory loss or interference with long term memory.
- Increased aggressive behavior.
- Difficulty in distinguishing left from right.
- Changes in social behavior

How You Fall Often Determines Your Specific Injury.

From the time a worker loses a secure grip, footing or balance, several factors influence what part of the body will be injured and how severe the damage will be. They are:

- Distance of the fall - *momentum and velocity affect the impact on your body.*
- The angle of the body at impact - *we're not like cats landing on all fours.*
- The obstacles the body strikes as it falls - *what if you hit railings, steps, or vehicles?*
- The impact surface - *will it be a pile of hay, broken pieces of concrete & re-bar or a flat surface?*

What You Can Do: THINK!

- Help remind your co-workers to play it safe and avoid taking risks.
- Report unsafe conditions to the nearest supervisor.
- Make it a habit to work safely, regardless of time pressures and productivity goals.
- Practice caution at home - accidents and head injuries from falls happen more often off the job than at work.
- Know how to use fall protection and fall restraint equipment. Never say, "I don't need to fool around with that stuff—I'll only be up there a minute."

Stay Alert!

Head injuries can have devastating consequences that may impact your life forever.

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SAFETY MEETING AGENDA

DEPARTMENT/JOB SITE: _____ MEETING DATE: _____

1. **Open Meeting & Present safety topic:** _____
2. Read minutes from previous meeting.
3. **Persons present:**

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

4. **Old Business** – Status of previous recommendations. Discuss pending old business if any.
5. **Accidents** – Discuss accidents and near misses that have occurred since the last meeting. Brief summary of accidents to date by number and type. Note any trends. Discuss corrective action taken, or needed. Concentrate on accident causes to make everyone more aware.
6. **Inspection Reports** – Report on findings and recommendations of any inspection reports made since last meeting.
7. **New Business** – Solicit employee suggestions. Discuss new procedures, changes to company safety policy, etc.

TIME MEETING STARTED: _____ TIME FINISHED: _____

MEETING CHAIRED BY: _____ TITLE: _____