

EXTENSION NEWS

June 2008



Seven Common Causes of Accidents

By: Ted Gordon, Extension Risk Mgmt. / Loss Control Mgr.

Did you know that 80 out of every 100 accidents are the fault of the person involved in the incident? **Unsafe acts** cause four times as many accidents as **unsafe conditions**.

Accidents occur for many reasons. In many situations, people tend to look for “things” or reasons to blame when an accident happens. This seems to them to be easier than to look for the “root” or basic reason for the incident to begin with.

Below are some of the reasons that accidents occur. As you read them, remember if you have ever been guilty of any of these. I know that I have, and I’ll bet some of you may have experienced some of these same things. It may not have resulted in an accident, but the next time that you experience one of these causes, you might not be so lucky.

COMMON CAUSES OF ACCIDENTS:

- **Taking Shortcuts** – Every day we make decisions that we hope will make a job go faster and more efficient. Oftentimes when we think we are saving time, we have to be careful that we aren’t jeopardizing our health or the health of one of our employees. Shortcuts that reduce the safety of the job aren’t shortcuts, but are items that might increase our chances of injury.
- **Being overconfident** – Confidence is a good thing. Overconfidence to the point of arrogance is too much of a good thing. Also, the old adage of “it can’t happen to me,” is an attitude that can lead to improper methods of doing your work, using incorrect procedures or sometimes the wrong tools. Any one of these items can cause an injury to you or to a fellow worker.
- **Ignoring Safety Procedures** – Ignoring safety procedures, intentionally or unintentionally, can endanger you or other employees. The university has safety policies in place, and we are supposed to observe them. **Casual attitudes about safety can result in a “casualty.”**

- **Starting a Job with Incomplete Instructions** – We know in order to do a job safely and to do it right the first time, we need a complete set of instructions. We’ve all seen situations where an employee made a mess of a task or assignment because he didn’t have sufficient instructions or the instructions weren’t clear. When you are working on a job, don’t ever be afraid to ask questions or get explanations for what is unclear to you. How many times have you heard, “I’m afraid to ask questions.” It’s not dumb to ask, but dumb not to ask.
- **Poor Housekeeping** – Anytime that guests, friends, colleagues or safety professionals come through your work site, whether it is the maintenance shops, storage areas, offices, etc., the first impression they get is sometimes the lasting one. If the office is unorganized or dirty, the maintenance shops are cluttered and unorganized, it portrays a sense of looseness and a lack of pride in the work site. On the other side of the coin, if they enter and see it neat and orderly, a sense of pride and quality of purpose is the attitude that they are most likely to leave with.
- **Mental Distractions from Work** – Bringing outside problems to work can keep you from focusing on your job. If this happens, it can be a hazard. Friends coming by while you are at work can cause a distraction and can keep you from focusing on the task at hand. Both of these incidents can put you into a hazardous situation. Don’t become a statistic; stay focused on the task at hand.
- **Failure to Pre-Plan your Work** – In the office or in other fields of work, it is important to pre-plan your work. First of all, it will uncover unforeseen problems and give you the opportunity to solve it and continue to work. Secondly, it will make the job go faster and more efficiently because you thought out the processes in advance of the start up.

*It is better to be careful 100 times
Than to get killed once”
(Mark Twain)*



Webster County 4-H News

June/July 2008

Summer is here and there is a great deal of activity in our 4-H program. I just wanted to take this opportunity to let everyone know about the upcoming 4-H events that are available for the youth of our county. Many youth are already taking advantage of the opportunities that 4-H has to offer, but there is room for many more. If you know of a youth ages 5-18 who would be interested in joining 4-H please contact me at 258-3971 or at juliew@ext.msstate.edu.

Yours in 4-H,

Julie B. White

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Extension 4-H Youth Agent

4-H Cookout Contests



The **2008 4-H Cookout Contests** will be held on **June 24, 2008 at the Montgomery County Coliseum, starting at 8:30 am.**

There will be **Beef Pork, & Poultry Cookout Contests** held on June 26.

Contestants will furnish all equipment, charcoal grill, charcoal, meat (Beef Only, Pork & Poultry will be provided), etc. Contestants will be judged on safety, appearance and taste of the finished product, neatness, and efficiency.

Contestants may only enter one division. For more information or assistance contact the 4-H Office at 258-3971.

Horse Photography/Horse Art Contests



Do you like to draw or take pictures of horses? If so, then this is the contest for you. There are many different categories that you can enter in each category. Please call 258-3971 for more information, if you are interested in this contest. You do not have to be involved in the horse club to participate in this contest. Entries are due to the 4-H Office no later than June 10, 2008.



4-H Record Book Contests

Records & resumes can be completed on any project that you participate in through 4-H. They should include events that have happened in the last year (July 2007-June 2008). There are a lot of great prizes/trips, if you have a winning record or resume. So do your best! For more information on 4-H Records or to request a record form, please call 258-3971 or you may go to http://msucare.com/4h_Youth/4hrecords/index.html to download the forms. Record books are due July 1.



Time to Purchase Livestock

MOO...BAA...Oink... it's time to start looking for and buying those livestock animals for next fall's

livestock shows. If you are interested in a livestock project (Beef Cattle, Dairy Cattle, Swine, Sheep, or Goats) please call the 4-H Office at 258-3971 to get information on showing livestock in 4-H. This is a great way to gain life skills while having fun. Ownership Deadline for the Mississippi State Fair is August 1, 2008!



4-H Shooting Sports Volunteer Training

There will be a 4-H Shooting Sports Volunteer Training held August 23-24, 2008 in Grenada, MS. If you are at least 21 years old and would enjoy working with the youth (ages 8-18) of Webster County by teaching them to safely use rifles, pistols, shotguns, muzzleloaders, and archery equipment then please contact the 4-H Office at 258-3971 about this upcoming training. We have a lot of youth in our county who are interested in this program and we are in need to certified coaches to work with them.

Packing the ice chest

Warm weather has coaxed us into the sun! You know it! Gatherings of all kinds are sprouting in the glorious outdoors...Fire up the grill, get out the ice chest and get ready to celebrate! Whatever your outdoor gathering is, it calls for extra caution in keeping food safe.

The most important thing that you and I can do to prepare to carry food out for these occasions is to remember to pack the ice chest correctly.

Food that is to be taken out should be thoroughly cooled and packed in small shallow covered containers. It should be removed from the refrigerator or freezer, packed in an ice chest, and covered with ice for transportation to the event.

When taking uncooked meats to outdoor cookouts have meat prepared for grilling. Wash and prepare meat ahead of time. Pack in shallow covered containers and keep refrigerated until it is time to place them in the ice chest. Use separate ice chests for prepared food and raw meats. Thoroughly cover in a bed of ice in the ice chest. Once the meats have been removed from the containers place the containers in a garbage bag so that they will not be confused with containers that have held prepared food. Have separate containers on hand to place grilled meat on once it has been grilled.

Carry a pot, water and soap to prepare water for hand washing when grilling away from home. Set the pot on the grill to heat water to use for hand washing. Be

careful not to get the water too hot. You can also use hand sanitizers but be sure that you let the sanitizer dry thoroughly before touching any food or utensils to prevent chemical contamination. Sanitizers do not replace thorough hand washing as a method to prevent cross contamination.

When taking prepared food, plan for reheating if food must be served hot. Make sure that you carry utensils to reheat food in as well as to serve food in.

Remember that foods are unsafe when kept at 90° or more for more than an hour. For more information on food safety for picnics and other outings call the County Extension Service Office at 258-3971.

Grilling Meat Safely

It's hot! The family is coming! Let's cook on the grill! This summer, enjoy this excellent fat-reducing way to feed your crew. Just remember to take these precautions when cooking meat. Wash the platter and utensils that are used with raw meat before using to serve cooked meat (or use disposable).

The most important piece of equipment that anyone who loves to grill should have is a meat thermometer. A thermometer will insure that meat is cooked to the correct internal temperature.

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| ground beef and pork | 160° F |
| ground chicken and turkey | 165° F |
| whole or cut-up chicken | 180° F |
| steak, pork chops, and ribs | |
| medium doneness | 160 ° F |
| well doneness | 170° F |

Use a meat thermometer and keep everyone safe at your backyard barbecues.



Happy Grilling!

A Word About Your Webster County Extension Service...

The Webster County Extension Office serves as your link to Mississippi State University's vast resources of research-based information and Extension specialists. Please feel free to contact us with your questions, comments and suggestions.

Webster County Extension Staff:



Lisa Stewart.....County Director
Julie White.....4-H Youth Agent
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