

Spring

Open for detailed safety topics



Send your comments to the VPP Steering Committee at: voluntary.protection@pnl.gov
Electronic file available at: <http://vpp.pnl.gov/initiatives/safetytopics.asp>

- ▶ Human Performance Improvement (HPI)
 - ▶ Make your home a safe haven
 - ▶ Going green...orange, and purple
- Suggested Safety Topics**

Human Performance Improvement (HPI) focuses on preventing accidents from happening in your everyday life – on and off the job.

Human Performance Improvement

Human Performance *Improvement*



Suggested Safety Topics

Human Performance Improvement (HPI)

The series of steps and decisions we make every single day can have a lasting impact.



Do time pressures, distractions, interruptions, stress, using a new technique, or repetitive actions have you down? Everyday conditions (or, error precursors) can lead to injury, especially during simple or routine activities.

By becoming aware of the error precursors and error-likely situations, we can begin to question each situation in terms of

“what could go wrong here,” eliminate the possible hazard, and avoid an injury. (3A677)

By understanding HPI principles, we can avoid and lessen the severity of accidents and injuries. Simply stated, people make mistakes, every day, but errors are predictable and preventable and human performance can be improved.

For more information, visit the VPP website at <http://vpp.pnl.gov>.

Make your home a safe haven

HPI reminds us that accidents are predictable and preventable. Home injuries are a perfect example of how identifying error-likely situations or conditions can help us eliminate an injury.



According to the Home Safety Council, nearly 20,000 deaths and more than 21 million medical visits result from home injuries each year. The most common

causes of home injury, according to *The State of Home Safety in America™* report, are falls, poisoning, fires and burns, choking/suffocation, and drowning. All of these accidents can be prevented by identifying the dangers (error precursors) and addressing them before an injury occurs.

Based on a survey conducted through the Home Safety Council, nearly half of the adults surveyed (46%) admitted that they had not taken a single action to prevent injuries in any area of their home—even the rooms they considered the most dangerous. The reason? They were unsure of which action to take.

That's where the Home Safety Council has stepped up to help. They have recently introduced a new and innovative online tool to help you identify the dangers present in each of the home called MySafeHome.org—an interactive destination that allows visitors to explore a virtual home and learn about the safety action and products needed to protect each family member from home injuries and chart their own plan. (3J399)

Visit the Home Safety Council online tool and share the lessons you learn with family and friends. Raising awareness is the first—and most vital—step in preventing accidents.

Going green...orange, and purple

Enhance your diet with a variety of colors.

Remember when your mother always told you to eat your fruits and vegetables? Well, according to the Centers for Disease Control (CDC) consuming a healthy diet of fruits and veggies may reduce the risk of cancer and other chronic diseases. Most fruits and veggies are naturally low in fat and calories, and will provide you with essential vitamins and minerals that your body needs to stay healthy.



To know that you are receiving the correct variety of nutrients when it comes to fruit and veggies, think color. The larger the variety of color, the wider the variety of nutrients you will receive. For example, a great snack for the office includes green peppers rich in Vitamin C, orange baby carrots rich in Vitamin A, and purple prunes rich in Potassium. Try it!

If your payroll number is listed on this page, you've won a VPP Prize! Contact voluntary.protection@pnl.gov to redeem your prize!

