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MOTIVATED

THE MAGAZINE THAT MOVES YOU!



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Issue
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On a cold and windy day, a worker crossing a street at his workplace was struck and killed by a truck. The driver said he was backing the truck because an exit was blocked, and he never saw the worker. It looked as if the worker had been holding his coat up to block the cold wind and did not see the truck. It was speculated that the worker was used to traffic coming from the other direction, and may have looked that way, and not toward the backing truck. No one witnessed the event.

After this happened, safety measures were taken by the company, and new rules implemented to avoid this type of accident. But wouldn't it have been better if these precautions had been in place to begin with?

The media cover stories about accidents—some more serious than others—all the time, and in just about every case, injury and tragedy could have been avoided if those involved had been more careful and kept some basic safety rules.

This issue of *Motivated* includes stories and articles on safety at home and while out, which if adhered to, might just save your or someone else's life. Some of this information you may already be familiar with, and other things may be new to some of you. Whether reviewing or reading these articles for the first time, I hope that they will be a valuable resource and reminder of all the things you can do to help ensure the safety of you and your loved ones, and those you work and interact with in the community.

Life is precious! Live it carefully and safely!

Christina Lane
For *Motivated*

Accidents Don't "Just Happen"

Adapted Web Reprint, www.rtc4safety.com



Whenever there's an accident, whether the result is a fatality, a broken plate, or anything in between, someone is sure to ask, "How did it happen?"

The answer will always be the same, "It didn't happen; it was caused." And it's almost always possible to trace it back to somebody—or several somebodies—who fell down on their job somewhere along the line. Either they did something they shouldn't have done, or they failed to do something they should have done.

Let's suppose, just to illustrate what I'm talking about, that you fall on the stairs at home and break a leg. That accident didn't "just happen"; there was no one putting the hex on you or lurking in the shadows to trip you. No, there was at least one quite tangible cause.

The odds are that the fall was your own fault—that some act of yours (or failure to act) was to blame. Maybe you were in a hurry and took the stairs faster than usual—faster than was safe. Maybe you were carrying an awkward load that put you off balance and kept you from grabbing the railing to steady yourself. Maybe you forgot to turn on the light over the staircase. Maybe your eyesight has been playing tricks on you, but you've put off seeing an eye doctor and getting proper glasses. There are probably dozens of other "maybes" that

boil down to you being the cause of your own fall.

On the other hand, maybe there was someone else involved: one of the children left a toy on the step, or whoever discovered the stair light burnt out failed to replace the bulb. There could even be a combination of causes: You were in a hurry and didn't turn on the light, so you didn't see the toy that someone else left there.

Accidents on the job don't "just happen" either. They are caused by the actions or inactions of one or more people.

Now for the good news. Just as people cause accidents to happen, they can prevent them from happening. That's the reason for safe work practices, safety rules, and reminders of ways to keep yourselves, your children, and your co-workers safe. It's the reason for personal protective equipment that can help keep a potential hazard from causing actual harm.

But no work practices, rules, training, or equipment can prevent an accident from happening. You do that. You follow the safety rules.

Remember that when you're tempted to take a shortcut or break the safety rule "just this once" or "just for a minute," that one minute could be exactly when the accident doesn't "just happen," but is caused. ■



THE AUCTION

A short story

By Curtis Peter van Gorder

Today is a big day for me.—They are auctioning off my key, and that means that my story will be told again after nearly a hundred years. It's not a happy story, but I think it is one that people need to hear.

The auctioneer pounds his gavel. “This lot consists of one key and a postcard signed by the key’s most famous owner, Second Officer David Blair, which reads: ‘I am afraid I shall have to step out to make room for the Chief Officer of the Olympic. This is a magnificent ship. I feel very disappointed I am not to make her first voyage.’ —The bidding on this lot

will begin at...”

I remember it as though it were yesterday. I was scheduled to serve on her maiden voyage, but at the last minute I was replaced with Senior Officer Henry Wilde. He had a lot of experience on ocean liners, and the owners wanted to make sure that nothing went wrong.

But when I left the ship, I forgot to hand the key over to Wilde. It just slipped my mind. It wasn't until after the ship had sailed, when there was no way to get the key to Wilde, that I found it in my pocket. —That was unfortunate, but probably of little consequence, I told myself as I

stood in my room, looking at the key in the palm of my hand. After all, it was just a key.

However, it happened to be the key to my locker on the crow's nest, where I kept my binoculars and had access to a telephone that connected to the bridge. —This was in the days before sonar technology, when avoiding obstacles at sea depended on the keen sight of the watchman high in the crow's nest.

If the watchman had had my binoculars, maybe he could have sounded the alarm. Maybe the captain and his helmsman could have avoided disaster. Fred Fleet, the watchman on duty at the time, testified at the official inquiry that despite the fact that there had been no moon, he believed binoculars could have made all the difference. I guess we'll never know for sure.

Why didn't they force the locker open when they realized that they'd sailed without the key? Or why didn't they find some other binoculars onboard? We'll never know the answers to those questions, either, but apparently they didn't think the binoculars and telephone were that important.

It's also true that they were sailing too fast in dangerous waters, despite having been warned to go slow. But they were in

a hurry, trying to break records—trying to be the biggest, the fastest, and the best.

But being best doesn't happen when you are in such a hurry to meet deadlines that you cut corners. A good ship isn't built of substandard steel that is weakened by too high a sulfur content. It isn't held together with weak rivets that will snap under pressure. It's not designed with bulkheads so low that water can spill in. Being the best means you don't cut corners. You don't just think about profit, but about the safety of your passengers and crew. You make sure that there are enough lifeboats for everyone. Being the best takes time, but I guess we were all in a hurry—me to get home, and the others to set their records.

It may not have been my fault, what happened, but I really wish I hadn't taken that key with me.

"Bidders," the auctioneer continues, "this may look to you like an ordinary key, but it might have saved the Titanic." ■

The circumstances surrounding the crow's nest key and the sinking of the Titanic, as described in this fictionalized retelling, are true.—The key was auctioned on September 20, 2007, by Henry Aldridge and Sons of Devizes, and sold for £90,000 (\$180,000).

For want of a nail, the shoe was lost; for want of a shoe, the horse was lost; and for want of a horse, the rider was lost.—Prefixed to Poor Richard's Almanac, Benjamin Franklin, 1757

THE DANGERS OF TEXTING WHILE DRIVING

By Suren Ramasubbu, adapted excerpts

When we were growing up, we were told that stealing was unethical. Lying was a sin. Smoking and drugs could kill. So could alcohol. More so, alcohol and driving. These were black-and-white behaviors that were never virtuous, and so although children rebelled, there was no counter argument that could negate the adult warnings.

The area of technology use is, however, hardly black and white. It is not even gray, but carries with it the splendor of the rainbow. For example, while that ubiquitous little piece of technology, the mobile phone, could potentially save lives, sometimes even literally, such as in the case of the store clerk whose phone absorbed a bullet aimed at his abdomen, and figuratively, like helping the adult keep track of a child's whereabouts and activities, the danger associated with misuse or use of the gadget at an

inappropriate time is very real. Topping the list of cell-phone induced dangers is texting while driving.

"It is common sense," one may exclaim in exasperation, "that reading and texting while driving is dangerous. Isn't the warning superfluous?" The response to that rhetoric could lie in some mind boggling numbers. According to a 2014 Harrison Poll, more than a logical number of Americans admitted to reading (45%) and sending (37%) text messages while driving. The US Department of Transportation reports that at any given moment across America, approximately 660,000 drivers are using cell phones or manipulate electronic devices while driving. These figures are most likely similar in other parts of the world. Age appears to be no bar for distracted driving.

The danger of texting while driving is three-fold. The first lesson in Driver's

Ed that goes “Both hands on wheel” precludes the availability of limbs to operate the cell phone while driving, and any cell phone operation would point to a risky compromise on the number of hands on the wheel.

Assuming for a moment that the shortage of limbs can be overcome, the more serious dangers come from the eye and the head. When traveling at a speed of 55 mph, taking the eye of the road for a mere five seconds to check an incoming SMS is the equivalent of driving blindfolded across the length of a football field filled with obstacles. The five seconds is literal eternity compared to the split second it takes to drive into one of the obstacles, and at 55 mph, no impact could be trivial.

The 100 billion neurons that process information at the rate of 1000 times per second may make the human brain a marvel, but contrary to claims of being able to “multi task”, the brain merely switches linearly among tasks. Neurons that are firing instructions to the fingers to fly over the touch screen are incapable of simultaneously alerting the driver to a possible barrier ahead. Is it any wonder then that the Virginia Tech Transportation Institute reports that heavy-truck drivers who send and receive text messages while on the road face a 23 times greater risk of crashing than the non-texters?

Beyond the common sense dictate of not using cell phones when driving, governments around the world have imposed restrictions and bans on gadget use while driving. Many of these restrictions involve hefty fines and are directed at talking on the cell phone while driving, but the dangers of texting are

being increasingly recognized, going by the quantum of fines imposed on texting violations.

While simple self-control is sufficient, use of #X in social media profile updates, and use of apps to automatically respond to texts, can go a long way in reducing a life to a mere data point on a disturbing graph.

10 Tips on Safe and Courteous Driving

The list below highlights just a few safety precautions you can consider to protect yourself, your family, and your property, and is not meant to be all-encompassing. Also, one particular safety rule may not be effective or appropriate in all circumstances. Always use your own good judgment about what’s appropriate.

1. Concentrate on driving, not on passengers, mobile phones, or other distractions.
2. Obey speed limits.
3. Maintain a safe distance from the vehicle ahead.
4. When entering a roadway or changing lanes, allow other drivers to maintain speed.
5. Stay in your lane, and if needed, pass other cars cautiously and on the side allowed in your part of the world.
6. Signal several hundred feet before turning or changing lanes.
7. Stop at stop signs and red lights. Don’t run yellow lights.
8. Respect pedestrian right-of-way in cross walks.
9. Don’t block intersections.
10. Use your horn sparingly and only to warn others of your presence. ■

HOME SAFETY TIPS FOR KIDS

PARENTING
FROM THE HEART



By Marie Willsey, adapted

Home—it's where children grow and learn, the place where they find comfort, love, and care. It's where they can see, touch, explore, and experience the world around them, so their minds and bodies develop properly. It's also a place where children need to feel safe.

However, home injuries are a leading source of accidental death for children. Fortunately, home injuries are largely avoidable through education and prevention. Parents can take proactive steps to childproof the home and keep their children safe by teaching them a few practical rules.

Never Leave Children Alone Near Water

Splashing around in the water at bath time or playtime is great fun for children, yet water presents many possible hazards. Drowning can occur in less than an inch of water, making bathtubs, sinks, pools, and even pails a source of great danger.

Never leave a child unattended near water, even for just a few seconds. If the phone or doorbell rings while your baby or young child is in the bathtub, pick him up, wrap him in a towel, and take him with you. Do not leave him alone: It takes only a few seconds for drowning to occur.

Scalding burns from hot water are also a potential concern. To be safe, lower your hot water heater settings to 120 degrees F (49 degrees C) to avoid scalding by water that comes out of the bathtub or sink faucets. Test bath water temperature with your hand or elbow to make sure it is at a comfortable temperature before lowering your child into the tub.

Secure Windows, Block Stairways, and Lock Doors

Accidental falls are one of the most common types of injuries to children. The severity of the injury often depends on

the distance of the fall, so be aware of the dangers of heights. Never let your baby or toddler sit on a bed or counter unattended. Keep stairs and hallways clear and free of clutter that could cause a child to trip and take a tumble, and install safety gates to block a toddler's access to a staircase.

Discourage play near windows and patio doors, which could lead to a fall through glass. And don't store or display anything near a window a child could climb.

Keep young children from wandering out the front door by keeping it locked. It's a smart habit.

Keep Small Items and Food Out of Reach

Many injuries occur when children are unable to breathe because food or other objects block their internal airways and cause choking. Most choking injuries occur with food items, so cut your child's meals and snacks into bite-sized pieces. Children are at risk from choking on small candies, nuts, hotdogs, grapes, carrots, and popcorn, so keep these foods out of their reach.

Make sure small household items are stored away from a child's reach to avoid accidental choking. Don't select toys with many small parts. Look for labeling on toys with small parts that warn they are not safe for children under 3 years old.

Cover Electrical Outlets, and Protect Children from Electrical Wires

Electrical shock can cause death and injuries. Proper grounding, electrical safety devices and avoiding hazardous situations can help prevent electrical shock in children. Childproof your home from electric shock with these safety tips:

- Cover unused electrical sockets with plastic covers.
- Keep young children away from electrical appliances.
- Teach kids to respect electricity as early as possible.
- Do not use a hair dryer or radio near water.

Keep Cleaning Materials and Other Chemicals Away from Children

From detergent to deodorant, many household products are potentially poisonous to kids if swallowed. To childproof your house, think from a child's perspective, even getting down on your hands and knees to see things from your child's point of view.

Store all medicines in a locked cabinet, away from a child's reach. Even cabinets that are up high need a lock, because curious kids might climb up to see what's inside.

If an accident occurs despite all of your precautions, contact a local Poison Control Center or a doctor immediately to guide you to the most appropriate first aid and the next step for treatment.

Be Prepared for an Emergency

No matter how well you childproof your home or try to prevent accidents, one of the best things you can do is prepare yourself for an emergency. Assemble a first aid kit with emergency instructions, keep important numbers near your phone, and, as soon as your child is old enough to know her own name and address, teach him or her to dial a local emergency number to call for help in case of an emergency. ■

ROAD RAGE

Adapted Web Reprint

Road rage is considered a type of aggressive driving. There have been countless stories about this new and scary phenomenon. If you drive, you have more than likely encountered aggressive driving.

Why has road rage surfaced on our roadways?

Why is this phenomenon occurring more than ever, and why is it something that seemed almost nonexistent a few years ago? Experts have several theories. All are probably partially correct.

One suggestion is sheer overcrowding. In the last decade the number of cars on the roads have increased by over 11%. The number of miles driven has increased by 35%. Meanwhile, the number of new road miles has only increased by 1%—that means more cars in the same amount of space. And the problem is magnified in urban areas.

Also, people have less time and more things to do. With busy working parents trying to fit extra chores and activities into the day, stress levels have never been higher. Stress creates anxiety, which leads to short tempers. These factors, when combined in certain situations, can lead to road rage.

Are you immune to road rage?

You may think you are the last person who would drive aggressively, but you might be surprised. For instance, have you ever tailgated a slower driver, honked long and hard at another car, or sped up to keep another driver from passing? If you recognize yourself in any of these situations, watch out!

Avoid the rage in you and others.

Whether you are getting angry at other drivers, or another driver is visibly upset with you, there are things you can do to avoid major confrontations:

- ◆ Avoid eye contact!
- ◆ If you need to use your horn, do it sparingly.
- ◆ Get out of the way.
- ◆ If someone is following you after an on-the-road encounter, drive to a public place or the nearest police station.
- ◆ Don't let yourself get drawn into a confrontation.
- ◆ Report any aggressive driving incidents to the police immediately. You may be able to prevent further occurrences by the same driver.

Above all, always use your seat belt! Seat belt use saves thousands of lives annually. ■

A close-up photograph of a person's hand with a white gauze bandage wrapped around the index finger. The person is wearing an orange long-sleeved shirt. The background is a plain, light-colored wall.

HOW TO PREPARE FOR AN EMERGENCY

Adapted Web Reprint

A natural disaster can happen at any time. Some disasters give warning, like a storm preceding a flood. Others, like earthquakes, give no warning. Once a disaster happens, the time to prepare is gone and all you can do is cope. Take the next few minutes to examine what you can do to prepare. Anything you do today will be like making a deposit in your survivability savings account for withdrawal in tough times.

At a minimum, you should prepare to be isolated and on your own for at least a minimum of 3 days and nights. There will likely be the loss of utilities after a disaster. Power outages are a given, but water may be scarce as well. The phone system may be inoperable. Your only source of news will be the car radio, assuming your local radio station has generator equipment. There might not be medical help for minor cuts or broken bones for several days.

With the loss of power come side effects you may not think of. There will be no gasoline available. (Without power, there is no way to pump the gas.) You might be far from home. Your

car's heater might be your only source of heat. The money in your pocket will have to last until power is returned. Some supplies may be available, but buying some items like a manual can opener will be impossible. Cash cards will be useless if power or phone lines are lost. Many stores will have a hard time opening since items don't have prices on them anymore, thanks to scanning cash registers! You get the picture.

You could be just about anywhere when a disaster strikes; in the bathroom, driving to the store, sitting at your desk at work, or in the back yard. But remember, you will most likely be at, or near one of the following:

- ◆ Home
- ◆ Your car

You need to have supplies on hand at each location. It may sound like overkill, but you can't expect all three locations to be unscathed if a large disaster strikes. If you store provisions at each location, you will cover most of the likely situations. ■

Go to <http://theepicenter.com/howto.html> to learn more.

Safe and Sound

NOTABLE
QUOTES



Safety doesn't happen by accident.

—Author Unknown

Better a thousand times careful than once dead.—Proverb

Precaution is better than cure.

—Edward Coke

Safety is a cheap and effective insurance policy.—Author Unknown

Prepare and prevent, don't repair and repent.—Author Unknown

Chance takers are accident makers.

—Author Unknown

Working safely may get old, but so do those who practice it.—Author Unknown

The door to safety swings on the hinges of common sense.—Author Unknown

We now have unshakable conviction that accident causes are manmade, and that a manmade problem can be solved by men and women.—W.H. Cameron

Safety is as simple as ABC—Always Be Careful.—Author Unknown

Safety isn't just a slogan, it's a way of life.

—Author Unknown

