

STAMFORD SAFE AND SOUND

Workplace Jumps and Scares

Spooky season is upon us! Back by popular demand, we share our “Scary Stories to Tell in the Workplace.” Grab your cup of hot cocoa and a cozy blanket, curl up and be grateful you work safely every day. (Insert evil laugh here) On a more serious note, the internet is full of stories about injury and death on the job. We don’t wake up in the morning planning to have an accident at work. It’s important to keep safety at the forefront of your mind. These stories are intended to make everyone stop and think before they take a shortcut or get complacent about their job.

A 19 year old man was working on a traffic bridge. He was required to drive the forklift back and forth. The road was a single, narrow lane. Drivers became impatient and began to pass him. As he tried to keep out of the way, a section of bridge began to crumble under the weight of the fork truck. His foot got caught and the machine dragged him down a 50 foot embankment. He made it down alive, just for the fork truck to land on him, crushing his lower body. The extent of his injuries is not something we will share, but he survived. Fortunately, he chose not to let his condition stop him. He went on to marry and live a full life. If a condition does not feel right or safe to you, stop what you are doing and speak to a supervisor.

A Japanese factory worker bypassed the safety guards on a robot arm to conduct a repair. He was killed when the robot (not properly shut down) recognized him as part of the manufacturing process. Lockout tagout procedures are made to save your life. Use them! Never bypass guards on any machine.

A girl who worked at McDonald’s slipped and fell while walking past a deep fryer. As she fell, her hand went into the fryer. She suffered a debilitating burn injury. Slips and falls are among the most preventable accidents. Be alert when walking!

A worker refused to wear prescribed cut resistant gloves and lost a finger. The moral of this story? Wear your PPE!

We hope these stories weren’t too unsettling. Sometimes, the best way to learn about safety is from real life.



The Quarter Ahead in Safety:

Oct.—10/16 World Restart a Heart Day.
(Red Cross/Sudden Cardiac Arrest Foundation)

Nov. 16th—National Day of Remembrance for Road Traffic Victims (NSC)

Dec.—Holiday Season Drunk Driving Campaign (NHTSA)

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Do you drive for the City?

The City of Stamford has over 3,500 employees who drive as part of their job, or to get to their job every day. If you operate a vehicle or equipment for the City, you've been trained on our Fleet Safety Policy. (we hope, it's required) Remember, when you operate a vehicle or equipment on a city road, you are a rolling billboard for the City. We serve the citizens of Stamford, so it is vital we drive safely and courteously.

Here are some reminders:

- Always wear your seatbelt and obey traffic laws. Keep a safe following distance and always yield to others.
- NEVER operate a city vehicle under the influence of any type of drug or alcohol. This includes any medication that impacts alertness or can make you drowsy.
- Do not use handheld devices while driving. Distracted driving is one of the top reasons for accidents. You don't want to be the one who injures another person because you couldn't wait to read that text.
- If your license is suspended or revoked, you must inform HR immediately.
- You may not carry any person who is not a City employee in a city vehicle.



In the event you are involved in an accident in a city vehicle (or you happen to accidentally hit a parked car), keep the following in mind:

- Get a police report. If you are in an accident, pull over where it happened and call the non-emergency police number: 203-977-4444
- Complete the accident report form found in the glove box of your vehicle. It is in a bright, yellow envelope. If you do not have one, please reach out to Sandy Jenkins in Risk Management.

We want to hear from you! Do you have safety topics you want to see covered? Tell us what you like and what you don't. Do you know of a safety success or hero in the city? Let us know! Contact Nancy Barton with your feedback.

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Quiz of the Month

Since we went heavy on the scary stories, let's lighten things up with our quiz from the website Makesafetyfun.com.

1. What's more dangerous, collisions with animals on the road or your bathtub?
2. What's the deadliest time to go for a walk?
3. At what age are you most likely to die from a fall?
4. At what age in the U.S. does heart attack become the #1 cause of death?
5. Are you more likely to die in the U.S. of Lyme disease if you live in the East or the West?
6. What's more dangerous: clogged arteries from sitting and eating fatty foods or falling?
7. How many more years are American women expected to live than men?
8. Which travels quicker, the particles expelled in your last sneeze, or a big league pitcher's fastball?





Get A-Head of Injuries

There are some recent developments in school injuries that are certainly concerning. In the Fiscal Year ending June 30, 2025, we had over 10 injuries caused by educators being struck by flying objects, mainly things like soccer balls and basketballs. We are not off to a good start this year either. It's normal to see an uptick in injuries at schools once they re-open. We will often see slips, trips and falls or injury due to others as students have to adjust to being back in the classroom also.

However, we have now seen a couple of head injuries already.



Head injuries can be very serious. According to Web MD, a concussion is the most common head injury. It is a type of traumatic brain injury that happens when the brain is jarred or shaken hard enough to bounce against the skull. It can range from mild to severe. You don't have to be hit in the head to get a concussion. An impact elsewhere on the body can create enough force to jar the brain. We want to see everyone go home safe and healthy to their families. Please be cautious when working in, or entering an area where balls are being thrown. Awareness is the first step to the prevention of most accidents.

City Wide Safety Committee—Join US

We are still recruiting members to the city-wide safety committee. This is an employee led effort to address hazards and give everyone a voice. It is open to all non-BOE city employees from all departments. Meetings take place quarterly at the Government Center. Please contact Nancy Barton if you are interested in joining.

1. QUIZ ANSWERS

- Bathtub.** If you are 20 or older in the U.S., you're two times more likely to drown in the bathtub. About 100 people die in collisions with animals annually versus over 300 who die in the bathtub. (Some were under 20 years old.)
- 6- 9 p.m. Dusk is the most deadly 3-hour period for pedestrians on U.S. highways.**
- Age 65+ Over 80% of home accident deaths from falls occur to people aged 65+.
- Age 45-54 for men versus 75+ for women.** When you're young, you're more likely to die from an accident, murder, suicide, cancer, or hormones before your heart goes.
- East.** Ticks primarily feed off mice (which are Lyme carriers) in the East versus lizards (which don't get infected) in the West.
- Falling.** About a thousand more people die each year from falling (approx. 15,000) than do arteriosclerosis (approx.. 14,000).
- 5 years.** The variance of 5+ years (it's actually 5.4) has not changed since 1999 (79.9 versus 74.5).
- Sneeze.** Power pitchers can throw fastballs at speeds of 95-105 mph (150-170 km/hr) whereas a sneeze can explode at 157.7 mph (252 km/hr).