

# Safety News

Snohomish County 

**WORK SAFE INFO  
FROM THE  
SNOHOMISH COUNTY  
SAFETY OFFICE**

**OCTOBER, 2010**

## Importance of Safety Training

Routine work can dull alertness and a relaxed attitude can replace the caution that existed when a job was new and challenging. In many jobs the same route is traveled daily over the same roads or the same tasks are repeated with little conscious thought. Without some periodic re-awakening to the ever present hazards, complacency becomes normal and the odds of an accident occurring can increase.

Supervisors and workers may not always remember the importance of safety training or may consider it unnecessary because no one has been hurt "doing it this way." An important benefit of safety training is the reminder that danger and hazards are always present and no one is immune to accidents. Therefore, it is important for all employees to be open-minded about training, understand why it is important, why it can be useful to them, and what can result from not following safety rules and procedures.

The Safety Office is available to coordinate or conduct training on many topics, including:

- First Aid
- CPR / AED
- Defensive Driving
- Heat Stress
- Hearing Conservation
- Back/Lifting Safety
- Slips, Trips and Falls
- Portable Ladder Safety
- Cold Stress
- Personal Protective Equipment
- Ergonomics
- Confined Space
- Hazard Communication / MSDS's
- Fall Protection
- Lockout / Tagout – Energy Control
- Respiratory Protection
- *Please contact us at the numbers below:*



Your Safety Office training staff.



Would this individual have benefited from Personal Protective Equipment training?



Teamwork; good!  
Apparent lack of Fall Protection training; not good!



Could re-fresher training have prevented this costly accident?

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