

Thunderstorm Safety

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Know the Difference

Severe Thunderstorm Watch - Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning - Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The information in this section, combined with timely watches and warnings about severe weather, may help save lives.

Be Prepared for Thunderstorms and Severe Weather

- Learn about your local community's emergency warning system for severe thunderstorms
- Discuss thunderstorm safety and lightning safety with all members of your household
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail
- Make a list of items to bring inside in the event of a severe thunderstorm
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home
- Consult your local fire department if you are considering installing lightning rods
- Get trained in first aid and learn how to respond to emergencies

Responding appropriately during a thunderstorm

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

Responding appropriately during a thunderstorm

- Never drive through a flooded roadway. You cannot predict how deep the water may be.
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or disabled.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

+ What's in an an emergency preparedness kit?

- o Water—one gallon per person, per day
- o Food—non-perishable, easy-to-prepare
- o Flashlight
- o Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- o Extra batteries
- o First aid kit
- o Medications (7-day supply) and medical items that you or your family needs
- o Multi-purpose tool
- o Sanitation & personal hygiene items
- o Copies of personal documents
- o Cell phone with chargers
- o Family & emergency contact information
- o Extra cash



PACE CARES WEBSITE

<http://pacecares.paceind.com>

*Health Benefit Information
Updated EHS Stories
Safety Videos
News and Events
Mission, Vision, and Values
Wellness Center Info*

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PACE FAMILY HEROES

Pace Industries would like to honor any of our associates or their family members that are currently serving in the Armed Forces or who have served in the past.

We would like to share your story with all of our associates on the Pace Cares website. If you would like to share your experience or let everyone know how proud you are of a family member, please submit your photos and stories on the Pace Cares website at:

<http://pacecares.paceind.com/culture/pfh>



“My responsibility, our responsibility as lucky Americans, is to try to give back to this country as much as it has given us, as we continue our American journey together.”

- Colin Powell

Thank you for your service and God bless!

DID YOU KNOW?

You could be getting more from your health benefits.

Your health insurance covers 1 routine eye exam every 18 months. This pays 100%, no deductible, for an in-network provider and 80%, after deductible, for an out of network provider.

If you are diabetic and require a diabetic retinopathy vision screening, your health insurance covers one exam every calendar year.

You can order your maintenance drugs through the mail order program and receive a 90 day supply of generic drugs for 2 copays. To see a list of all maintenance drugs please see your local HR department.

Pace offers a Special Delivery Program for expecting Special Delivery is a prenatal care program of your health insurance with BCBS. This program is designed to utilize three strategies (education, assessment and intervention) to assist the expectant mother and her physician in the prevention of preterm births that high-risk prenatal conditions can cause.

Your health insurance covers Well Adult Care Benefits, available to plan participants age 19 and older if you go to a Primary Care Physician (PCP) or In-Network Specialist at 100%, deductible waived. These services include the following:

- All Immunizations
- Blood Pressure Screening
- Cholesterol Screening
- Colorectal Screening
- Mammography
- Bone Density Scans
- Prostate Specific Antigen (PSA) Test
- Sigmoidoscopy
- Testing for hereditary diseases
- Routine Physical Exam
- Flu Shots
- Gynecological exam with pap smear

Other services as listed at www.healthcare.gov/law/about/provisions/services/lists.html
For more information call 800-742-6457.

PUT MORE IN YOUR PAY PAYCHECK!

GIVE YOURSELF A RAISE

Tell your money where to go and stop wondering where it went. Find out how to take control of your finances with Dave Ramsey's CORE Financial Wellness. The average turnaround is \$8,000 in the first 90 days!

DAVE RAMSEY'S
FINANCIAL WELLNESS®

Dave Ramsey's CORE Financial Wellness

These days, everyone wishes their money would go further. Dave Ramsey's CORE Financial Wellness teaches you how to take control of your money so you can deal with whatever life throws at you. You'll gain more confidence with money so that you can give, save and spend wisely, agree with your spouse about money, and plan for your future. Our weekly workshop and online self-study will take you from where you are to where you want to be. It's not just a bunch of boring financial talk—it's fun and life-changing!

With your membership, you will have access to more than 14 hours of video training that will teach you how to:

- Develop good money habits and stretch every dollar
- Get rid of debt and free up more savings
- Make the right investments, plan for retirement, and pay for college without loans

RESULTS THAT LAST

We believe the best way to change your habits with money is to reinforce what you learn. Personal finance is 80% behavior and only 20% knowledge. With this proven plan, you'll take part in live discussions and hands-on training activities that will help you put the principles to work. Contact your local HR office for more information about this workshop. As part of Pace's Wellness programs, this workshop is offered to our associates and their spouses at no cost. You can also visit pacecares.paceind.com to see more information and a preview video.

5 Truths About Fevers In Children

The flu, RSV, colds, croup, strep throat, ear infections. They all have one thing in common: they can cause fevers. And as any parent can attest to, it's often the fever itself that freaks us out more than anything and prompts many parents to call their child's pediatrician or hustle them off to the emergency room.

Fever is clearly not a parent's friend. Or is it? You might be surprised to know, that in most cases, fever is actually a good thing. And when armed with the truth about fevers, you may just rest a bit easier and handle your child's fever with ease.

Here are 5 must-knows about fevers. Definitely remember these the next time your little one's temperature starts to rise:

1

Fever is a symptom, not a disease. Remember, your child's body is only reacting to an illness. That fever is letting you and your child know that they are sick. Consider it a very obvious warning. Time to call in a sick day, drink some fluids, and rest. And by the same token, treating your child's fever will not suddenly "cure" whatever infection he/she is currently fighting off. Think of it like disabling your car's "oil change needed" light. Sure, you can turn off that light but it doesn't negate the fact that your car's oil still needs changing.

You can suppress that fever, but your child still needs time to rest and recover from her current infection.

2

The number on your thermometer is not as important as how your child looks and feels. I think most parents start to get a little panicked when they start seeing 103 and 104 F beeping back at them. But that number actually has no bearing on the seriousness of your child's illness. So resist the urge to panic. Give your child a fever reducer to make him more comfortable and stay on top of his hydration. Fevers make the heart beat faster and increases your child's insensible water loss (fluids lost through the skin and respiratory tract). So keep that water bottle handy.

3

A true fever is temperature of 100.4°F (38°C) or higher. Children's temperatures naturally fluctuate throughout the day. So knowing what is a true fever is very important.

4

Expect fever to wax and wane for 3-4 days. Most fevers will naturally persist for a few days before they completely go away. So yes, you can give that acetaminophen or ibuprofen, but expect that fever to bounce back up after a few hours. That's completely normal.

5

Goal of fever treatment is to help your child feel better, not get rid of the fever altogether. Remember to treat your child, not the number on the thermometer. Surely, when your child's temp starts rising to 102°F or higher, they may need something to help them feel better. But also remember this: fever reducers will not always normalize your child's temperature. It may bring it down a couple of degrees. And that's both perfectly normal and okay. You have succeeded in making your child a little more comfortable during his/her illness.



EHS INSIDER

CFL LIGHTBULB SAFETY



Energy-saving compact fluorescent light bulbs (CFL) are becoming more common in homes and at work. In addition to using less electricity, they also have a positive impact on the global climate. Here are some important safety tips you should know about CFLs.

PURCHASE CFL LIGHT BULBS that have the listing label of a recognized testing laboratory. Light bulbs labeled by a recognized testing lab will ensure that the bulb meets the latest product safety standards.

When a CFL Burns Out

- When a CFL bulb burns out it may smoke and the plastic base may blacken. This is normal and is not a fire safety issue.
- CFLs should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFLs. Contact your local government or visit epa.gov/cfl/cflrecycling or earth911.org to identify local recycling options.

If a CFL Breaks

CFLs are made of glass and can break. Be careful when removing from packaging and installing or removing from a socket. If a CFL breaks:

- **OPEN** a window to allow the room to air out for 5–10 minutes.
- People and pets should **LEAVE** the room.
- **TURN OFF** forced air heating and/or air conditioning.
- **COLLECT** broken glass and visible powder using stiff cardboard, tape or a damp paper towel.
- **PLACE** the debris in a glass container with a metal cover in a safe location outside until you can dispose of it.
- **CONTACT** your local government to find out how to dispose of the jar containing the debris
- **CONTINUE** airing out the room for several hours.

Avoid electrical hazards in the office

The high volume of electrical equipment in a typical office can expose workers to serious electrical hazards, including shocks, burns and fire, the Rosslyn, VA-based Electrical Safety Foundation International warns.

“Electrical accidents that occur in an office environment are usually a result of faulty or defective equipment, unsafe installation, or misuse of equipment – specifically, extension cords, power strips and surge protectors,” ESFI President Brett Brenner said.

To protect against electrical incidents, ESFI recommends:

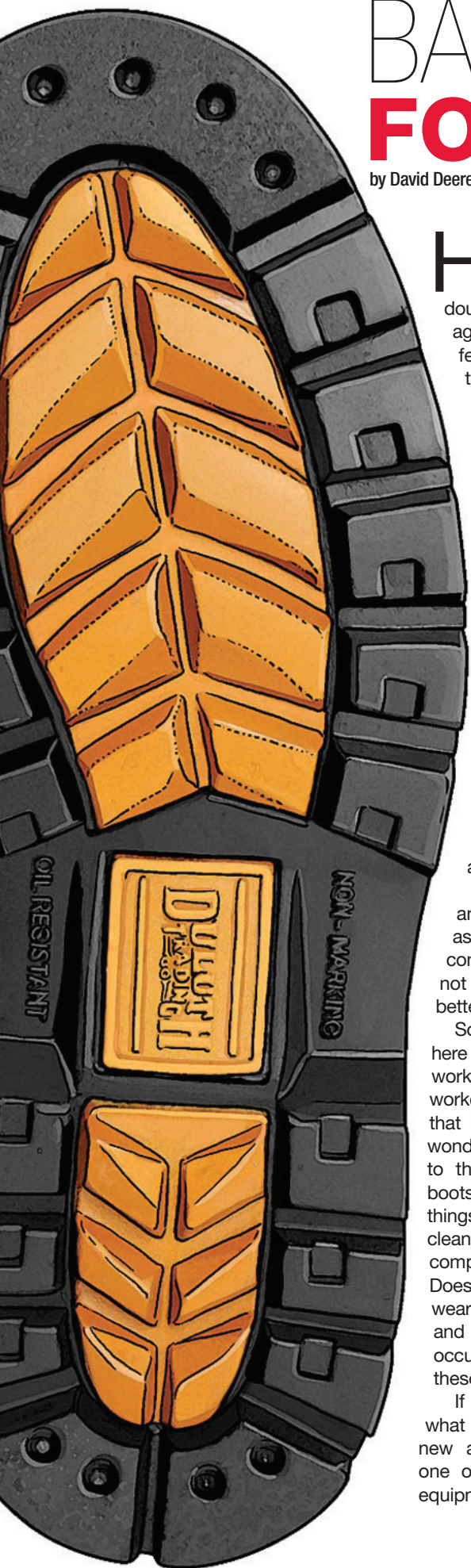
- Even when using a surge protector, make sure the electrical load is not too much for the circuit.
- Avoid overloading outlets with too many appliances. Never plug in more than one high-wattage appliance at a time.
- Unplug appliances when not in use to save energy and minimize the risk of shock and fire.
- Inspect electrical cords once a month to ensure they are not frayed, cracked or otherwise damaged.
- Do not run electrical cords through high-traffic areas, under carpets or across doorways.
- Consider having a licensed electrician install additional outlets where needed, rather than relying on extension cords and power strips.
- Ensure all electrical equipment is certified by a nationally recognized laboratory, and read all manufacturers’ instructions carefully.



BACK-TO-THE-BASICS

FOOT PROTECTION

by David Deere



His safety toe work shoes were so caked with layers of sticky, thick, red mud, inside and out, that I doubted he could ever get them clean again. I watched this landscaper cram his feet into wet muddy socks and back into the same mud-caked shoes. It was only 7 a.m. that morning, so it would be a long day with painful results for this worker who was doing tasks ranging from using mowing equipment to setting a retaining wall on a construction site. I asked the job supervisor, who shrugged and answered, “He’s new. He’ll learn.”

Those of us who wear foot protection on the job know the consequence of not taking care of our shoes is losing both our comfort and our ability to work safely. In truth, those of us who wear protective shoes or boots have at one time or another worn them wet, damaged, or soiled/contaminated in some manner. We learned, one hopes, without injury or incident. Even being safety professionals, we get in a hurry and forget or disregard the rules, just like all other employees.

But we do learn from mistakes and, because we have made them, can assist others to work more safely and comfortably. This is not a “do as I say, not as I do,” but more of a “hey, there is a better way—let me show you.”

So the muddy-shoe time of year is here once more. I see a lot of construction workers, landscapers, and other outside workers wearing occupational foot protection that has been abused. When I do, I always wonder whether anyone has ever explained to them how to care for work shoes and boots. You know what I mean: the simple things, such as keeping the footwear clean and in good repair allowing it to dry completely before wearing. And socks? Does anyone explain the injury potential of wearing wet socks all day or the blisters and other injuries, such as fungus, that can occur? Has anyone addressed first aid for these problems?

If this information has been delivered, what happened? Why do employees, new and seasoned alike, not take care of one of the most important pieces of safety equipment?

Root Causes

Carelessness- Many employees do not consider their foot protection until either an accident occurs or their feet begin to hurt.

Ignorance- Some employees do not understand how to care for work boots or how to clean shoes properly using the correct method and materials. Gasoline, for example, is not an all-purpose solvent for cleaning work boots, but we still see it used in some cultures.

Fear- Employees may be afraid to ask questions or fear teasing from others when asking for help. Education has to be offered to everyone in order to capture this group. Some will not admit to pain or having any problems until the situation is serious, in order to be invisible at the workplace.

Supervision- Make sure your supervisors take foot protection seriously and follow up on problem areas, such as employees not wearing appropriate foot protection, wearing it incorrectly, or failing to keep it clean.

Education- Have your employees been educated on what to wear and how to select the correct foot protection for the job? Can they ask questions without a group around?

Explain to your employees what the real need is for occupational foot protection. It is more than policy and code compliance. Evaluate the real hazards, whatever they may be, and help to protect and guide your employees to protect themselves from the common and not-so-common injuries. Many employees do not fully understand the job dangers, and it is part of the supervisor’s role to educate them.

Many employees disregard hazard potential at their workplace, thinking an injury will never happen to them. You’ll see movers of heavy equipment wearing only leather shoes without safety toes. Are your employees aware of and paying attention to the danger of falling objects, slips and falls, etc.? What about unique hazards? Are these tasks evaluated on a regular basis in case the jobs are becoming more hazardous?

We have workplaces filled with inexperienced newcomers, experienced workers, temporary staffers, and those who have promoted up the ranks and may not have been educated in the selection and care of foot protection. Make sure your supervisors are working toward your goals, too.

Waiting until after the accident is too little, too late. Educate and mentor your workforce by answering their questions about common problems. The results will usually show on your injury logs with fewer or less severe injuries.

SAFETY TIPS FOR MOTORCYCLES

Featured Recipe on Pace Cares website:



Parmesan Spring Chicken

Prep time: 10 minutes
Cook time: 15-35 minutes
4 Servings

Cal: 339 | Total Fat: 11g
Sat Fat: 3g | Protein: 42g
Total Carb: 20g | Fiber: 3g



TIPS FOR HEALTHIER LIVING

Is your energy lagging? Though it may be the last thing you feel like doing when you're tired, exercise -- even a brisk walk -- can be more effective than a nap or cup of coffee at fighting fatigue.



Warmer weather across the country means many motorcyclists will take to the road. Among all motor vehicles, motorcycles are the most vulnerable on the road. Because motorcycles do not have seat belts, you can be thrown off your seat in a crash, which can result in serious injury or even death. Imagine your chance for survival if a truck strikes you, or if you strike it. Hitting a truck is like hitting a steel wall. However, your chance for survival will be increased if you wear a helmet and follow the safety tips below when riding your motorcycle.

WATCH THE NO-ZONES

Never hang out in a truck's blind spot or "No-Zone." Trucks have large No-Zones on both sides, the front and behind the truck. Truck drivers cannot see you when you ride in these blind spots, which allows for a greater chance of a crash. The front blind spot is particularly dangerous if you need to stop quickly. Because of their lightweight and braking system, motorcycles can stop much faster than trucks. A truck may not be able to stop as quickly as you do, so you need to take special precautions to avoid crashes before they happen.

ALWAYS WEAR A HELMET

Make sure to always wear a helmet. Beware of helmets that do not meet U.S. Department of Transportation (DOT) standards. Check for the DOT label inside your helmet. Helmets are the most important piece of equipment you can wear when riding your motorcycle. A helmet could be your only source of protection in a serious crash.

DRIVE TO SURVIVE

Motorcycles are the smallest vehicles on the road. Unfortunately they provide virtually no protection in a crash. Other drivers may not see you on your motorcycle, so you must be aware of everything on the road. Be extra cautious, paying attention to the signals and brake lights of other vehicles, especially trucks. However, you still need to be prepared in the event their signals or lights don't work. Ride with caution and drive defensively. Even though your motorcycle may be small, you must adhere to the laws of the road. Never ride in between lanes in traffic or share a lane with another vehicle. Don't instigate aggressive driving with other motorists; you will only increase your chance of a crash.

CHECK YOURSELF AND YOUR BIKE

Conduct a safety inspection of your motorcycle before each ride, and wear protective clothing including gloves, boots and a jacket. Proper maintenance and protective clothing will help reduce your chance of a crash or the severity of injury if you are involved in a crash, especially with a large truck or bus.

WATCH YOUR SPEED

Of all vehicles, motorcycles accelerate the fastest, while trucks and buses are the slowest. Please watch your speed around trucks, especially in bad weather or at night. Colliding with the back of a truck will end your riding days.



Pick up your "I Don't Text" window sticker at your local HR office

Exercise caution when lifting heavy loads

In 2011, the back was the body part involved in the largest percentage of injuries involving days away from work, according to the 2014 edition of the National Safety Council's "Injury Facts." Although many events can lead to back injuries, OSHA notes that lifting loads that are too heavy can be especially hazardous.

Among the tips OSHA recommends to help reduce the risk of injury from heavy loads:

- Before lifting an object, determine the maximum weight that can be safely lifted.
- Generally, if a load is heavier than about 50 pounds, do not attempt to lift it manually.
- Use a lifting device – such as a powered barrel dumper – to lift loads deemed too heavy for workers.

Using proper lifting techniques when performing manual lifts will minimize the risk of injuries to the back, OSHA states. When lifting, follow these tips to stay safe:

- Try to maintain a neutral spine alignment. Typically, bending at the knees – not the waist – will help maintain proper spine alignment.
- Keep loads close to the body. For large, bulky loads, it may be better to bend at the waist instead of the knees to keep the load closer to the body.
- Do not reach to access a load.
- Minimize bending by keeping the load between shoulder and thigh height when lifting.
- Keep heavier loads off the floor.
- Do not twist when lifting.
- Lift heavier or bulky loads with a co-worker.



SHIFTWORK HEALTH

3 WAYS to Increase SHIFTWORK TOLERANCE



Shiftwork tolerance is the ability to cope successfully with shiftwork with few ill effects. Studies show this tolerance decreases with age, and may also depend on certain lifestyle factors. Take control of your shiftwork tolerance 3 ways:

1) **Sleep more.** Getting enough sleep overall greatly impacts your energy level at work and at home. If you have sleep debt, your ability to focus and accomplish things on and off the job, as well as your mental and physical health, will suffer. Don't skimp on sleep to do more. Stick to as regular a sleep schedule as possible, and supplement with naps before your shift.

2) **Eat well.** Avoid heavy, fried, greasy meals and junk food. Instead, opt for lean protein (baked chicken, fish), fruits and vegetables, as well as whole grains. Watch caffeine consumption – it can help you stay awake, but can also have a negative effect on your shiftwork tolerance since too much can leave you wired up, unfocused and unable to sleep.

3) **Stay active.** Regular exercise improves overall health, helps you maintain a healthy weight, improves sleep, and may boost your ability to succeed at shiftwork.



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PACE NEEDS MORE TECHNICAL TALENT NOW!

A Pace associate recently asked, “What are some of the skills and abilities that Pace Industries is looking for in their manufacturing facilities?” That is a great question. Major needs at Pace are as follows:

- Ability to operate and program automated manufacturing systems
- Understanding of hydraulic, pneumatic, and electrical systems and how to repair or rebuild our manufacturing equipment
- Ability to read and write machine programming code
- Ability to read manufacturing blueprints

These skills are needed for:

MAINTENANCE TECHS

QUALITY AUDITORS & INSPECTORS

AUTOMATION TECHS

TOOL AND DIE MAKERS

**CNC AND CMM PROGRAMMERS
AND OPERATORS**

PACE INDUSTRIES

OUR REFERRAL PROGRAM IS GOING SOCIAL, & YOU GET REWARDS

Sign up now at: <http://bit.ly/zao-pace2014>

- AUTOMATIC MATCHING**
Connect to social networks & Zao will show you which of your friends might be a good fit for our open jobs
- ZAO MAKES SURE YOU GET CREDIT**
You get credit, points and leaderboard achievements when you share jobs & upload resumes through your Zao account
- SMART AUTO POST**
You can automatically share jobs on Facebook and LinkedIn
- IT'S REALLY EASY**
Watch the intro video [here](#)

As a current Pace associate, you have the inside track to getting these jobs! If you have a solid work history and the ability to learn and develop your technical skills, you can step into these types of careers within a few short months. It starts with contacting Ken Stuckey, Director of Talent Acquisition & Development, at ken.stuckey@paceind.com for more information.

Take the first steps towards a better job today. Let us help you discover and develop those skills you might not be using to take your career to another level at Pace.