

# THE TIME TO BE CAREFUL

The question has often been asked, "*Just when do most of the accidents occur here at Ecusta?*"

In an effort to answer this question for all interested parties, as well as to enlighten our personnel as to the *hour of accidents around the clock*, an analysis has been made of all cases reported to our Insurance Carrier from September 1, 1939 through October 15, 1950. When we refer to the cases reported to our Insurance Carrier, we mean those cases involving *loss of time, payment of compensation, permanent partial disability, or any outside medical expense.*

In breaking down the total number of cases that occurred during the above period, we have shown the percentage of these according to the hours in which they occurred, as designated on the two clocks on the opposite page.

Study these clocks as you read this article, and you will get a much clearer picture as to just when accidents have happened during the past eleven years. Based on these percentages as shown, you can see just when you should be *even more careful*, in an effort to eliminate the possibility of personal injury.

It is surprising to note that 28.4 percent of the total cases occurred between 8 A. M. and 12 Noon, when we would think that our personnel would be less prone to having accidents. We realize that *fatigue does contribute to personal injuries*, but the latter four hours of the day shift or from 12 Noon to 4 P. M., only accounted for 29.3 percent of the total injuries.

Could it be possible that some of us are somewhat fatigued, and not quite as alert as we should be when we report for work? Sounds reasonable to us, since only one percent more accidents have occurred after our having been at work for four hours. It is true that we have more employees working from 8 A. M. to 4 P. M. each day than on each of the other two shifts, but the difference is not great enough to warrant their having 57.7 percent of the total number of accidents. 30.5 percent of our accidents have occurred between 4 P. M. and 12 Midnight, while only 11.8 percent have been between 12 Midnight and 8 A. M.

Since only 11.8 percent of our accidents during the past eleven years have occurred on the

"Graveyard" Shift, we are inclined to believe that our employees are maybe a bit more safety conscious when working the 3rd shift, or else they have reported for work with much more rest and alertness.

According to the analysis, *the safest 6 hour period* has been between 12 Midnight and 6 A. M., when only 8.5 percent of the accidents happened. The 6 hour period from 6 A. M. to 12 Noon shows a percentage of 31.7; from 12 Noon to 6 P. M., shows a high of 42.9 percent; while the 6 P. M. to 12 Midnight period shows a percentage of 16.9.

There is no doubt but that *outside activities often contribute to personal injuries on the job*, for we do know that loss of sleep and over-indulgence of any kind, will sap the strength and alertness we might otherwise have.

The age-old axiom about the 24 hour day being divided into 8 hours for work, 8 hours for *fun and relaxation*, and 8 hours for sleep, is not being adhered to by many of us. When we fail to get the required amount of rest, sleep and relaxation, and as a result are not mentally alert, there is a great possibility that an accident will "*catch up with us*". Fatigue will naturally slow down our ability to THINK and ACT quickly, and far too many personal injuries have resulted from this one in-ability.

It is a known fact that many employees do practically a *day's work before coming to work*, and at times, are physically unfit to be working around moving machinery. The old saying about "*early to bed and early to rise, will make a person healthy, wealthy and wise*", may not be absolutely true in every sense, but it will surely *add to one's health, happiness and welfare* in more ways than one. We just cannot defy the Laws of nature and expect to make progress in what we undertake.

*The time to practice safety will always be ALWAYS . . . AROUND THE CLOCK . . . 24 HOURS A DAY . . . SEVEN DAYS A WEEK.* At one time there was a saying about "*THE SURVIVAL OF THE FITTEST*", but that has now been changed to "*THE SURVIVAL OF THE SAFEST*".

Honestly friends, is there any logical reason why each of us shouldn't practice *SELF-PRESERVATION*?