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INSIGHTS



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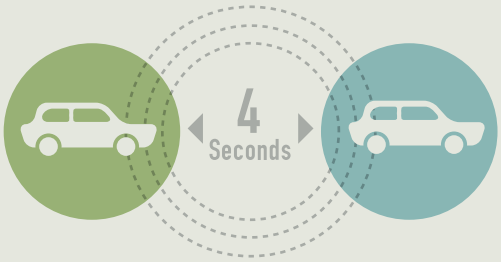
2-Second Rule...Still Golden?

Some driving safety experts claim the 2-second following distance rule is outdated. According to Smith System, inadequate following distance is the most common poor driving habit.

The 1958 2-second rule was derived from testing the stopping distance and reaction time of drivers under *ideal* road, vehicle, and driver conditions and was considered a *minimum*. However, such ideal conditions are rare. Also, the formula never gave drivers adequate freedom to survey the complete traffic picture. The limited information gleaned from driving in this way can lead to late, hasty reactions that expose drivers to unnecessary risk.

The Smith System believes the proper following distance is at least four seconds; and the distance should be increased in poor road or weather conditions or when driving heavier equipment.

Count it this way: When the vehicle in front of you passes a fixed object (telephone pole, overpass, etc.), count "1001, 1002." You should get to 1004 before passing the same fixed point.



Don't Become a Statistic

About 1,000 eye injuries occur every day in the workplace and OSHA estimates that 90 percent of those could be prevented by wearing proper protective eyewear. To do your part, make sure you are wearing eye protection, and the right kind for the job you are performing.

THINKING GREEN

4 Easy Ways to Go Green

Conquer the Paper Mess
Get off the junk mail lists by registering at www.dmachoice.org, an online tool developed by the Direct Marketing Association to help you manage your mail. You can request to stop receiving mail from individual companies within each category – credit offers, catalogs, magazine offers, and other mail offers – or from an entire category.

Be a Bag Lady (or Guy)
This is probably one of the easiest ways to cherish Mother Earth. Bring your own bag to the market and skip the plastic bags or paper sacks.

Borrow from Libraries Instead of Buying Personal Books and Movies
This is not only good for the wallet, but it also saves the ink and paper that goes into printing books.

Involve the Entire Family in Going Green
Don't take on too much at once, but gradually add green initiatives and you'll find you're more likely to stick with it. Adopt a new earth-friendly habit each month and make it a goal to talk to kids about the importance of being an eco-conscious citizen.

Employers Do Not Have to Provide Sharps Containers

You may have employees who are diabetic and need to give themselves insulin shots during the workday. What are your responsibilities to ensure the used needles don't present a hazard to other employees?

OSHA says that the Blood-borne Pathogens standard specifically applies to occupational exposure to blood. An employer *would not* be required to provide a sharps container to an employee using insulin syringes for personal therapeutic reasons. However, to eliminate potential exposures to other workers, the employer should strongly insist that the employee have his or her own sharps container and bring that with them to the workplace.

Hot and Hazardous

Heat illness can be deadly. That's why OSHA is currently promoting a national outreach initiative to educate workers and employers about the hazards of working outdoors in the heat and steps needed to prevent heat illness.

To help employers and employees cope with the heat, OSHA is now partnering with the National Oceanic and Atmospheric Administration (NOAA) on weather service alerts that will incorporate worker safety precautions when heat alerts are issued across the country. NOAA also will include pertinent worker safety information on its Heat Watch Web page at http://www.noaawatch.gov/themes/heat.php



Independence Day

This year, on the 4th of July we will celebrate the 235th anniversary of the signing of the Declaration of Independence. July 4 has been a federal holiday in the United States since 1941 although celebrations have been held since the first anniversary.

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions, and speech making. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

Did you know…
…that of the original 13 colonies that attended the Continental Congress and voted on the Declaration of Independence, only 9 voted in favor of it? Pennsylvania and South Carolina voted against; New York abstained.

…that America's second president John Adams was the first to light the fireworks spark for Independence Day when he said the holiday ought to be celebrated by pomp and parade…and illuminations from one end of the continent to the other? Nothing says the 4th of July like fireworks.



SOAPBOX

If I agreed with you, we'd both be wrong.

We never really grow up, we only learn how to act in public.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.

Evening news is where they begin with "Good Evening," and then proceed to tell you why it isn't.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Laugh at your problems, everybody else does.

It's not the fall that kills you; it's the sudden stop at the end.

ChemStation®

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By the Numbers



Gallons of soap delivered:
165,768,235 since 1984



Empty drums not in landfills:
3,013,967 since 1984