



# SAFETY REMINDER

Volume 9 Number 1

Helping to Keep You Safe

February 2011

## First Aid/CPR

How many of you out there have the skills necessary to save a life, or at least assist someone until help arrives? It can take paramedics 12-13 minutes to arrive after a 9-1-1 call is made. Did you know 25% of emergency room visits could be avoided if people knew basic First Aid and CPR?

First Aid is the immediate help given to a victim of injury or sudden illness by a bystander until appropriate medical help arrives or the victim is seen by a health care provider. Bystander CPR provided immediately after cardiac arrest can double a victim's chance of survival. First Aid and CPR could be the difference between: life and death; temporary and permanent disability; and rapid recovery and long hospitalization.

The Wyoming-Montana Safety Council offers First Aid/CPR, and AED as well as Bloodborne and Airborne Pathogens and Pediatric First Aid, CPR, and AED.

In our Standard First Aid, CPR, and AED course you will learn: First Aid Training covers all the basics – breathing emergencies; sudden illness and injury; bleeding and preventing disease transmission. The CPR segment teaches the principles of basic life support, rescue breathing and how to manage a choking victim. The AED portion of the program details key operating characteristics of an AED as well as proper precautions and maintenance techniques. Guidelines for meeting state public access defibrillation (PAD) laws are included. In our CPR and AED course you will learn how to take action in an emergency, assessing the victim, cardiac emergencies, basic life support including airway management, breathing and circulation and how to use an AED. In our First Aid course you will learn how to take action in an emergency, shock, serious injuries, sudden illness, heat and cold emergencies, bleeding and wound care, burns, bone, joint and muscle injuries, and poisoning.

pathogens, airborne pathogens including tuberculosis, and influenza and potential influenza pandemic.

For those of you either working with children or who have children, we would recommend taking our Pediatric First Aid, CPR and AED course. You will learn: treatment of common childhood problems such as head bumps, lost teeth and objects swallowed or encased in the ears or nose, identifying and caring for childhood illnesses such as whooping cough, chickenpox, conjunctivitis, and head lice, as well as, caring for children with disabilities.

Call today to schedule yourself or your employees for one of our many First Aid/CPR courses. And remember, all classes are available at your location or ours.



## Inside this issue:

Wyoming Roads, Deadliest in US pg. 2

Ice Safety Tips pg. 3

5 Min. Safety Talk - Office Traps pg. 4

The Dangers of Electrocution Burns and Related Injuries pg. 6

Wyoming Motorcycle Fatalities Reach Record High pg. 7



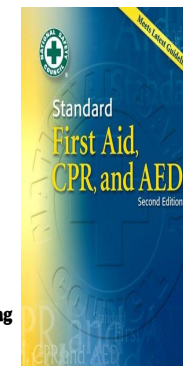
OSHA's Bloodborne Pathogens Standard (29 CFR 1910.1030) requires employers to safeguard employees who face potential occupational exposure to blood and other potentially infectious materials. Our Bloodborne and Airborne Pathogens course covers this requirement and your employees will learn: introduction to bloodborne pathogens, bloodborne pathogens including hepatitis viruses and HIV, preventing infection from bloodborne

## First Aid, CPR and AED

- What you'll learn:**
- How to recognize an emergency
  - How to act appropriately
  - How to sustain life until professional help arrives.

### Course Content

- Acting in an Emergency
- Checking the Victim
- Basic Life Support
- Recovery Position
- Heart Attack and Chest Pain
- Bleeding and Wound Care
- Bone, Joint and Muscle Injuries
- Sudden Illness
- Cold and Heat Emergencies
- Rescuing and Moving Victims
- Choking, Shock, Burns, Serious Injuries, and Poisoning



For more information or to schedule yourself for class call (307) 635-4592.

## Wyoming roads deadliest in U.S.

By Josh Rhoten

[jrhoten@wyomingnews.com](mailto:jrhoten@wyomingnews.com)

Wyoming has some of the most dangerous rural roads in America, a national survey indicates.

The state led with the highest number of deaths due to car crashes -- 24.6 per 100,000 residents on a total of 134 deaths in 2009.

The study, conducted by the National Highway Traffic Safety Administration, also shows that rural roads in states like Montana and Mississippi had higher rates of deaths than urban areas like Washington, D.C. and New York.

Sgt. Stephen Townsend of the Wyoming Highway Patrol said accidents in the state can become serious quickly due to its rural nature.

“Here in Wyoming, emergency services can be far away from where the incident actually happened, so the travel time to get the victim to help or to get to the victim out can become a factor,” he said. He added that Wyoming has the lowest seat belt use in the nation. “I think that also adds to the risk of serious injury during accidents,” Townsend said.

According to the highway patrol, there were 150 accidents with fatalities in 2010, though that number could go up as reports continue come in from accidents at year’s end. And there have been two fatal crashes in Wyoming so far in 2011.

*continued on page 4*

## LETTER FROM THE EXECUTIVE DIRECTOR

Are you really prepared?

This month I am going to comment on a topic that I have not even remotely come close to before – workplace violence or worker on worker violence. I am sure it is something that most of us can’t imagine would happen to us. Well, unfortunately it happens more often than we think and sometimes with serious consequences. Just as the recent event in Arizona exemplifies, we need to be aware and prepared. Our safety plans at work need to have some policies dealing with situations that may indicate a potential conflict or deadly occurrence. Perhaps background checks need to be a standard hiring practice to help recognizing potential problems. We need to recognize the co-worker who may be troubled by something. In these times of economic problems, a firing could result in pushing an individual over the edge. A key point to remember when dismissing an employee is to treat them with dignity and respect, and empathy is critical. Drugs and alcohol, a forbidden situation in the workplace, need to be addressed as to policy and tolerance. Even some old fashion kidding around or ribbing an individual needs to be recognize as another source of pushing a person’s temper beyond what he or she can tolerate. Let’s all be considerate of others and encourage dialogue so troubles don’t fester within an individual. If we think an individual may be a potential threat to ourselves or even to themselves an alert to your supervisor may be appropriate. Workplace violence is a horrible occurrence to think about but as I said in my opening, we probably can’t imagine such a situation occurring at work but it is no excuse to not considering and working to avoid these scenarios.



Wyoming-Montana Safety Council

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“THINK SAFE,  
LIVE SAFE”

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## Ice Safety Tips

It's impossible to judge the strength of ice by its appearance, thickness, daily temperature, or snow cover alone. Ice strength is actually dependent on four factors, plus water depth under the ice, the size of the water and water chemistry, currents, and distribution of the load on the ice.

- Wait to walk out on the ice until there are at least 4 inches of clear, solid ice. Thinner ice will support one person, but since ice thickness can vary considerably, especially at the beginning and end of the season, 4 inches will provide a margin of safety. Some factors that can change ice thickness include flocks of waterfowl and schools of fish. By congregating in a small area, fish can cause warmer water from the bottom towards the surface, weakening or in some cases opening large holds in the ice.

- Go out with a buddy and keep a good distance apart as you walk out. If one of you goes in the other can call for help. The companion can also attempt a rescue if one of you are carrying a rope or other survival gear.

- Snowmobiles and ATVs need at least 5 inches, and cars and light trucks need at least 8-12 inches of good clear ice.

- Contact a local resort or bait shop for information about known thin ice areas.

- Wear a life jacket. Life vests or float coats provide excellent flotation and protection from hypothermia. Never wear a life jacket if you are traveling in an enclosed vehicle, however. It could hamper escape in case of breakthrough.

- Carry a pair of homemade ice picks or even a pair of screwdrivers tied together with a few yards of strong cord that can be used to pull yourself up and onto the ice if you do fall in. Be sure they have wooden handles so if you drop them in the struggle to get out of the water, they won't go straight to the bottom.

- Avoid driving on the ice whenever possible. Traveling in a vehicle, especially early or late in the season is simply "an accident waiting to happen."

- Don't drive across ice at night or when it is snowing. Reduced visibility increases your chances for driving into an open or weak ice area.

- Check at the access if there are signs that indicate an aeration system is in operation on the lake. Aera-

tors keep areas of water open to provide oxygen for fish. The ice can be weakened many yards beyond where the ice is actually open. Stay well outside fenced areas indicated by diamond shaped thin ice signs.

- Above all, avoid alcoholic beverages. Beer and booze increase your chances for hypothermia and increases the likelihood that you'll make a stupid mistake that will cost you or a companion their life.

## Safety Tips for the Cold and Shoveling

### Shoveling Tips:

- Push the snow instead of lifting it. Keep the shovel close to your body. Space your hands and the shovel - it increases your leverage.

If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Don't bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel full of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once; do it piecemeal. Shovel an inch or two; then take another inch off. Rest, and repeat if necessary.

- Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

- See what you are shoveling. Do not let a hat or scarf block your vision. Watch out for ice patches and uneven surfaces. Wear shoes or boots that have slip-resistant soles.

- Use a shovel that feels comfortable for your height and strength. Avoid a shovel that is too heavy or too long.

- Pace yourself. Shoveling snow is an aerobic activity. Take frequent breaks and replenish fluids to prevent dehydration, which affects muscles.

- Check with your doctor. If you have a medical condition or do not exercise regularly, talk with your doctor before shoveling. If necessary, hire someone to remove the snow.

### Cold Weather Safety:

When the weather is extremely cold, stay inside, if possible. If you must go out, follow these tips:

- Wear a hat, a scarf or knit mask to cover face and

mouth, sleeves that are snug at the wrist, mittens, water-resistant coat and boots, and several layers of loose-fitting clothing.

- Stay dry. Wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

- Don't ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

## Confined Space Training

### Main points covered in this training are:

- Rescue

- Entrant and Attendant

- Equipment needed

- The difference in confined space permit needed and not needed.

**For more information or to schedule a class please call (307) 635-4592 or e-mail [mcaltagirone@safety-council.com](mailto:mcaltagirone@safety-council.com)**

## OSHA backs off calling for stricter noise controls

The U.S. Department of Labor's Occupational Safety and Health Administration has announced it is withdrawing its interpretation of the term "feasible administrative or engineering controls" as used in the General Industry and Construction Occupational Noise Exposure standards.

OSHA will try and continue to find ways to reduce the amount of hearing loss cases by conducting a thorough review of comments that have been submitted, hold a stake holder meeting on preventing hearing loss, consult with experts from NIOSH, and initiate a robust outreach and compliance assistance effort to provide enhanced technical information and guidance on the many inexpensive and effective engineering controls for dangerous noise levels.

*continued from page 2*

Lt. Scot Montgomery, a district supervisor with the highway patrol, said distractions on rural roads are often more dangerous because of the speed of the vehicles. "In rural areas, there is less traffic, so distractions can have a greater impact on the driver," he said. "And on urban roads, drivers are more likely to be wearing their seatbelts and move at a lot slower speeds."

Townsend said the number-one type of crash in Wyoming is a one-car rollover. In those cases, 83 percent of the fatalities that occurred were from people who were not properly restrained.

A bill moving through the Legislature would raise the fine from \$25 to \$75 for not using seatbelts. An effort to make that a primary offense -- one for which drivers could be stopped -- was rebuffed in committee.

"Currently we don't have a primary seatbelt law, meaning we have to pull someone over for another offense before we can cite them for (non-use)," Townsend said. "That is a big factor in a lot of the accidents in Wyoming."

State Department of Transportation spokesman Bruce Burrows said the data in the survey could be misleading. He added that WYDOT tracks a variety of statistics and trends when looking at issues like accidents leading to fatalities.

"It's almost a long-term fact of the matter that rural states like Wyoming will score poorly in these types of surveys because of the way the data work out," he said.

"Residents of our state tend to do more driving over further distances and, coupled with us being one of the smallest populations in America, our statistics are going contrast with an area like New York, where they have more accidents but their percentages are lower because their population is higher." Burrows said WYDOT has numerous projects to help with some of the dangers specific to rural roads.

"We have been trying to expand our medians and the space on the side of the road," he said. "We (also) have installed some cable guardrails in the center median in some places, which has helped with keeping cars on their side of the highway."

"It is an ongoing effort to do what we can to limit accidents."

## Hands on Forklift Certification

Learn the basic operation of a forklift, including the start-up and controls, safe operation, maintenance, protecting others, load center, unloading and loading trucks, intersection safety, and driving an actual forklift in this OSHA designed training program. Requirements for operators of powered industrial trucks. Includes classroom, workbook and certification card.

For more information and scheduling, please call **(307) 635-4592**.

## Five Minute Safety Talk - Office Traps

An accident in the office can be just as painful and costly as an accident in the plant. Broken bones are painful and cost just as much to treat whether they're sustained in an office fall or plant fall.

In either case, insurance costs, medical and hospital bills and lost wages are involved. Of course, several indirect costs must be added to direct accident costs, including lost time by co-workers who leave their work areas to help the victim or just to see what is happening, work disruption while a replacement is trained, and retraining of the victim if he or she cannot perform a previous job assignment.

Falls are the most common office accident, accounting for the greatest number of disabling injuries. In fact, office workers are twice as likely to suffer a fall as non office workers.

There are many different reasons why employees fall while on the job. They could fall while walking, climbing ladders and stairs, and even while sitting in chairs. People can trip over telephone and electrical cords, open desk and file drawers, loose or worn carpeting and rugs, debris, and equipment and packages left in aisles "just for a moment."

In California, an office worker stood up to walk away from her desk and struck her right shinbone on a lower desk drawer that was open about three inches. She was thrown off balance and fell, breaking her left shoulder. She was off work for three months.

That was not a freak accident. Almost every office has employees who have stumbled over protruding lower drawers. Almost as common are employees who straighten up suddenly from a stooped position to bang their head into an open upper drawer.

Pulling out two file drawers at once can cause the cabinet to topple. Even one drawer can do it if the

file isn't bolted securely, if all the heavy material is stored in the top drawer, or if an employee stands on a lower drawer.

To avoid these types of accidents: use one drawer at a time, open it only as far as necessary, and close it when finished. However, do not slam the drawer shut. Many fingers have been smashed by a slammed drawer. Use the handle.

Bumping into sharp burrs and corners on metal filing cabinets and furniture can cause injuries as well as tear or damage clothing. File rough metal edges or corners, cover them with electrical or duct tape, or arrange furniture so corners are out of the traffic pattern.

Small index card files, calculators, staplers and other portable office equipment should not be placed near the edge of desks, filing cabinets, or tables. They could be bumped or jarred over the edge, striking anyone standing or sitting between them and the floor.

Boxes, paper, and other materials stacked on top of cabinets, files, lockers, etc. can cause landslide problems. When a folder that is halfway down the stack is needed, someone may try to pull it out without moving the top materials. Unfortunately, too often everything in the pile will come tumbling down.

Or, if something on top of the stack is needed, an employee may decide to substitute a chair for a ladder. The resulting fall can involve both the employee and the mountain of paper and material. If a wheeled swivel chair serves as the ladder, the fall may be preceded by short flight across the room. **Solution:** Store materials inside cabinets, files, and lockers-never on top. Keep the piles neat and labeled. Use a stepstool or ladder to reach top shelves in high cabinets.

Strains and back injuries from improper lifting, unexpected twisting, jerking or overexertion often disable office workers. Learn and follow proper lifting techniques and always get help with heavy or awkward loads.

Office fires can be as deadly and job-consuming as plant blazes. Know your nearest fire escape route, and where and how to use or activate the fire alarm system and fire fighting equipment.

Observe strict housekeeping standards and store flammable substances in listed safety containers in locked fireproof cabinets. Matches and smoking materials must be confined to approved smoking areas and extinguished before being discarded in proper receptacles.

Office safety is everyone's responsibility. Everyone should develop an interest in following safe practices both on and off the job and incurrecting unsafe conditions.

## Feds plan emergency mine safety rules

Taken from *Forbes.com*

Underground mines in the United States will have to install equipment that automatically shuts down mobile machinery when people get too close to it under emergency rules that will be issued this spring, the industry's chief regulator said Wednesday.

The emergency rules are part of an aggressive regulatory agenda outlined by federal Mine Safety and Health Administration director Joe Main. With mine safety legislation stalled in Congress, the agency is outlining extensive rule proposals for 2011.

"If we are to make an improvement in the current state of affairs, these are regulatory actions that we believe are necessary," Main said during a conference call with reporters.

Besides proximity detectors, MSHA is planning rules aimed at cutting exposure to coal and silica dust and making it easier to discipline mine operators for breaking safety laws. The agency also would require mines to adopt detailed health and safety programs. By adopting the proximity detector rules on an emergency basis, MSHA can force mines to comply with them immediately. Typically, the agency follows up with a permanent proposal that goes through public hearings and comment periods.

In U.S. mines, 70 miners have died in accidents involving mobile heavy equipment since 1984. Six of those deaths came last year. South African mines already use proximity detectors. There are more than 900 underground mines and nearly 56,000 underground miners in the United States. "When you look at the number of deaths that have occurred regarding miners being crushed in these underground mines," Main said, "I think it's time to act."

Testing has shown the equipment can make it safety to move continuous mining machines between locations where they're used to cut coal, said Jim Dean, a former West Virginia mine safety director who heads a state task force that evaluates safety technology. The task force is still trying to evaluate the technology for other equipment and test it during actual mining. "We believe there's a great deal of promise in applying this technology in moving from place to place," Dean said. Some mines already use proximity detectors.

**Massey Energy Co.**, for instance, has three proxim-

ity detectors in use and plans to have 38 this year. "Our goal is that all our continuous miners will include proximity protection within the next four years," spokesman Jeff Gillenwater said.

Heavy equipment in modern underground mines often is run by remote control. Operators are exposed to getting crushed against walls or run over as the machinery moves in confined underground spaces often less than 20 feet wide and just 5 or 6 feet high.

The National Mining Association cautioned against moving too quickly on regulations "Many of the major new proposals rest on technical studies that require significant review. That's why we are concerned about the speed at which this is being done," said Carol Raulston, a spokeswoman for the Washington, D.C.-based trade group. "It's challenging our ability to do the kind of rigorous analysis that can really improve mine safety. That makes everyone uneasy."

Late last month, MSHA planned to propose rules designed to make it easier to identify mines that routinely break safety laws and single them out for stricter enforcement. MSHA was criticized harshly for failing to identify a pattern of violations at Massey Energy Co.'s Upper Big branch before an explosion killed 29 miners there April 5.

### *Defensive Driving Course*

*What you'll learn:*

- Superior strategies to prevent collisions and citations*
- Coping strategies for dealing with road rage, impaired drivers, high-speed drivers and other driving dangers-including the risks associated with using cell phones and PDAs while operating a motor vehicle.*
- The know-how for evaluating and improving driving skills after mapping out a personal skills inventory*
- The serious consequences of fatigue, distracted driving, emotional impairments and other factors.*
- How vehicle malfunctions and poor maintenance contribute to traffic collisions.*

*This course is available at your location or ours. For more information or to schedule a class, please call (307) 635-4592 or e-mail: [mcaltagirone@safety-council.com](mailto:mcaltagirone@safety-council.com)*

## Carbon monoxide poses a real, and needless, threat

Beware a "silent killer" making the rounds during the winter months.

Carbon monoxide poisoning, is one of the leading causes of accidental poisoning in the United States.

The colorless, odorless, tasteless gas kills more than 400 people in the United States every year and sends 15,000 to emergency rooms according to the Centers for Disease Control and Prevention.

Two ways to prevent these accidents are:

1. Have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician every year.
2. Install carbon monoxide detectors on each floor, especially where there are bedrooms. People who are sleeping or have been drinking will often succumb before waking. The best detectors plug into an electrical outlet but have a batter backup.

*\*\*If you hear it go off, run from the house and then find a way to call 911. Don't call 911 first.\*\**

The gas is released when burned carbon fuels are not properly vented. Symptoms of poisoning include headaches, nausea, fatigue and confusion. Inhaling higher levels leads to unconsciousness and death. The ill effects come on quickly like the flu and are often mistaken for it.

If you suspect the presence of gas, contact your fire department.

### **Safety NET**

Safety NET monitors your smart phone for critical falls and immediately alerts your emergency contact. It sends a text and calls, relaying your GPS position. It is a mobile app that runs on your Android.

**Activate:** When you activate Safety NET, it continuously monitors for a fall and tracks your location. It runs in the background, as long as your phone is on or until you deactivate it.

**Protect:** Once a drop happens, Safety NET begins an automated countdown sequence, timed to your predetermined length (15 to 120 seconds). If you dropped the phone, or you've fallen but don't need help, you simply press the cancel button within the countdown period and the call is stopped.

This app also allows for you to enter medical conditions, medical contacts, and your personal information.

## The Dangers of Electrocution Burns and Related Injuries

Construction is one of America's most dangerous lines of work. And construction workers can sustain serious injuries when they come in contact with electricity.

According to OSHA, about five workers are electrocuted every week, with electrocution causing 12 percent of all young worker workplace deaths.

There are four main kinds of electricity-related injuries:

**Direct Injuries:** electrocution or death due to electrical shock, electrical shock, burns (electrical burns, arc burns, and thermal contact burns).

**Indirect:** Falls

Electrical burns occur when electricity flows through tissue or bones. The severity of the injury is determined by a variety of factors, including the type and voltage of the circuitry, the path the electricity takes through the body, the duration of the flow and resistance of the body.

Because the electricity flows through the body, it is important to know where it enters and exits the body, and the damage it causes to the tissues, organs, arteries, nerves and bones in between the two points.

Most entry points are in a hand. If the electricity exits through the person's other hand, it's likely that it passed through the heart. A common mistake construction workers and others make around electricity is to assume that low voltage means the danger is low. Levels of flow exceeding 75 milliamps can stop the heart and cause fibrillation (a rapid, ineffective heartbeat); fibrillation can quickly lead to death unless a defibrillator is used or effective CPR is administered. And seventy-five milliamps is not a lot of current: a small electrical drill uses 30 times as much.

According to OSHA, electrical accidents are caused by three main factors: unsafe equipment or unsafe installation of equipment, workplaces made unsafe by the environment (rain, wind, etc.), and unsafe work practices.

OSHA encourages construction workers and everyone else using electrical tools or working around electricity to observe the following safety tips:

- Use gloves and appropriate footwear
- Store tools in a dry place when not using

- Do not use in wet or damp conditions
- Keep working areas well lit
- Remove or work around tripping hazards
- Do not carry a tool by its cord
- Do not yank the power cord to disconnect a tool
- Keep cords away from heat, oil and sharp edges
- Disconnect tools when they are not in use or when changing tool accessories
- Do not use damaged tools

### 10 Hour OSHA

The Wyoming Montana Safety Council offers

10 Hour Construction  
OR  
10 Hour General Industry

Our OSHA training is available at your location or ours.

For class dates or more information, please call (307) 635-4592 or email:

[mcaltagirone@safety-council.com](mailto:mcaltagirone@safety-council.com)



### Cell Phone Carriers Try to Short Circuit Distracted Driving

Cell carrier T-Mobile announced they will start offering a \$4.99 a month service that automatically disables ringers and alerts and sends calls to voice mail when the phone is in a moving car. Sprint Nextel and AT&T are currently exploring this technology, while Verizon offers this service to small companies. Cell carriers have stated this works on every phone in the car, because it's hard to pin point which phone belongs to the driver. Many smartphones offer these types of applications, but have received tepid reviews from consumers and researchers.



**Have you been putting off or considered a site specific training video? The Wyoming Montana Safety Council can work with your company on script development, the shooting and processing of the video. For more information, please call (307) 635-4592 or email [mcaltagirone@safety-council.com](mailto:mcaltagirone@safety-council.com)**

### Wyoming-Montana Safety Council

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## February Class Schedule

- 02/02/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/04/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/05/11 - Defensive Driving Course (9:00am - 1:00pm)
- 02/07/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/09/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/11/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/14/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/16/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/19/11 - Defensive Driving Course (9:00am - 1:00pm)
- 02/21/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)  
8 Hour MSHA Refresher/24Hour MSHA -Day 1 (7:30am)
- 02/23/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)  
8 Hour MSHA Refresher/24 Hour MSHA-Day 2 (7:30am)
- 02/25/11 - Frontier Site Specific & Basic Orientation Plus (8:00am - 2:00pm)
- 02/28/11 - Frontier Site Specific & Basic Orientation Plus (9:00am - 1:00pm)  
10HR OSHA (7:30am - 3:30pm) Day1
- 03/01/11 - 10HR OSHA (7:30am - 9:30am) Day2

*Classes in our El Dorado, Kansas (316) 321-8580 and Rawlins (307) 324-8134, Wyoming offices are held Monday thru Friday. To schedule yourself for class at any location, please call (307) 635-4592. All courses can also be taken at the Cheyenne office.*

## Wyoming Motorcycle Fatalities Reach Record High

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Wyoming motorcycle fatalities have hit an all-time high.

State Department of Transportation data show that 30 riders died in crashes in 2010, up from 13 in 2009.

The second-highest recorded number is 27 in 2007. WYDOT spokesman Dave Kingham said it's difficult to say what caused the increase, though an overall rise in motorcycle registrations is likely a contributing factor.

About 28,200 motorcycles were registered in the state last year; there were about 14,400 in 2001.

"Part of the reason it went up, we speculate, is just because more people are out there riding," Kingham said. "But that alone wouldn't account for this much of a jump in fatalities in one year.

"To have it jump this much this year is very disappointing and cause for concern."

Mary Cima, Vice President of Wyoming ABATE (American Bikers Aimed Toward Education), agreed that the numbers are high, especially because the state funded awareness commercials that ran all last summer.

"(The commercials) were really startling," Cima said. "You would think that it would help."

Kingham said the fatalities were spread all over the state and on everything from interstates to county roads. But there was a slightly more concentrated number of deaths in the northeast corner around the time of the Sturgis Rally.

Central ABATE President Russ Reddick said many factors could play into the increase of riders, including good gas mileage and the fact that some motorcycles are inexpensive to buy and maintain.

"Or possibly people are just figuring out how much fun it is," he said. "Wyoming is a great state to ride in: open highways rolling over the grassy plains, twisty mountain roads. From Cheyenne to Cody, Jackson to Newcastle, there just isn't a better place in the world to be a motorcyclist."

But Reddick said the statistics provided are incomplete, lacking the number of motorcyclists who traveled through the state and total road miles traveled. Kingham said the number of miles traveled should be available in a couple months.

The report also don't specify which riders died from actual head trauma.

According to WYDOT, 24 of the deceased riders, or 80 percent, were not wearing helmets at the time of their crashes.

Kingham said his agency hasn't looked at each

crash individually, but overall statistics show helmets help prevent fatalities.

"Certainly the statistics in Wyoming and nationwide show that you are far more likely to die in a crash if you are not wearing a helmet than if you are," Kingham.

But many motorcycle advocacy groups, including ABATE, that support the right to choose whether to wear a helmet, aren't so sure.

"A lot of us riders believe that (helmets) are more of a hindrance than they are a safety measure," Cima said.

Added Reddick, "The problem with helmets is that they only come into play during an accident. The best way to prevent fatalities is to prevent the accident from happening in the first place."

He said road conditions, weather, time of day, rider experience and riding under the influence of a substance all contribute to single-vehicle motorcycle accidents.

He added that the number of first-time riders and those return to riding after many years could also have impacted the high number of fatalities.

"Motorcyclists must do their best to be good riders," Reddick said. "They can take the Motorcycle Rights Foundation basic and advanced rider training classes; never drink and ride; and know their limits and don't ride beyond them."

Additionally, every road user should obey traffic laws and staying off the phone, he said. "Always wear as much protective gear as your ego allows-- just in case you are involved in an accident," Reddick said. "Dress for the slide, not the ride."

### By the numbers:

334 - total number of Wyoming crashes involving motorcycle

30 - total fatalities

16 - Wyoming residents

Gender: 7 women (three were passengers), 23 men  
Two of the victims were minors, 18 were between the ages of 50 and 66.

24, or 80 percent, of the riders were not wearing helmets; one was "improperly worn" and came off during the crash.

20 crashes involved only one motorcycle. Of the remaining 10, two involved two motorcycles.

Five of the crashes were caused by the motorcycle operator either losing control of the vehicle, failing to yield or improperly passing.

Alcohol and drugs were a factor in 10 of the crashes.

10 crashes involved excessive speed.



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