



Power to Protect



The Power to Help Protect Your Employees

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What Causes Accidents?

Would you call yourself or someone you know “accident prone?” While the whole notion of being naturally susceptible to mishaps and injuries is debatable, on-the-job injuries have a number of recognized causes



Stress, fatigue, job dissatisfaction, emotion, and personal problems create short-term or isolated situations that can result in chance accidents. But other factors related to day-to-day operations are more likely to cause accidents. Concentrate on this type of hazard to help protect yourself and your co-workers.

Physical overload is the result of:

- lifting improperly
- straining
- overreaching
- bending
- twisting
- other movements that make your body move in ways it wasn't designed to

Avoid these types of injuries by using proper techniques. Don't lift loads beyond your capability. Lifting or reaching tasks that require you to be in an unnatural or uncomfortable position should prompt you to reposition yourself to avoid strain, ask for assistance, or use mechanical help.

Impact injuries occur when someone hits or is hit by an object. An acute awareness of your surroundings will go a long way toward helping prevent this type of accident. Avoid walking under surfaces where work is being performed to stay out of the landing zones of falling objects. If being in such an area is unavoidable, wear personal protective equipment — hard hats, gloves, eye protection, rugged clothing, etc. If you are driving a vehicle or piece of heavy equipment on a job site, keep your attention on the activity happening all around you. If walking through a site where vehicles or heavy equipment are being used, stay out of their paths. Proper awareness from all parties on a site is critical to avoid impact injuries.

Falls are a common cause of injury.

- Make sure your footing is firm when on a raised surface, such as a platform or ladder.
- Wear slip-resistant shoes.
- Work at a pace that allows you to exercise proper safety techniques.
- Clear obstructions and make sure walkways are well lit.
- Follow all safety guidelines for using ladders and scaffolds.
- Use handrails on stairs.

Machine accidents are caused by moving parts.

- Never use a machine on which you're not trained.

- Never wear jewelry or loose clothing around machines that rotate, slide, press, etc. Use headwear to control long hair.
- Be sure guards and shields are in place, and proper lockout procedures are used.

Always watch what you're doing, where you're going, and what's happening around you. Doing so can help you eliminate worksite injuries, which will help you and others be safe at work.

Presidents Gala

Join us on **Thursday night, October 21st**, during the Convention for the President's Gala & Awards Ceremony. This is a night we gather to honor those who have served the Grocery Industry with the highest level of devotion, recognize those who have went above and beyond in their daily work in the industry and to recall what makes this, the grocery industry, one of the best industries in this country.

This year we are honoring three of our past board members who have retired, and one individual currently serving on our board who will be retiring in November, with the **Outstanding Industry Achievement Award**.



Jim Hamblin -Town and Country Fredericktown
(Click [HERE](#) for full bio)



Jim Hickman -Hickman's IGA
(Click [HERE](#) for full bio)



Chuck Murfin III -Murfin's Market
(Click [HERE](#) for full bio)



Leah Hamilton -Missouri Lottery
(Click [HERE](#) for full bio)

One of the highest honors of the Missouri Grocers Association is the **Lifetime Achievement Award**, in which we honor an individual who has been an instrumental part of the grocery industry in Missouri through the years. This year, The Missouri Grocers Association will be honoring Gary Aggus.



Gary Aggus -Hiland Dairy
(Click [HERE](#) for full bio)

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