Safety Tip of the Month

I DIDN’T KNOW THAT WAS DANGEROUS!

This month LACOE Risk Management would like to highlight some interesting facts and everyday situations that many are not aware can be hazardous.

Freezing Glass Bottles and Jars with Liquid
Water expands as it freezes and can shatter glass in order to expand which can result in lacerations and explosive consequences.

Rocking or Tilting a Vending Machine
Between 1978 and 1995, there were at least 37 known cases of people dying, and 113 injuries, due to vending machines falling over onto them.

Drinking Too Much Water, Too Quickly
In 2005 and 2007 two individuals died due to drinking to much water. The cause of death in both cases was water intoxication, which is when someone drinks so much water in a short amount of time that the kidneys can’t process it quickly enough, causing deadly swelling of the brain and lungs.

Cleaning the Bathroom
Mixing bleach with other common household cleaners can create toxic gases that could cause a serious injury or death. When utilizing cleaning products always follow the instructions and abide by the listed warnings.

Dryer Lint
When lint builds up in your dryer, it could cause your dryer to overheat and potentially catch fire. According to a 1998 report from the U.S. Consumer Product Safety Commission, there were roughly 15,600 dryer fires that year, causing 20 deaths and 370 injuries. Clean out your dryer lint in between each use.

Selfies
The popular practice has claimed at least 49 lives over the past couple of years. Most victims fell to their deaths, others drowned, got struck by trains, were shot, or were involved in a fatal car crash.

Scarfes
Fashionable—yes. Safe—no always. This closet staple was the reason for two freak accidents, both involving a scarf getting tangled in machinery and resulting in death for the wearers. Sure, you probably don’t go-kart at home or have a moving escalator in your house, but the point is that these accessories can get caught in anything that moves, presenting safety issues throughout the office and home. Just remove the accessory before using instruments that may present an entanglement hazard.

Consuming Too Much Salt
Just as you can overdo it with water, you can also overdo it with its antidote—salt. How much is too much? About 48 teaspoons give or take.

The delicate balance of water and salt (or sodium) is in and around our cells is what keeps them happy. When there’s too little sodium (too much water), the cells swell up. When there’s too much sodium (too little water), on the other hand, they shrink.

This condition is known as hypernatremia. Its milder symptoms include fatigue and weakness, but if the condition worsens it can lead to seizures, a coma and, in rare cases, death.

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