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Shelby Safety Net

**PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU, YOUR FAMILY,
YOUR BUSINESS AND COMMUNITY SAFE**

Spring Weather Safety

Spring is right around the corner and with it comes the threat of severe weather. Be aware that weather can change at any given moment. Before severe weather strikes, have a storm readiness plan in place. According to the National Weather Service, "Take the opportunity now to choose the best shelter in your home and office, and make sure all concerned know where it is. Choose a meeting place to gather after the storm to ensure that everyone is safe." Not only do thunderstorms bring damaging winds, lightning, and hail, they can produce straight line winds. This phenomenon happens when the thunderstorm downdraft hits the ground and flows outward. These winds can produce damage similar to tornado damage. On average, the Ohio Valley has a high likelihood of tornadoes compared to other regions. Find shelter in a basement, storm shelter, or small interior room on the first floor. Over 30 percent of disasters are flood related. Flash floods can happen quickly in low-lying areas. If you are in a car, don't drive through water. Just two feet of water can move a vehicle and six inches can knock a person over. Rainy weather can happen quickly and driving through wind driven rain can be blinding. Slow down and keep a safe distance behind the car in front of you. Check the weather daily and get an alert on your phone to warn you of pending danger. Keep an emergency kit in your home and in your car. In a power outage, gas pumps won't work, so keep a full tank of gas in your car.



Drive Safely, Drive Responsibly – Keep a Safe Distance

Rear-end crashes occur due to a variety of factors: high or low speeds, inattention or distraction, sudden unexpected actions of others, failure to adjust speed to road and traffic conditions, and improper following distance. Mental and physical factors can also contribute to rear-end crashes, including; fatigue, illness or impaired driving, stress, aggressive driving and even road rage. What is a safe following distance? A safe following distance is never less than six seconds.

Add another second for each of the following conditions: • Speeds over 40 mph • Each adverse condition (anything affecting visibility or traction) • If you're being tailgated.

Rear end crashes are preventable. The only way to prevent these very dangerous and expensive crashes is to maintain proper following distance and to control your speed so that no matter what happens in front of you; YOU can avoid a collision.

Source: Arthur J. Gallagher & Co

Speed	Truck	Auto
20 mph	52 ft.	42 ft.
55 mph	335 ft.	224 ft.
65 mph	525 ft.	316 ft.

Put Safety First

Protect What Matters

Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

To prevent tragedies due to distracted driving, motorists are urged to:

- Turn off electronic devices and put them out of reach before starting to drive.
- Be good role models for young drivers and set a good example. Talk with your teens about responsible driving.
- Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver, so his or her full attention stays on the driving task.
- Always wear your seat belt. Seat belts are the best defense against unsafe drivers.

All pedestrians and bicyclists should focus on their surroundings and not on their electronic devices.

Source: <https://www.osha.gov/Publications/SafeDriving.pdf>



It's official! Shelby County has been in existence for 200 years!

Join in celebrating the festivities this spring:

Bicentennial Kickoff – April 1, 7 pm, Historic Sidney Theater

Bicentennial Retrospective: Why We Are Who We Are - April 18, 7 pm, Ross Historical Center, Sidney

Antique Quilt Show – April 27, 10 am - 6 pm, Hardin Methodist Church

Hardin-Shelby County's First County Seat – 10 am - 7 pm, 10207 SR47, Hardin

Native American Artifact Show – April 28, 1 pm – 4 pm, Ft. Loramie Elementary School

World Record Event - May 15, 10 am, Sidney Memorial Stadium

Jackson Center Community Days - May 31 - June 2

National Stress Awareness Month

April is National Stress Awareness Month. Learn 5 ways to de-stress and help your heart.

1. Stay positive. Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
2. Meditate. This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation's close relatives, yoga and prayer, can also relax the mind and body.
3. Exercise. Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. Unplug. It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.
5. Find ways to take the edge off your stress. Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

Source: Stress Management, Special Health Report from Harvard Medical School.

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.

Spring Ahead!
Daylight Savings
Time Begins
March 10, 2019



Take time to change
batteries on smoke
alarms & carbon
monoxide detectors.

Clean Up Day

Saturday, April 6, 2019

8 am – 12 pm

Dinsmore Township –

The Inn Between on SR 274

Salem Township – Salem

Township Trustee Building,

17500 SR 47

Acceptable items:

Household garbage and

Large item trash/junk.

Need more information?

937-498-7249