

MISSOURI RURAL SERVICES WORKERS' COMPENSATION INSURANCE TRUST

SAVE THE DATE FOR THE MRSWCIT 34TH ANNUAL MEETING

WHERE: THE LODGE AT OLD KINDERHOOK

WHEN: JUNE 5, 2025

TIME: 9AM – 1PM

INVITATIONS WILL GO OUT APRIL 2025

ENJOY GUEST SPEAKER KC WOLF!

KANSAS CITY CHIEFS MASCOT DAN MEERS WHO AVERAGES
MORE THAN 150 SPEAKING ENGAGEMENTS EACH YEAR AND IS
EQUALLY ENTERTAINING OUT OF HIS COSTUME!



Launch Your Safety Program

Safety programs are not only the responsibility of your supervisor or safety manager – everyone must take part to keep the workplace free from hazards. Lots of work goes on behind the scenes to make your job as safe as possible, but there are also some things you can do to take accident prevention into your own hands.

Safety is important because nothing less than the future of your family is at stake. They are counting on you to provide food and shelter, and an on-the-job accident could very easily disable you and leave you without security. Whatever your job status is and whatever your duties include, use these tips to help make our safety program a success.

Work as a Team

Each person in the workplace, from employees to supervisors and management, must work together to achieve our safety goals. With everyone pitching in ideas and suggestions, we can solve problems and get through tough situations.

If you see a co-worker being careless or unsafe, it is your job to speak up. Remember that you have the right to work in a place free from hazards.

Make Safety Suggestions

If you are a seasoned employee, you can use your years of valuable experience to spot potential safety hazards. Or if you are a new employee, you may be able to spot something right away that a long-time pro may have overlooked.

You and your co-workers can get your own safety program off the ground by giving your supervisors or safety leaders ideas on how things can be made safer. Any idea, no matter how small it may seem to you, could prevent a serious accident.

Ask Questions

If you are unsure about any aspect of 's safety program, ask. It is better to ask a question if you are hesitant than wait until after a serious accident occurs.

It's easy to make a safety program successful if everyone does their part. Follow these simple guidelines, and you will be one of the keys to keeping our safety program on solid ground.

HALL OF FAME



Sharon Tyger - Opportunity Sheltered Industries



Roger Haynes & Kelly Rhodes - City of Mexico



Jennifer Taylor, Heather Offineer, Kyle Baker, Gehrig Taylor & Rex Smarr Boone Co PWSD #9 and Mike Keith Insurance Agency



VIP Industries - Kimberly Baker & Rose Williams



Deborah Taylor - Sullivan Co Health Dept.



Dusty Sawyer - City of La Plata



City of Clinton from Left to right: Mike Keith, Gehrig Taylor, Kayla Anstine, Christy Maggi, Chris Rutter, Jennifer Taylor, Deidra Rapp & Christian Delozier - City of Clinton and Mike Keith Insurance Agency


**Wash Hands with Soap
and Water**

Clean Surfaces

Rinse Produce

Wash Hands and Surfaces Often



Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

Wash your hands with warm water and soap for at least 20 seconds!

How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). *Chicken Preparation in the Home: An Observational Study*. Food Protection Trends, 34, 318-330.

Clean Surfaces

Keep Your Scene Clean

Bacteria that can cause illness can survive in many places around your kitchen. **Keep countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item.**
- **Keep your fridge clean, too:** Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.



Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.

Rinse Produce

Rinse fresh fruits and veggies under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at fightbac.org.



THE FOUR WAYS TO FIGHT BAC!



Partnership for Food Safety Education

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

WWW.FIGHTBAC.ORG

 facebook.com/FightBAC

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