



UNDER CONSTRUCTION

Safety & Health MONTHLY



Quick Tip

ELECTRICAL HAZARDS CAN BE SHOCKING!

Submitted by Karen Krietlow & Codi Gregg - Reg 13 Safety Chairs

Since I work for an electrical contractor, I am surrounded by electrical safety issues daily. For a person who makes their living as an electrician, every day proves to be perfect conditions to use their safety knowledge to prevent electrical incidents. While electrical incidents only account for a small portion of those that occur on the job, they are far more likely to be fatal. Electricity is the 6th cause of occupational injuries in the US. But how does electrical safety affect the normal homeowner or person in the workplace? Electricity is the cause of over 140,000 fires each year, resulting in 400 deaths, 4,000 injuries and \$1.6 billion in property damage. Total economic losses due to electrical hazards are estimated to exceed \$4 billion annually. Electricity flows around us all every day and we all can be aware of things to keep us safe from an electrical incident or electrocution.

• We can all practice electrical safety by:

- Getting aged wiring replaced
- Using appliances & equipment correctly
- Replacing damaged electrical equipment or have it repaired
- Making sure power strips, cords & surge suppressors are designed to handle the loads for their intended use.
- Add protection by installing new electrical safety devices such as AFCI's (Arc Fault Circuit Interrupters) to detect and stop arcs that can cause fires. Arcs are not detected by most breakers and fuses.
- Using and testing our GFCI's (Ground Fault Circuit Interrupters – the outlets with the “reset” buttons on them)

To test: Push the “RESET” button on the receptacle to prepare for the test. Plug a light into the receptacle, the light should be on. Push the “TEST” button and the light should go off. Push the “RESET” button again and the light should turn on

If it doesn't go off, then the GFCI is not working properly. If the “RESET” button pops out during the test but the light does not go out, the GFCI may be improperly wired. Contact a qualified electrician if either of these occurs.

If you have questions, please contact me at kkrietlow@muthelectric.com.

SAFETY FIRST!!!

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BACK TO WORK

*Kathi Dobson, CHST, CIT, LEED AP
National Safety & Health Committee Co-Chair*

It was in March of 1994 that I had my second lumbar laminectomy for a ruptured disc in my back. What I remember most is how it changed my life. The first time I had back surgery, in September 1993, I quickly recovered, returned to work, and continued my old habits of trying to do things by myself, which included lifting and moving patients (remember – I was a nurse before I became the safety zealot that I am).

After my second surgery and subsequent recovery to the point of MMI (maximum medical improvement to those of you not familiar with worker's compensation insider lingo), I still thought I was going back and going to do the same things I had done before (because I “learned” this time...). The only thing I did not count on was not being able to return to work (“full duty” – another WC term) because of lifting restrictions the doctor had placed. (No frequent lifting of > 50 lbs.) Because of my two prior injuries, the hospital I was working in was reluctant to find any work that I could do that did not require some lifting, and some of that lifting was > 50 pounds. (Even in the hospital's nursery, there was equipment which approaches 50 pounds)

So – they would not take me back. I had two decisions to make. The first was to keep trying to get back into a place that did not want me to reinjure myself and who was willing to continue to pay me to stay at home, OR to really learn what to do to prevent any further back injuries.

I made the second decision, and embarked on my safety career. I went back to the therapists and told them what was going on. I learned more about flexing, stretching and strengthening my muscles. I warmed up and loosened my back muscles every day and I learned that if I needed to move something that was bulky or oversized, awkward to lift, or heavy, I got help. I learned that it is essential to use tools to help move things. So here's my message for the month - Don't crack your back!

Lifting can be done safely. Get help when you need it. Use material handling equipment. 30 seconds of thinking before lifting can help you avoid possibly years of pain.

I didn't take the time to think, ask for help or use equipment. I should have. My injury became the point of change for my career. I'm so fortunate that I could find a career that I was equally as happy in and one in which I could have as much or more influence on people.

I use my pain to help others see what they can do to prevent an injury like I had. Most low back injuries which affect the disc do not happen because of one incident. It's chronic, repetitious (bad) lifting and moving that gradually stresses the back and spine until it reaches a point of no return...So I speak up – I educate, and importantly, I stress that all tasks require pre-planning and thought before beginning. The men and women who are our tradespersons are paid to do a job and we need to give them permission (and time, and materials) to do it correctly and safely. Work Safe – for Life!



THE GOLFER'S LIFT
Lean one hand on stick, chair, box, etc. Pivot forward from the hips. Raise opposite leg behind you.



THE SQUAT LIFT
Squat. Head up. Back arched. Feet spread. One foot ahead as you lift.



THE TRIPOD LIFT:
Knee on the ground. Head up. Slide object to mid-thigh. Both forearms under object. Extend legs with back straight.

KEEP THE EARTH HEALTHY

Now is the perfect time to cut down on junk mail. Did you know that each year millions of trees and billions of gallons of water are used to create junk mail, most of which never gets recycled? There are several things you can do to reduce how much junk mail you receive.

Quick Tip: Get off of national mailing lists by sending your name, address, and signature to: Mail Preference Service, c/o Direct Marketing Association, P.O. Box 643, Carmel, NY 10512.



THE "EYES" HAVE IT

Given the epidemic of skin cancer in this country, sun safety should now be an important part of our lives. Sun safety policies and strategies should be found in our homes, schools, work areas and recreation spots. They should be used daily by all people, and particularly those with fair skin and light eyes. We spend so much time focusing on keeping our SPF-30 sun block slathered on our skin, that we forget that our eyes are also in need of protection.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors.

In addition to wearing sunglasses while outdoors, below are a few more tips on how to protect your eyes from the sun's damaging UV rays.

Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent upon the price tag or how dark the sunglass lenses are.

Check for 100% UV protection: Make sure your sunglasses block 100 percent of UV-A and UV-B rays.

Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.

Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.

Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember to also put on your sunglasses.

Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.

Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.

Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.

TIME OUT FOR A CHUCKLE

The following was submitted by a Jacksonville NAWIC member. Apparently she takes a copy of the NAWIC Image into her company restroom for everyone to enjoy. This is an actual email that the President of her company sent to all the employees:

We need to take the safety of the people on our site as a primary consideration during our daily activities. Part of safety is simply keeping the site clean and requiring subcontractor compliance to the rules and regulations they agreed to follow upon signing our contracts. I depend on each person in this organization to assist with safety.

Please view the lovely article found in NAWIC magazine. If you would like to see a copy in the office, please use the women's room but remember to put the seat down.

What's Really Bugging you in the Workplace?

Fighting off the flu yet again? If you're constantly bugged by bugs at work, you and your colleagues may actually be getting sick from one another. It's no secret that the workplace is the perfect environment for germs to live and flourish. When you're indoors and in close contact with your colleagues in the office, there is an opportunity for germs to be spread. But since we can't just stop going to work to keep our social distance from the sickies, here's a guide to the office hot spots where those harmful germs like to hide.



The bathroom Bathrooms tend to be hot spots, since some people don't wash their hands after going to the bathroom and they don't dispose of tissues properly. The germs that cause illness are quite hardy and can survive for a long time on hard surfaces like sinks.



Door handles Most germs get passed around through hand to hand contact or touching something that's contaminated, and the contamination potential is huge on door handles.

Shared phones and keyboards Phones and keyboards, when shared, can be a potential source of infection. Be sure to disinfect them before you use them when you are sharing them.



Carpeting It looks and feels great but it's home to an untold number of bacteria. The biggest problem with carpeting is mold, so the carpets at the office should be steam cleaned regularly with an industrial vacuum that has a filter.



Communal coffee pot People may not wash their hands before they brew or pour the java. Since people can be contagious for about a day before they get sick, they leave germs on the pot and this is one of the hidden ways that people pass germs around.



Pens and pencils People tend to put them in their mouth and bite on them, which makes it very easy to transmit infection. To avoid this, carry your own and don't share with anyone else.



Microwave oven It's great to have it to heat up your leftovers, but the control panel is constantly being poked by employees - who may be sick or else coming down with something. If you like to nuke your lunch, be sure to wash your hands immediately afterward in hot water with a lot of soap.



Water coolers They may be the quintessential "gathering place," but they're also a big threat to staying healthy. Water coolers are a rising concern, since someone has to handle the jug and stick the jug into the cooler itself. Plus, the little spout and the internal mechanism are breeding ground for viruses and bacteria. Additionally, people are always shoving their plastic bottles right up to the spout to fill them - and for all you know, some of these people may be coming down with a flu the next day.

And the winner is...

The ballots are in! Thank you to everyone who worked so hard to spread the word about the NAWIC Safety Excellence Award competition. We are excited to announce that we had 100% participation from each Region! This was only our second year to have this award, so it is fantastic that each region embraced it so quickly. Below is the list of each Region's winner(s). Each winning company has been submitted for the National Safety Awards, and the winners will be announced this September at National Convention in St. Louis.

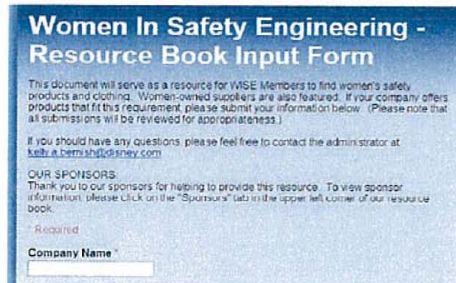
REGIONAL SAFETY EXCELLENCE AWARD 2010-2011

	CONSTRUCTION COMPANY	CONSTRUCTION-RELATED INDUSTRY
Region 1	SEW Construction, JV	Malcom Pirnie - Arcadis US
Region 2	New South Construction	HB Training
Region 3	APG Electric, Inc.	
Region 4	Clark Construction Company	
Region 5	Fire Tech Systems, Inc.	
Region 6	J.E. Dunn Construction	Lafarge
Region 7	Rogers-O'Brien Construction Co., Ltd.	Johnson Controls, Inc.
Region 8	Sun Mechanical Contracting, Inc.	Colorado Springs Utilities Distribution Collection & Treatment
Region 9	Emerick Construction	Professional Service Industries, Inc.
Region 10	Performance Contracting, Inc.	SimplexGrinnell
Region 11	Hourigan Construction	
Region 12	Mr. Crane	Cal/Pac Painting of Nevada, Inc.
Region 13	Cogdell Spencer Erdman	Climate Engineers, Inc.
Region 14	Gilbane Building Company	

WISE RESOURCE GUIDE

The Women In Safety Engineering (WISE) common interest group is excited to announce that our Resource Guide is now live and can be accessed from our webpage www.asse.org/wise or through our LinkedIn site.

Struggling with the challenge of finding resources for women's safety products; clothing, welding gear, gloves, harnesses or ergonomic items, etc., prompted WISE to create a Resource Guide to solve this issue.



Women In Safety Engineering - Resource Book Input Form

This document will serve as a resource for WISE Members to find women's safety products and clothing. Women-owned suppliers are also featured. If your company offers products that fit this requirement, please submit your information below. (Please note that all submissions will be reviewed for appropriateness.)

If you should have any questions, please feel free to contact the administrator at kelli.a.bern@wise.org

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* Required

Company Name

If your company provides products or services that are geared toward women in the SH&E industry or is a woman-owned or woman-run business in the SH&E profession then add your company's information to the WISE Resource Guide.

There is **no cost** to be a vendor in or a user of the WISE Resource Guide. This is a service that WISE provides through our sponsors who support our activities and goals and you can find them all listed under the Sponsor category of the Resource Guide.

LinkedIn viewing: www.Linkedin.com

On the WISE LinkedIn site there is a bar at the top of the WISE site that says: MORE, click on MORE, then click on the WISE Resource Guide Subgroup. To access the Input Form, click on Subgroup Input for WISE Resource Guide. To open the Resource Guide, simply click on the link.

Website viewing: www.asse.org/wise

The Resource Guide and Input Form are in the upper right corner.

Once the form is completed, the content from the entry form is automatically downloaded into the Resource Guide.

Remember if your company provides products or services that are geared toward women in the SH&E industry or is a woman-owned or -run business in the SH&E profession then we want you as part of the WISE Resource Guide. We look forward to seeing your company as part of the WISE Resource Guide.