

NEWS AND INFORMATION FROM THE UTAH SAFETY COUNCIL

COLD WEATHER PROTECTION



Working outdoors poses additional challenges in the winter months. Colder temperatures and wind-chill can cause frostbite or hypothermia if workers are not properly prepared. Encourage employees to follow these OSHA-recommended precautions to avoid overexposure to winter weather:

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- * Wear several layers of loose clothing with a base layer made of a wicking material to help keep moisture away from the skin. Covering your head and mouth will help protect your lungs and prevent heat loss.
- * Go indoors to a warm, dry area for frequent short breaks.
- * Be sure to stay hydrated with beverages such as sports drinks, avoiding caffeine and alcohol.
- * Train workers to recognize the symptoms of cold related illnesses and the precautions to avoid them.

Some warning signs of frostbite include a tingly, numb sensation in the affected area, that most often occurs in the fingers, toes, ears and nose. Skin may feel hard to the touch and take on a pale, waxy-white color. When treating the person:

- * Get them to a warm, dry place and remove any wet or restrictive clothing that may inhibit the blood flow.
- * Do not rub the skin. Rubbing can damage tissue.
- * Warm frostbitten area in lukewarm water only if medical care will be delayed and there is no danger of it refreezing. Do not pour water over the area, or use hot water, as this will cause the skin to warm too quickly and potentially damage the tissue.
- * When normal skin color, feeling and movement have returned, dry and wrap the area to keep it warm. If there is a chance the area may become cold again do not warm it, as this may cause tissue damage.
- * Seek medical attention as soon as possible.

 *Continued on next page*



A more emergent condition associated with cold weather is hypothermia. Symptoms include uncontrollable shivering; apathy, confusion, drowsiness, irrational behavior; clumsy movements; pale or ashen, cool skin (even under clothing); slow breathing.

When treating someone with hypothermia:

- ✳ Immediately call 911, and do not leave the victim alone.
- ✳ Get the person to a warm, dry area, remove any wet clothing and wrap him or her in dry clothes or blankets.
- ✳ If the person is awake and alert have him or her drink a warm (not hot), sugary beverage such as a sports drink.
- ✳ Have the victim move his or her arms and legs to generate heat in the muscles.
- ✳ Do not immerse the victim in hot water or use direct heat (hot water bottle, heat lamp, heating pad), because rapid warming can cause heart problems.

www.osha.gov

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Safety Matters is published quarterly by the UTAH SAFETY COUNCIL. If you would like to submit items for use in this newsletter, send them to:

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DON'T MAKE CONTACT



The leading cause of non-fatal workplace injuries is contact with objects or equipment: This cumbersome phrase does not sound very intimidating. Nevertheless, such incidents in 2003

were the leading cause of nonfatal occupational injuries in the United States, and the second leading cause of fatal incidents, behind motor vehicle crashes.

Case in point: The National Institute for Occupational Safety and Health investigated the death of a 23-year-old worker at a Michigan tooling company who died in 2004, after a drill struck him in the chest. The drill had broken off an overworked computerized numerical control machine.

In another 2004 incident, this time in New York, a 49-year-old machinist died after being struck by an 1,800-pound steel spool that had fallen from a hydraulic lift table at a tissue paper plant.

“Contact with objects or equipment” caused 341,750 nonfatal workplace injuries in 2003 – the most recent year for which detailed data is available, according to the National Safety Council. One of the reasons that number is so high is that a wide spectrum of injuries fall into this category.

According to the Bureau of Labor Statistics, “contact with objects or equipment” injuries can include a worker being caught in machinery,



stepping on an object, becoming trapped in collapsing materials or being jarred from vibration among others.

The National Safety Council breaks down these injuries into three subgroups. These subgroups, along with the total number of such injuries that occurred in 2003, are listed below:

Injuries	Total number
Struck by an object	166,400
Struck against object	91,440
Caught in object, equipment or material	57,160

These types of injuries also caused a total of 911 deaths that year. The manufacturing sector experienced the highest number of nonfatal injuries (74,840), but the construction industry experienced the most deaths (321). Construction also saw a high number of nonfatal incidents (54,230), as did the retail trade industry (51,190).

Employment levels may contribute to the highest numbers. The more workers that are employed in an industry, the more opportunities for injury arise. In 2003, 16.5 million workers were employed in private-sector manufacturing, compared with 7.9 million in private-sector construction.

However, injury rates that adjust for the population size are also high for the manufacturing sector. In 2004, the nonfatal injury rate for manufacturing was 6.6 injuries per 100 full-time employees. Compare this to the 4.8 overall rates for the private sector. The construction industry had a slightly smaller rate 6.4. These rates include all nonfatal injuries.

Safety&Health, Dec. 2006

Industry	Total number
All Industries	34,1750
Construction	54,230
Manufacturing	74,840
Retail Trade	51,190
Transportation/Warehousing	29,410
Education/ Health Services	26,440

AGING POSITIVELY ON THE JOB



Older workers face their share of age-related challenges. The risks of injury during a physical task increase because of a decrease in flexibility and

muscle strength. A decline in balance control also may put them at a higher risk of falls. According to the Missouri Arthritis Research Rehabilitation and Training Center (MARRTC), making a few changes can increase safety and comfort for older workers, allowing them to remain healthy and productive employees. MARRTC offered the following suggestions for older workers:

- Set priorities and be flexible. Do the most important work while you have the most energy.
- Arrange work areas to cut down unnecessary movements and awkward postures, such as twisting spine, lifting heavy loads, leaning to one side, reaching overhead, and standing on one foot, etc.
- Be careful not to hold any one position for too long. Stand and stretch for a few moments every 30-60 minutes when you sit for long periods.
- Establish good posture. Adjust chairs, work heights, and positions of machines or equipment to allow the body to be in a neutral position – arms at side, elbows flexed 90 degrees or less, wrist neutral, spine and neck supported by the natural curve, and feet supporting weight without stress on knees.
- Increase task rotation. Older workers are more vulnerable to the strain from repetitive motion.
- If it is not practical to rotate your task periodically, rest your joints by changing positions every 30 minutes.
- Reduce excessive force. Avoid or modify job tasks that require prolonged and excessive muscle contractions. When possible, opt for mechanical assists that require less muscles strength.
- Maintain a sleep schedule of going to bed at a regular time and getting enough rest to carry you through the next day.
- Use memory aids such as calendars, pictures, times and pop-ups to keep you on schedule.
- Improve illumination in work areas. Older workers are more likely to be affected by poor lighting, poor contrast and small print.

Safety&Health Nov. 2006

Do you receive our award winning monthly e-newsletter *Safety Solutions*?



If not, you are out of the loop! Stay up-to-date with the latest news, information and trends in the occupational safety and health industry. *Safety Solutions* has been recognized as being the best electronic newsletter of all of the Chapters of the National Safety Council for the last two consecutive years! We are continually working to make *Safety Solutions* an important and valuable resource for all who utilize it.

To be added to our e-communications list please send an e-mail to safety@utahsafetycouncil.org

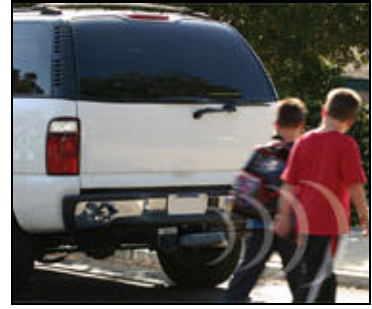
WATCH YOUR BACK



In the course of our daily driving experience, it frequently becomes necessary to back vehicles out of parking spaces, driveways or other congested areas. Purdue University, recommends the following techniques to minimize the potential for backing accidents.

- When practical, park vehicles so you will not have to back them at a later time.
- Keep windows clean. Never back a vehicle when the rear windows – or any mirrors – are covered with frost, snow or other substances.
- Check the path repeatedly. Once behind the wheel, with the engine running and the vehicle in reverse, check the area again by turning and visually clearing the path that the vehicles will take.

- Make sure the path the vehicles will take while backing is clear of obstacles. Anticipate where a vehicle or pedestrian could enter the path of your vehicle while backing.
- In large vehicles, use the side mirrors to check and visually clear the rear.
- Honk the horn once or twice to warn other drivers and pedestrians that you are going to back up.



Safety&Health Oct. 2006



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of a
Utah Safety Council
Membership!



Members are able to attend the
Building a Foundation for Occupational Safety Course
on January 19, 2007 for **FREE!**

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MEET OUR BOARD

The Utah Safety Council is governed by an 18 member volunteer Board of Directors comprised of business and civic leaders. This board is responsible to assure that the over-all program objectives of the Utah Safety Council are kept clearly in focus and that the goals of each of the work units of the Utah Safety Council function for the sole purpose of furthering accident prevention. One board member will be highlighted in each future issue of *Your Safety Matters*.



Mr. Harlan accepting his appointment as chairman of the board at the the 2006 Annual Meeting.

The current Chairman of the Board of Directors is Mr. Harlan Y. Hammond, Jr., Assistant Vice President, Risk Management Services, Intermountain Health Care (IHC). Mr. Hammond has been employed by IHC since 1986. Prior to joining Intermountain Health Care, he worked as a healthcare financial auditor in Arthur Andersen's Seattle office. He earned a Bachelor of Arts degree from the University of Utah in Business Administration, and an MBA Degree from the University of Washington. Mr. Hammond currently serves as President of the Utah Society for Healthcare Risk Management. He has served on the Utah Safety Council Board of Directors for five years.



SUCCESS THROUGH SAFETY!

AMES CONSTRUCTION

2006 AWARD OF HONOR RECIPIENT



Ames Construction Company with their Award of Honor at the Utah Safety Council's Annual Awards Luncheon.

The Utah Safety Council's Award of Honor is given to reward quality in Occupational Safety and Health Programs as measured by outstanding safety performance. Organizations are recognized for improvements in lost time and total case incidence rates, and/or maintaining rates that are consistently below the average for their industry. The benchmarks are national averages compiled by the United States Department of Labor, Bureau of Labor Statistics. In addition to extremely stringent data requirements, applications for this award must have functioning safety programs that include a formal written safety and health plan, emergency plans, safety and health inspections, safety training and employee safety committees.

Ames Construction performs a wide range of heavy civil and industrial construction projects in Utah and throughout the United States. Ames has been in business since 1960, and has had a presence in Utah since 1982. In 2005, the company worked 3.3 million hours, including 590,000 hours here in Utah.

Safety at Ames is an extremely important aspect of how the company does business. Ames construction recognizes the value of a safe and healthy working environment. All levels of management are determined to make the company's project sites incident-free. At Ames, the commitment to safety begins with top management, extends through all levels of

supervision and is clearly communicated to all craft personnel. Safety and supervisory staff continually monitor the work environment. The results are the identification and elimination of potential hazards, and the assurance of full compliance with safety regulations. Supervisors at all levels undergo frequent training to maintain and improve their safety management skills. All craft employees participate in weekly "toolbox" safety meetings, and task-specific safety briefings are provided to all employees at the beginning of each day.

The success of the Ames Safety Program is evidenced by annual statistics that reflect for safety performance, which show Ames well below the national average in incidence rates. During the last three years, Ames has logged over 1.5 million work hours. They ended 2005 with a perfect record in lost time cases and reduced their total case incident rate by half, from approximately 4.6 in previous years to 2.04 in 2005. During the three-year period for which this award criteria was based, the company has maintained its incidence rates well below the national average for the construction industry. Congratulations to Ames for all of their hard work and for their successful safety and health program.

Success Through Safety!

We want to brag about our members! Let us hear about your successes stories resulting from your safety and health programs so that it can be highlighted in *Your Safety Matters*. Please mail, fax or e-mail your story to:

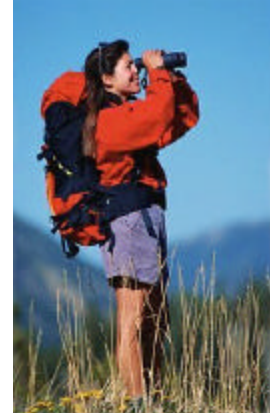
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WILDERNESS FIRST AID COURSE

Wilderness First Aid is needed for activities in remote areas (hiking, climbing, camping, sailing, hunting or snowmobiling). Anyone living, working, traveling or just enjoying the wilderness should be prepared to manage a medical emergency.

Wilderness First Aid is a four-day comprehensive course that covers:

- Victim Assessment
- Urgent Care
- Care of Bleeding, Wounds and Burns
- Dressings and Bandages
- Head and Facial Injuries
- Bone, Joint & Muscle Injuries
- Circulatory, Respiratory, Neuralgic and Abdominal Emergencies
- Diabetic Emergencies and Allergies
- Poisons, Toxins & Poisonous Plants
- Animal Bites, Human Bites and Snakebites
- Water Emergencies



Courses will be held March 13-16 and April 10-13, 2007, from 8 AM to 5 PM

Course Cost: Member: \$200, Non-Member: \$250 To register contact Brandee at (801) 478-7878 ext. 307 or register online at www.utahsafetycouncil.org.



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