

your

# SAFETY matters

WINTER 2008

NEWS AND INFORMATION FROM THE UTAH SAFETY COUNCIL

## NATIONAL RADON AWARENESS MONTH

This year make safety your New Year's resolution and test your home for radon. Radon is a naturally occurring, odorless, tasteless, radioactive gas produced by the breakdown of uranium in rocks and soil. It has been found at high levels in every state in America. Radon enters the home through cracks and other openings, surrounding soil, and sometimes contaminates well water. Radon is not dangerous when diluted by outdoor air, but when trapped inside, it can build to dangerous levels.

Nearly 1 in 15 homes in the U.S. are estimated to have elevated radon levels. What about Utah? Results obtained from short term tests conducted by individuals having purchased radon test kits from the Utah Safety Council during 2007, showed that one in three homes tested at 4 pCi/L (Pico Curies

per Liter) or higher. Levels above 4 pCi/L are considered "action" levels by the Environmental Protection Agency (EPA),

meaning steps should be taken to further correct the problem.



Radon is the second leading cause of lung cancer in the U.S. – only cigarette smoking causes more lung cancer deaths. An estimated 15,000 – 22,000 people die each year from radon-related cancer. If inhaled, radon gas decays into radioactive particles that become lodged in the lungs. As the particles break down further, they release small bursts of energy. This energy can damage sensitive lung tissue and lead to lung cancer over the course of a person's lifetime.

The EPA and the Surgeon General have strongly recommended that all residences (except those above the second floor in multi-level buildings) be tested for radon. Because radon gas is invisible to sight, smell, or taste special detection kits are necessary to find a potential problem.

Testing your home or business for the presence of radon gas is the only way to determine if elevated levels exist. While your neighbor may have an acceptable level, this is not an indicator of radon in your home. Home construction differences, outside draft patterns, indoor appliances and even indoor activities can make a marked difference in the radon level in your home at any given time.

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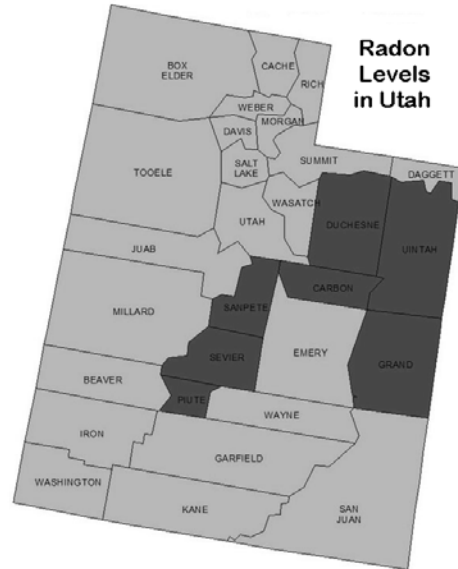
*(page 7)*






Your partner in developing effective occupational, traffic and home safety programs.

The Utah Safety Council recommends that every home be tested to ensure safety. Radon detection kits are inexpensive and easy to use. After you have completed the test, simply mail in the entire kit for analysis to the manufacturer (a postage paid envelope as well as the analysis are included in the price of the kit). The results will be returned via mail or email. The cost of a Radon Test Kit is only \$12 each, which includes shipping and handling.

To obtain more information or to purchase a Radon Test Kit, please visit [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org), or contact the Utah Safety Council at (801) 478-7878, ext. 303 or (800) 933-5943, ext. 303 outside the Salt Lake Metro area.



-  Zone 1 -- High Potential of Risk
-  Zone 2 -- Moderate Potential of Risk
-  Zone 3 -- Low Potential of Risk

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Revised Edition #13020-0000



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► CD requires Adobe Acrobat Reader, Windows only.

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To order, contact Mona at (801) 478-7878 ext. 302, e-mail her at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org) or order online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org).



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## SAFETY GLASSES: KEEPING THEM CLEAN

Dirty safety glasses can be very irritating and can lead to the hazard of reduced visibility. Therefore, it's important that workers clean their safety glasses (and other personal protective equipment) periodically. However, there's more to cleaning than just wiping the lenses clean with a shirt.



### How to Clean

Several methods for disinfecting eye-protective equipment are acceptable. The most effective method is to disassemble the goggles or spectacles and thoroughly clean all parts with soap and warm water.

- Carefully rinse all traces of soap and replace defective parts with new ones.
- Swab thoroughly or completely and immerse all parts for 10 minutes in a

solution of germicidal deodorant fungicide.

- Remove parts from solution and suspend in a clean place for air drying at room temperature or with heated air.
- Do not rinse after removing parts from the solution because this will remove the germicidal residue that retains its effectiveness after drying.

### When to Clean

There are many situations where safety glasses should be cleaned:

- Eye and face protection equipment that has been previously used should be disinfected before being issued to another employee.
- When employees are assigned protective equipment for extended periods, the equipment should be cleaned and disinfected regularly.
- Atmospheric conditions and the restricted ventilation of the protector can cause lenses to fog. Frequent cleansing may be necessary.

## EVERYDAY OFFICE ERGONOMICS

Good ergonomics fit the task to you rather than forcing you to adapt to the task. That means you work in a comfortable, natural position and avoid straining, overreaching and awkward movements that can lead to painful conditions such as carpal tunnel syndrome, neck tension, tendonitis and upper body aches and pains.



**Time for a Comfort Check:** Aim to check off all of these ergonomic best practices as they apply.

- When sitting at your workstation, your feet are flat on the floor. Your seat does not press against the back of your knees or lower legs
- Your monitor is at eye level, straight ahead and at a distance at which you can read the screen without leaning forward or backward

- When you type, your elbows are comfortably at your sides, each elbow at a right angle, and your forearms are parallel to the floor
- Your work materials are within easy reach
- Your keyboard is positioned so that keystrokes can be performed with your wrists, hands, knuckles and fingers in a relaxed, natural or neutral position
- You type gently
- Your armrests do not interfere with your movement
- You maintain good posture

When possible, vary your work activities to break from repetitive motions and constant work positions.

The Utah Safety Council has over 35 ergonomic-related titles in their Safety Media Library. Go online to [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) to view the entire list of these selections and to reserve one of these titles. Members of the Utah Safety Council enjoy free rentals from the Safety Media Library.

## SAFE WINTER DRIVING HINTS

The mention of winter driving stirs up memories of snow, sleet, ice, skidding and digging the car out. However, through careful planning and some good old-fashioned common sense, anyone can ease the uncertainty of potentially dangerous travel conditions and reduce transportation accidents and fatalities so everyone can safely enjoy the winter season.



### Avoid Procrastination

Winter preparation of your car should begin before the first snowfall. Get a tune-up. Check the brakes, exhaust system, and make sure the front and back wipers, heater, defroster and rear window defogger are all in good working order.

Inclement weather can turn a normal trip into a driver's worst nightmare. Winter drivers will benefit from stocking up with a snow shovel, ice scraper, sand, and kitty litter, and keeping them in the trunk.

All-weather tires will perform well under most conditions, but you should buy winter tires if you expect to be on the road daily. Stow warning devices such as flares and folding reflective triangles, jumper cables, gloves, a first aid kit, one or two water bottles and windshield wiper fluid in your vehicle. A working flashlight, blanket, old clothing to protect what you are wearing during repairs, duct tape for temporary patch-up jobs, maps, matches and nonperishable food items like high-energy trail mix or granola bars round out a basic supply list.

Anticipating problems before they arise should aid drivers in maintaining control of their vehicle. This is important because winter driving requires an adjustment for every

driver and makes accelerating, braking, and turning more challenging due to the weather conditions. Poor road conditions require better judgment, patience, and often adjusting to slow speeds. You do not need to drive at the limit.

### How to Handle Skids

**Front Wheel Drive:** Once you feel your car begin to skid, slowly remove your foot from the accelerator, until you feel your wheels regain traction control. (Do not attempt to brake!) As your vehicle's tires grab the road, slowly turn the steering wheel in the direction you want your front wheels to go.

**Rear Wheel Drive:** When you begin to spin, remove your foot from the gas pedal. Slowly steer in the direction you want the car to go. If you are still skidding out of control, counter-steer until your vehicle is pointing in the right direction. Never apply steady pressure to the brakes.

If you do get stuck in drifting snow, keep the snow and ice from blocking your exhaust pipe. Lower your window slightly to avoid asphyxiating carbon monoxide fumes from entering your vehicle. Run the engine and heater about 10 minutes per hour. Adjust this accordingly depending on the level in your gas tank. Don't leave the car unless you know your exact location and the time and distance required to get help.

Finally, check weather and traffic reports prior to and during your trip. Be patient, flexible and adaptable. Salespeople or those taking long trips should leave a travel itinerary with colleagues, family or friends with anticipated arrival and check-in times. By respecting Mother Nature, maybe you'll enjoy the snow and ice as much as you did when you were a child thinking about toboggan runs, a trip to the store, or a visit to friends or relatives.

The Utah Safety Council's Safety Media Library has over 20 titles that specifically address Winter Driving. Go online to [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) to view all of these titles.

*Source: National Safety Council*

## CONDUCT CONSISTENT, THOROUGH, SCAFFOLDING INSPECTIONS

Consistent and thorough inspections of scaffolding are crucial to ensure worker safety. Scaffolding was the most cited OSHA violation in 2007. Scaffolding standard 29 CFR 1926.451 covers general safety



requirements for scaffolding. Employers are bound to protect construction workers from falls and from falling objects while working on or near scaffolding at heights of 10 feet or more.

OSHA offers the following checklist, which should be used to inspect scaffolds and their parts daily, as well as after an event that may cause damage.

- Be certain scaffolds and all tools and materials are kept at least 10 feet away from power lines, or that those nearby are de-energized.
- Verify that the scaffold is the correct type for the particular job's load, materials, employees and weather conditions.
- Do not use the crossbraces as a ladder for access or exit.
- Check the footing to ensure it is sound, stable and capable of holding the loaded scaffold.
- Check legs, posts, frames and uprights to see if they are on base-plates and mudsills.
- Metal components should be inspected for rust, holes, broken welds and noncompatible parts.
- Check for racks or splits in wooden planks greater than 1/4 inch.
- If the planks deflect 1/60 of the span of 2 inches in a 10-foot wooden plank, the plank has been damaged and must not be used.
- Planks should be close together, with no more than 1 inch of space around uprights. Be sure 10-foot or shorter planks are 6 to 12 inches over the center line of the support and that 10-foot or longer planks are no more than 18 inches over the end.
- Check to see that the platform is at least 14 inches away from the wall (18 inches or less away from plastering stucco).
- Check guardrails on platforms where work is being done.
- If the area is not barricaded, fallen object protection should be provided for those employees working under the platform. Hard hats should be worn.
- Use braces, tie-ins and guying as described by the scaffold's manufacturer at each end, vertically and horizontally, to prevent tipping.

### SAMPLE SAFETY PROGRAM TOOLS

An Exclusive FREE Benefit only for Members of the Utah Safety Council. Are you new to the safety industry? Are you in charge of your company's safety program? Are you creating a new safety program for your company? Do you need to update your current safety program? The Utah Safety Council is here to help. We have many safety program templates that are available to Members of the Utah Safety Council for FREE. These include sample programs, policies, forms and checklists that address the safety topics and issues listed below. You can customize these tools to fit the specific needs of your organization.



# THANK YOU!

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# MEET OUR BOARD

Dr. Paul Waite serves as the Assistant Superintendent for support services for the Davis School District. He began his employment with the District in 1971. During his 36 year career, Paul has served as a teacher, an athletic director, an assistant principal, a high school principal and as the District's director of secondary schools. Paul is originally from California. He earned an Associate of Arts Degree from Taft College. He received a Bachelor of Science Degree

from Weber State University in physical education and history. While at Weber State during the late 60's, Paul was the quarterback of the football team. After college, he was also a free agent for the San Francisco 49'ers. He received a Masters of Education Degree in Educational Administration from Brigham Young University and a Doctor of Education from the University of Utah. In addition to his professional and academic accomplishments, Paul has had a distinguished military career. He served in the Utah Army Reserve and Utah Army National Guard where he retired as a Colonel after a 28 year career. He has served on the Utah Safety Council Board of Directors for three years and currently serves as the Chairman of the Board.



Mr. Paul Waite accepting his appointment as Chairman of the Board at the the 2007 Annual Meeting.



Fostering Educational Excellence

## UTAH SAFETY COUNCIL RECOGNIZED FOR EFFORTS IN TRAFFIC SAFETY

The Utah Safety Council was honored with a Special Achievement in Traffic Safety Award from the Utah Department of Transportation, at the Zero Fatalities Safety Summit in Park City on November 9, 2007. The Utah Safety Council was recognized for its innovation and dedication in educating the public and changing behavior with regards to traffic safety in Utah. Below is a list of the Traffic Safety Programs that the Utah Safety Council offers.



*(Left to Right) Hollie Davis, Information Specialist  
Brandee Sommer, Training and Development Specialist,  
Robert Parenti, President of the Utah Safety Council with  
the Special Achievement in Traffic Safety Award.*

### Alive at 25

This is a survival course for all 15–24 year olds developed by the National Safety Council. It is a 4 ½ hour program that focuses on the decision making processes and behaviors that young drivers and passengers display in a motor vehicle. All courses are taught by law enforcement officers, and are currently offered in various high schools and courts throughout Utah.

### Buckle Up For Love

In October 1995, the Utah Safety Council launched a program to combat the number of child deaths and injuries resulting from motor vehicle crashes in Utah by encouraging the use of child safety restraints. The Buckle Up for Love program encourages individuals who observe an unrestrained child in a moving

motor vehicle to call or otherwise notify the Utah Safety Council. Upon notification, the Utah Safety Council sends the owner of the vehicle a written reminder and educational materials. The program is not part of any enforcement effort. Vehicle owners who are reported are not penalized with fines or tickets, and there is no impact on the individual's driving record.

### Defensive Driving Course

The Defensive Driving Course (DDC) has been offered in Utah since 1969. Drivers who complete the course receive a 50 point reduction on their driving record. DDC offers practical strategies to reduce collision-related injuries, fatalities and costs. It addresses the importance of attitude in preventing accidents, and reinforces the good driving skills students already have. The Utah Safety Council offers this program to the public in twelve different cities throughout Utah.

### Network of Employers for Traffic Safety

Through the Network of Employers for Traffic Safety (NETS), the Utah Safety Council works to reduce traffic crashes, the primary cause of lost work time and employee fatalities. Nets helps Utah businesses reduce the costs associated with motor vehicle crashes through implementation of effective traffic safety programs. By helping employers implement well-developed policies and dynamic workplace programs, Utah NETS enhances the quality of life for employees of local organizations. Supported by 328 local employers, Utah NETS is continually striving to reduce the number of traffic crashes involving Utah workers and their families.

### 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:  
1574 West 1700 South, Suite 2A  
Salt Lake City, UT 84104  
(801) 478-0884 Fax  
safety@utahsafetycouncil.org

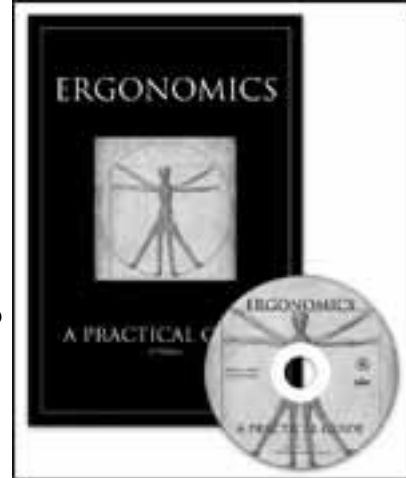
your **SAFETY** matters

**PUBLISHED BY THE UTAH SAFETY COUNCIL**

### ***ERGONOMICS: A PRACTICAL GUIDE (2ND EDITION)***

This redesigned manual and new resource CD offers a fresh look at the proven, practical knowledge safety and health professionals need to not only establish, but maintain a successful ergonomics program. Reformatted for readability and quick reference, this manual serves as a great tool to identify and correct ergonomics problems in the workplace. It discusses how to analyze work methods and workstations, identify and resolve problems, and implement an ergonomics program that fits the job to the worker to reduce the potential for fatigue, illness, and unsafe practices.

The companion CD includes six appendixes and resources to help evaluate and improve your ergonomics program, including printable 8.5" x 11" facility and work station checklists, questionnaire for workers evaluation of chairs and guidelines for choosing an ergonomic consultant.



Product # 12218-0000

**Member: \$36.25 | Non-Member \$47.13**

To order, contact Mona at (801) 478-7878 ext. 302, e-mail her at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org) or order online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org).



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