

Get in S.T.E.P. Safety Takes Every Person

SAFE -- Staying Accident-Free Everywhere

Voluntary Protection Programs (VPP)

4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

Sometimes two wheels are better than four

With gas prices soaring, more and more people are resorting to other methods of transportation. Sunny days also mean more people using their bicycles for a nice leisurely ride or an enduring workout. Remember, bicyclists must obey the rules of the road like drivers of any other vehicle and must be treated as equal users by all other vehicles.



Avoid common bicyclist errors and common motorist errors committed around bicyclists by following these tips from the Department of Transportation:

- **Wear a helmet** - No ifs, ands, or buts! This is the most important thing a bicyclist should do.
- **Never ride with headphones** - Wearing headphones and listening to your favorite music is very dangerous!
- **Obey traffic signs and signals** - Bicyclists must follow the rules of the road just like a vehicle.
- **Never ride against traffic** - This is illegal. Motorists aren't looking for bicyclists riding on the wrong side of the road.
- **Follow lane markings** - Don't turn left from the right lane or proceed straight in a right-turn only lane.
- **Don't pass on the right** - Motorists may not look for or see a bicycle passing on the right.
- **Use hand signals** - Just like a left or right blinker on a vehicle, hand signals tell motorists what you intend to do. Signal as a matter of law, courtesy, and self-protection.

CAUTION
AVOID INJURY
WATCH YOUR
STEP

**SAFETY
FIRST**

Climb ladders
slowly and use
both hands

BE CAREFUL
THIS MACHINE
HAS NO BRAIN
USE YOUR OWN

Have any questions, comments, or
suggestion, call me **TODAY**.
No comment or suggestion to
small.

575-678-2756

Insect Bites



Each year, there are two or three instances where Eastern Region personnel are stung or bitten by an insect. Our Accident and Illness records indicate that most of these are from bees or wasps that nest in our Radomes, ASOS DCPs, or other pieces of equipment.

Additionally, every summer, there are published reports on cases of West Nile Virus or Lyme Disease. Employees who work outdoors have an increased risk of being infected by either. Both the virus and the disease have been reported in most parts of the United States. We are providing this information for your knowledge and protection.

Reducing The Risk Of Being Stung

1. Wear light-colored, smooth-finished clothing.
2. Avoid perfumed soaps, shampoos, deodorants. Don't wear cologne or perfumes. Avoid bananas and banana-scented toiletries.
3. Wear clean clothing and bathe daily. Sweat angers bees.
4. Cover the body as much as possible.
5. Avoid flowering plants.
6. During the summer, check for new nests during the warmer hours of the day. Bees are very active during this period
7. Keep areas clean. Social wasps thrive in places where humans discard food.
8. If a single stinging insect is flying around, remain still or lie face down on the ground.
9. If attacked by several stinging insects at the same time, run to get away from them. Bees release a chemical when they sting. This alerts other bees. More bees often follow.
10. If a bee comes inside your vehicle, stop the car slowly, and open all the windows.

SOURCE : www.cdc.gov/nasd/docs

What to Do If A Person Is Stung?

1. Have someone stay with the victim to be sure that the victim does not have an allergic reaction.
2. Wash the site with soap and water.
3. The stinger can be removed using a four by four gauze wipe over the area. Never use a tweezer or squeeze the stinger as this will cause more venom to be released.
4. Apply ice to reduce swelling.
5. Do not scratch the sting.

Safety

SA

EXIT DOORS

should be unobstructed, clearly marked and unlocked. Make sure the paths to exits are clear of obstacles. Mark any door that could be mistaken for an exit along the exit path with appropriate signs. For example, mark it "Storage Closet" or simply "Not an Exit."

Heat Stress

Factors Leading To Heat Stress

- ⇒ High temperature and humidity
- ⇒ Direct sun or heat
- ⇒ Limited air movement
- ⇒ Physical exertion
- ⇒ Poor physical condition
- ⇒ Some medicines
- ⇒ Inadequate tolerance for hot workplaces

Symptoms Of Heat Exhaustion

- ⇒ Headaches, dizziness, light-headedness or fainting
- ⇒ Weakness and moist skin
- ⇒ Mood changes such as irritability or confusion
- ⇒ Upset stomach or vomiting

Source: OSHA

Symptoms Of Heat Stroke

- ⇒ Dry, hot skin with no sweating
- ⇒ Mental confusion or losing consciousness
- ⇒ Seizures or fits

Preventing Heat Stress

- ⇒ Know signs/symptoms of heat-related illnesses
- ⇒ Block out direct sun or other heat sources
- ⇒ Use cooling fans/air-conditioning
- ⇒ Rest regularly
- ⇒ Drink lots of water if you can; about 1 cup every 15 minutes
- ⇒ Wear lightweight, light colored, loose-fitting clothes
- ⇒ Avoid alcohol, caffeinated drinks

Source: OSHA

To All DPW, SE, and FD Chiefs:

If you notice an employee, co-worker, supervisor that has gone that extra step to make your workplace a safe one, call us so we can recognize their efforts.

575-678-2756

If you have a safety suggestion for the Next S.T.E.P. let us know.

Special points of interest:

HORSEPLAY HAZARDS: We all enjoy a good joke, but horsing around on the job is no laughing matter. In fact, horseplay is one of our most serious industrial "hazards" because it creates accidents through inattention, carelessness, and in many cases recklessness - which lead to "freak" or senseless accidents.

comments, or suggestion to TODAY.

Working safely may get old, but so do those who practice it.

Chemical Safety

We often think of chemicals as being acids or other obviously harmful liquids. However, chemicals can be solids and gasses as well as liquids.

Being safe with chemicals is not difficult if you follow the company's Chemical Hazard Communication Program that provides you with not only information about chemical safety, but also information on each specific chemical we use.

Chemical information sheets are called Material Safety Data Sheets...or MSDS for short. These sheets are prepared by the chemical manufacturer and provide a wealth of information such as what protective clothing is needed, the hazards of the chemical and what situations to avoid. The sheets also tell you what health and physical hazards are involved in using the chemical.

Incompatible chemicals are those which, when mixed will cause a violent reaction. That's why we have strict procedures that must be followed when mixing any chemicals.

We also have rules and specific training for employees who use chemicals. This employee training includes what protective equipment is required, how to use the equipment, such as respirators, gloves and goggles and all other safety precautions.

For your safety, know and follow all precautions listed on chemical labels and those found in the MSDS.

Accident Reports...It could happen here

Three workers were overcome by toxic fumes when they were transferring chemicals from large bulk containers to smaller portable cans. The workers were pouring the liquid in a small, enclosed room that did not have adequate ventilation. Over the course of thirty minutes the fumes built up in the room and all three men became unconscious. Two of the three men had severe damage to their lungs.

A long time worker at a cement plant contracted the lung disease Silicosis, after repeated exposure to silica (sand) dust. The company had provided respirators and training; however the employee routinely removed his respirator during work. Using the proper personal protective equipment will prevent over-exposure to chemicals.

ts, or
-
to

V.P.P.

Personal Protective Equipment

The OSHA Personal Protective Equipment Standard states that, "Protective equipment, including personal protective equipment for eyes, face, head, and extremities, protective clothing, respiratory devices, and protective shields and barriers, shall be provided, used, and maintained in a sanitary and reliable condition wherever it is necessary by reason of hazards of processes or environment, chemical hazards, radiological hazards, or mechanical irritants encountered in a manner capable of causing injury or impairment in the function of any part of the body through absorption, inhalation or physical contact."

General Requirements For Eye protection: Suitable eye protection must be worn where operations present possible dangers from flying objects, liquids, dust or a combination of these hazards.

Safety Glasses:

Foot Protection: Protective footwear shall be worn to reduce foot contact with liquids or solids that may be hazardous to workers. Clogs

Protective Clothing: Laboratory coats should be worn when working with hazardous materials especially if there is the possibility of a splash hazard.

Hand Protection: Appropriate hand protection (i.e. gloves) shall be used when handling hazardous chemicals, toxic materials, materials of unknown toxicity, corrosive or caustic materials, rough or sharp – edged objects and very hot or cold objects.

Degradation & Permeation of Gloves: Type of glove (material) selected must be appropriate for protection from the hazardous chemicals being handled.

Respiratory Protection: For protection of airborne contaminants, engineering controls should be used to eliminate the hazard. If engineering controls are not possible, respiratory protection may be necessary.

Visitors: Departments shall supply visitors in their area with personal protective equipment. Visitors shall wear appropriate personal protective equipment in all posted areas.

Splash Goggles:

Face Shields:

Volume 3, Issue 6

June 2011

Voluntary Protection Programs (VPP)

4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

LESSONS LEARNED

Near misses are defined as incidents where an injury, property damage or fatality may have easily occurred but didn't.



Even when nothing happens, near misses need to be reported. That way, incident investigations can be conducted and lessons can be learned. The next time, you or others may not be so lucky. Here are some questions answer when you recount the near miss:

- ✍ What was the date and time of the near miss? Was it late or early in the day? Was it dark?
- ✍ Explain the circumstances—what caused the near miss? Was weather a factor?
- ✍ Were all safety procedures followed?
- ✍ Have there been similar near misses?
- ✍ Was everyone wearing proper protective gear?
- ✍ Were you and others aware of the hazards?
- ✍ How can you prevent the event from happening again?

Consider a near miss a warning that something is wrong, and it is up to you to notify others that there is a risk or hazard so that standards improve..

Locations of Suggestion The Boxes

<u>For DPW:</u>	<u>Location</u>
1510 Directorate	Mail Room
163 Environmental	Break Room
102 Engineering	Foyer
1751 HVAC	Entrance Hallway
370 Water/Wastewater	Break Room
<u>For SE:</u>	<u>Location</u>
1506 Main Building	Foyer Room
<u>For the FD:</u>	<u>Location</u>
Main Station	Main Office
Stallion	Main Office

No... small.
575-678-2756

Topic: SLIPS, TRIPS, AND FALLS

I BET YOU DIDN'T KNOW that the most common and frequent accident that happens in logging, sawmill, and other woodworking industries is a slip, trip, and fall accident.

Background: In the U.S, slips, trips, and falls account for over 20,000 fatalities each year. Yet, very few companies have a program specifically designed to prevent such accidents.

What must an employee know: Training should be provided on what to look for and the proper corrective measures to take when hazards are found.

Slips

- ◇ Slips occur when there is too little friction between a person's feet and the walking surface.
- ◇ Many factors can cause a slip: oil, hydraulic fluid, diesel fuel, and water are most common.
- ◇ To prevent slips, avoid walking in areas that pose slipping hazards if at all possible.
- ◇ Always promptly clean up spills of slippery substances.
- ◇ If an area is a constant problem, re-route foot traffic in order to avoid it.

Trips

- ◇ Trips occur when a person's foot contacts an object and they are thrown off balance.
- ◇ Tripping is obvious--anytime something is in your walkway it could cause you to trip.
- ◇ Look for objects that project into the walkways (inside facilities and logging sites).
- ◇ Poor lighting and uneven walking surfaces lead to many tripping accidents.
- ◇ Make it a practice to always look and remove objects that could cause a trip.

Falls

- ◇ Falls can be caused by a number of things. Slips and trips frequently result in a fall.
- ◇ Improper use of ladders, climbing over lumber conveyors or on log piles and carelessly climbing in and out of work vehicles can result in a fall that becomes a very serious injury.
- ◇ Falls can happen when people climb objects without using fall protection equipment.
- ◇ Always use fall protection equipment when it is required. Working on an elevated lumber sorter or strapping a load on a truck without proper fall protection has led to serious injuries.

Periodically conduct safety meetings that discuss slip, trip, and fall hazards.

Commitments, or
TODAY.
Attention to