

*NC Industrial Commission*

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## *Safety Bulletin*

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*Precaution is better than cure. ~Edward Coke*

**April - 2006**

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Greetings Friends in the Name of Safety:

I can't believe we FORGOT to send our March Safety Bulletin and we are already well into April! With so much going on, I guess it just slipped by without being noticed. Please forgive us as we send you our April issue.

The 76<sup>th</sup> *NC Statewide Safety Conference* will be held **May 9 - 12, 2006 at the Joseph Koury Convention Center in Greensboro, NC**. You should have already gotten an email notifying you with links to the program and registration. If not, please go to our website and download. [www.comp.state.nc.us](http://www.comp.state.nc.us) Make plans now to attend! Keynote Speaker will be Jeffrey Mangrum with SST Communications from Chicago, Ill.

*As always, we continue to update our email list. These mailings are the life-blood for attendance of our Nine Regional Safety Councils and without good contacts; the word will not get out. If you know of someone who might wish to receive these mailings, please send their contact information along to me at [parnell@ind.commerce.state.nc.us](mailto:parnell@ind.commerce.state.nc.us) or to their area Safety Representative as soon as possible. For those of you with SPAM software, you will need to add [brantomail@blast.com](mailto:brantomail@blast.com) to your "ACCEPT ALWAYS" list. Your Internet Provider service can help you with this. If that is not an option, provide us with a personal email address if you have or can create one.*

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**ALVIN SCOTT is now our second certified Defensive Driving Instructor!** Alvin is certified to teach the National Safety Council Defensive Driving Course along with Mel Harmon. Alvin will be covering from I-95 East and Mel will cover I-95 west. Please give them a call!

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### **More states require home gas detectors**

Low-cost carbon monoxide detectors can save lives, experts say, and states are beginning to require them. Most people are surprised to learn that carbon monoxide is the leading cause of accidental poisoning in the U.S. It takes some 2,000 lives a year and makes many times that number sick.

Though carbon-monoxide detectors are widely available, less than a third of homes have them. That could change as more states pass laws requiring them in homes.

Some cities are taking action on their own. Chicago and St. Louis, for example, have ordinances requiring them. The legislation has lifesaving effects. Cities that require carbon-monoxide detectors have much lower death rates from exposure to the gas than those that don't. A study published in the American Journal of Emergency Medicine, in Chicago 0.4 percent of those exposed to the gas died. In Los Angeles, 15 percent of those exposed to carbon monoxide died.

There are many possible sources such as a furnace, kitchen stove, water heater, fireplace, generator, charcoal broiler, and anything that burns fossil fuels (gasoline, diesel fuel, wood and kerosene).

***Protect yourself and your household. Install a carbon-monoxide detector today!***

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### **Insight...**

- The U.S. government issued the first social security check Jan. 31, 1940. The check went to Ida Fuller of Brattleboro, Vt.
- Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become. -Oliver Wendell Holmes
- After Ellis Island opened in January 1892, 20 million immigrants passed through its doors. It is currently a museum.

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### **Be very cautious when jump-starting a car**

Jump-starting a vehicle can be very dangerous both to the person doing it and to the vehicle. Before touching a dead battery, read the owner's manual for the car first because some directions are unusual. Jump-starting improperly can cause surges of electricity through the vehicle's entire electrical system.

When working with a battery, wear splash-proof goggles. If the battery explodes, eye protection can prevent injuries from flying fragments or chemicals. Here's how to attach the cables:

1. Connect one positive cable (+ or red) to the positive terminal of the dead battery.
2. Clamp the remaining positive cable to the positive terminal of the good battery.
3. Clamp the negative cable (- or black) to the negative terminal of the good battery.
4. Make the last connection by clamping the black or negative cable on the engine block (not on the negative post of the dead battery) of the stalled vehicle.

Now you are ready. Start the car with the good battery and then the disabled car. When finished, remove cables in reverse order.

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### **Bloodborne Pathogens**

Concerns about AIDS can make needlesticks, slips and spills alarming if you work as a first responder. Yet AIDS isn't the only Bloodborne threat you face. In fact, you're more likely to be infected in the line of duty by the hepatitis B virus (HBV), which is just as deadly.

OSHA has issued a standard that, if followed, is designed to protect you. It details ways that you and your employer can work together to substantially reduce your risk of contracting a Bloodborne disease on the job. You are covered by the standard if it is reasonably anticipated that you could be exposed to Bloodborne pathogens as a result of performing your job duties.

Bloodborne diseases that you could be exposed to on the job include non A-hepatitis, non B-hepatitis and delta hepatitis, as well as syphilis, malaria and human immunodeficiency virus. The three most significant are hepatitis B, hepatitis C and human immunodeficiency virus (HIV).

The risks of Bloodborne diseases in the workplace are quite serious. Yet you can learn effective ways of minimizing them. A good place to start is with your employer's written Exposure Control Plan. A copy should be available for you to consult at your workplace during your work shift.

You may not be able to tell for sure which patients carry Bloodborne pathogens by taking a medical history or by examination. Bloodborne diseases infect people of all ages, socioeconomic classes, from every state and territory and from rural areas as well as cities.

Universal Precautions are methods to protect you from exposure to human blood and other potentially infectious material. Add methods from Body Substance Isolation and Standard Precautions, and you expand potentially hazardous substances to include all body fluids and substances. For full protection, treat all body fluids and substances as if you thought they were infected.

You and your employer must follow General Rules on PPE to ensure that your protective equipment does its job. Good Housekeeping protects every worker and it is every worker's responsibility.

Rise to the Challenge! It is possible to protect yourself from Bloodborne pathogens on the job by knowing the facts and taking proper precautions. Working together with your employer, you can do it. As a first responder, you can be confident in your ability to care safely for the well-being of others and yourself.

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### **From the Desk of Dennis Parnell, Director Safety Education...**

The Staff of the Safety Education Section would like to say "Thank You" to those who attended our first 30-Hour Accident Prevention Certificate Awareness Program in Clemmons, NC last month. This course surpassed our expectations and we look forward to the next one. Here are a few comments from some of the attendees...

*"I really enjoyed the seminar last week and look forward to attending more seminars in the future." Thanks, Kevin R. Price 3rd Shift Manager/ Safety Coordinator Unifi-Sans Technical Fibers, LLC*

*"This was a very good class with a lot of information packed into a few days. The information on Workers Comp. was very valuable to me because we only have 2-3 claims a year and its easy to overlook vital information. With the group from so many backgrounds I think it would be valuable to have a time where each group could have open discussion with each other on what type training works best for them. We could get ideas that worked for other companies and modify them for our application." Thanks, Kenneth Chilton*

*"Thank you. It was a great seminar....long days but good information I was glad I was able was able to come to this one. I would recommend it to anyone that has any safety responsibilities. I think Mel Harmon is tops....I enjoyed every session he taught...not that you other guys were not good but he was just a joy. Look forward to working with your team in the future years." Candace Nichols VP of Human Resources STI/Kings Plush Inc.*

*"That was the most enjoyable learning session that I have been to in a long time. 'This would be the perfect learning opportunity for someone just being placed into the responsibility of*

*Human Resource and/or Safety - Dennis, Alvin, Mel, Randy, Eric and Anne make learning Safety enjoyable and in a way that you will leave this session with a full understanding of why Safety must be is a way of life in your organization." And you can quote me on that!!! Sincerely, Grady Pardue, Jr., PHR Quickie*

*"Many thanks for attendee list from the conference. You and your staff did an outstanding conference and I greatly appreciated the opportunity to attend. I have recommended this to two additional employees from Replacements, Ltd and expect them to enroll for the September opportunity in Winston-Salem when registration info is available. I look forward to seeing you at the Koury Center in May." Carol Harris, Replacements, Ltd.*

*"I recently attended your 30-hour course in Clemmons, and just wanted to take a moment to thank you for the outstanding course you and your team have created on workplace safety. The information is very practical and useful; each topic was covered in sufficient detail to help me augment our programs while being made concise enough to not be overwhelming. Every one of the presenters was excellent. They used case histories to emphasize their points, and you could feel their passion for worker safety. They kept the classes interesting through the use of humor and exercises while staying on topic. Thank you all for the wonderful job you did in our class, and for your commitment to safety." God is in control, Debbie Hilliard*

Stay tuned for our next program...Dennis ☺

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The NC Industrial Commission Safety Education Section stands ready to assist you with your Safety training needs. We offer a variety of courses, designed to suit your needs. Please give one of our Industrial Safety Representatives a call...

- [Mel Harmon](#)- Mid-State Area and Defensive Driving Instructor- 919-218-3374- Cell 919-545-0641- Office
- [Alvin Scott](#) - Eastern, Northeastern, and Southeastern Carolina Areas and Defensive Driving Instructor - 919-218-2792- Cell 252-291-1370-Office
- [Eric Johnson](#) - Western Carolina, Blue Ridge & Southern Piedmont Areas 919-218-3567- Cell 704-933-2414- Office
- [Randy Cranfill](#) - Western and Central Piedmont Areas - 919-218-2986- Cell 336-679-8493- Office
- [Anne Hill](#) - Program Assistant - 919-807-2603
- [Dennis Parnell](#) - Director Safety Education - 919-218-3000- Cell 919-807-2602- Office

*We Are Working For You!*

**NC INDUSTRIAL COMMISSION**

[CLIP AND SAVE]

### *Upcoming Events...*

- April 20, 2006 - Blue Ridge Safety Council 2<sup>nd</sup> Quarterly Meeting -The Depot, Marion, NC - 6:00 p.m. Make reservations with Jo Goode, Copeland Corp 704-484-3011 Email: [rwblackburn@copeland-corp.com](mailto:rwblackburn@copeland-corp.com)
- April 25, 2006 - Western Carolina Safety Council Safety Talk Contest @ 6:00 p.m. - AB Tech Enka Campus Haynes Building, Second Floor, Small Conference Room - Enka, NC - Contact Vincent Scott, Continental Teves Phone # 828-654-2135 Email: [r.vi.scott@usa.contiteves.com](mailto:r.vi.scott@usa.contiteves.com)
- May 9-12, 2006 - NC Statewide Safety Conference, Joseph Koury Convention Center, Greensboro, NC. [www.comp.state.nc.us](http://www.comp.state.nc.us)
- May 16, 2006 - Northeastern Safety Council 2<sup>nd</sup> Quarterly Meeting -11:00 a.m.-1:00 p.m. - Elks Shrine Club, 101 H.R. Reynolds Dr, Winton, NC - Contact: Thomas Alston Perdue Farms, 252-813-3948 Email: [Thomas.alston@perdue.com](mailto:Thomas.alston@perdue.com)