

## NC Industrial Commission

# Safety Bulletin

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***"Make sure to Lockout if you don't want to Clockout!"***

**February - 2007**

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Greetings Friends in the Name of Safety:

We have switched! You will notice a different look on your NC Industrial Commission email notices. We trust that the new look is appealing to you and a little easier to print. This new service is supposed to get through SPAM filters without too much trouble. Hope you enjoy!

The 77<sup>th</sup> Annual Statewide Safety Conference is fast approaching and registration and the preliminary programs are available on our website. Please make plans to join us May 15 - 18, 2007 at the Joseph Koury Convention Center in Greensboro, NC.

All nine Regional Safety Councils have sent out their Membership Dues notices. We encourage you to join the Council nearest you so they can continue to bring informative programs your way. Our councils have been around since the 1930's providing networking opportunities, fellowship with other safety professionals and promoting the Lifesaving Award program. Please check out our website to learn more about your Regional Safety Council.

Also, Work Zone Traffic Safety is taking on changes, and our own Mel Harmon has recently become certified to teach this course.

As always, we thank you for your support and we pledge to continue to serve your needs.

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### Long-awaited proposal finally issued

The Federal Motor Carrier Safety Administration (FMCSA) issued a long-awaited proposal to merge information currently on the medical certificate with the commercial driver's license (CDL). The

FMCSA proposal would amend the Federal Motor Carrier Safety Regulations (FMCSR) to merge information from the medical certificate into the Commercial Driver's License (CDL) process. The Notice of Proposed Rulemaking (NPRM) was published in the November 16, 2006 Federal Register.

The November 16 proposal would also require the State Driver Licensing Agency (SDLA) to record on the Commercial Driver License Information System (CDLIS) driver record certification the driver made regarding applicability of 49 CFR Part 391, Subpart E. The specified medical certification status information would be available on the CDLIS MVR that can be obtained by employers and drivers.

DATES: Comments on the proposal identified by DOT DMS Docket Number FMCSA-1997-2210 must be received by February 14, 2007. They may be posted via any usual method. When the proposal is finalized and after a prescribed phase-in period, CDL drivers would no longer be required to carry the original (or a copy) of the medical examiner's certificate. Their certification status would be verified electronically. And motor carriers would no longer be required to maintain the original or a copy of the medical certificate in each CDL driver's qualification (DQ) file.

### **SPEs and exemptions**

Interstate drivers (both CDL and non-CDL) granted an exemption from one or more of the FMCSRs are required by its terms and conditions to carry the exemption document or legible copy in their possession while driving. It is important for enforcement personnel to know about the existence of medical variances that require the driver to carry such additional supporting information. The proposed requirement to include information about existing medical variances on the CDLIS driver record would ensure that enforcement personnel could verify whether the driver is in compliance with conditions for the issuance.

### **Non-CDL drivers**

Under the November 16 proposal, the medical examiner certificate requirements for non-CDL drivers would not change. Such drivers would continue to provide the original or a copy of the medical examiner certificate to the motor carrier to be placed in the DQ file. Drivers of non-CDL vehicles would also continue to carry the original or a copy of the certificate.

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### **In the "zone"**

In a six-year span in the 1990's, 492 worker fatalities resulted from accidents in work zones; half of these involved construction equipment. Studies show that the fatality rate among highway construction workers is six times higher than other industries.

There are many internal and external work zone hazards, but you can avoid them if you think safety first, use procedures required or recommended by regulatory agencies and industry experts, and be alert to situations that might result in accidents.

### **What is considered a work zone?**

A work zone is an area of traffic-way with highway construction, maintenance, or utility work activities. It begins at the first informational sign and ends at the last informational sign or device related to it. This zone is characterized by roadwork, utility work, construction vehicles, and traffic.

### **Work zone hazards**

In work zones there are two basic types of hazards:

*Internal hazards* are activities within the workspace such as moving vehicles.

*External hazards* are ones presented by passing cars and trucks and the debris they kick up.

Potential hazards associated with work zones include:

- Traffic and construction equipment accidents,
- Working above level,
- Slippery conditions,
- Machinery pinch points,
- Crush zones,
- Drop-offs,
- Trenches,
- Airborne lead and silica particles,
- Truck rollovers, and
- Energized electrical lines and conductors.

Work zones are dangerous environments. In general, effective safety measures and good communications offer the greatest protection to you and your coworkers. **Give Mel Harmon a call to schedule your Work Zone Traffic Safety training course!**

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### **Emergency response: Where you fit in**

Imagine this: You've just started working at a company that handles hazardous materials. During your second day on the job, you hear emergency alarms go off. Do you know what to do?

Special safety rules apply to all workers who may be exposed to hazardous substances at work. These rules require that you are trained in emergency response unless:

- There are no hazardous substances in the workplace, or
- You have no access to the hazard.

The extent of your emergency response training depends on how involved you'll be in a response. Will you try to stop the spill or evacuate immediately? This is something your employer will decide. The most basic level of training is for first responders at the awareness level.

### **Basic training**

First responders at the awareness level are personnel who are likely to witness or discover a hazardous substance release and then initiate an emergency response by notifying the proper authorities of the release.

As a first responder at this level, you'll take no further action beyond notifying the proper authorities of the release.

### **Potential exposure**

When reporting a hazardous substance release, you may witness, and possibly be exposed to, several health and safety concerns, any one of which could result in injury or death. Examples of health and safety concerns include:

- Chemical exposure,
- Fire and explosion,
- Oxygen deficiency,
- Ionizing radiation,
- Biological hazards,
- Safety hazards,
- Electrical hazards,
- Heat stress,
- Cold exposure,
- Noise, or
- Confined space entry hazards.

### **Six steps to safety**

At a minimum, as a first responder at the awareness level, you must:

- Understand what hazardous substances are and the risks associated with them in an incident.
- Understand the potential outcomes associated with an emergency created when hazardous substances are present.
- Be able to recognize the presence of hazardous substances in an emergency.
- Be able to identify the hazardous substances, if possible.
- Understand the role of the first responder at the awareness level.
- Be able to realize the need for additional resources and make appropriate notifications to a communications center.

Before starting a job where your duties include emergency response, make sure you know the specific health and safety concerns that you might encounter, and how you can protect yourself from the dangers of these concerns. *Give us a call to assist you with your training needs!*

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### **Insight...**

**Sports Trivia Question:** *What 1990 championship sporting event attracted a TV audience of one billion people?*

Possible Answers: A: The Superbowl, B: The World Series, C: The World Cup, D: Tyson vs. Douglas

- **Answer: see last page**
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### ***Employee Recognition Programs***

By Mike Bingham, NC Industrial Commission Western Carolina Representative

When recognizing employees for safe performance and behaviors, we should consider the recognition program as a stand-alone unit that is separate from other recognition programs and

incentives. It should be written down, communicated, and understood by all employees in your organization.

The safety recognition program should be appropriate for the facility's culture. What is a facility's culture? Well, it is a picture of the predominating beliefs and values of the people who work there, at all levels. A safety recognition program should address the characteristics of its culture and should reward the things that make the culture better.

For example, our workforces are made up of adults. As adults like choices, a list of possible rewards should be available so recipients can choose something they want. Some folks may like public recognition, while others would be very uncomfortable being in the spotlight. Some people may want an award he or she could share with coworkers; others workers may be family-oriented and want something they can give to a family member. Others may want a certificate of appreciation for their personnel records.

The program should not have any component that would cause recognition to be forfeited, let's say, should an accident occur. If employees are trying to earn a prize or award, they may be reluctant to report an injury for fear that they would "BE THE ONE" who cost their team the prize.

Instead, awards should be given for observed safe behaviors and acts that support the safety goals of the organization. Submitting work orders to correct dangerous machine guards is one example. Taking hands-on action to eliminate a hazard, bringing in literature for safer tools to replace existing tools, reporting near misses with suggested corrective actions attached - these are possible rewardable actions. If an accident occurs, it is noted, corrective actions are taken, and the culture moves on. No additional losses are incurred by withholding an award.

The behaviors that are rewardable should be clearly spelled out in your facility's written recognition plan. Avoid the "good ole boy" or "buddy system" at all costs if you want your plan to be taken seriously. It is a good idea to form a team or use your safety committees to help write the plan. Include management so they can respond in real time to budget or procedural issues.

One way to build a solid recognition plan is to use the famous SMART goal format. Activities should be:

**S** - Specific

**M** - Measurable

**A** - Action-oriented/Attainable (could be either or both)

**R** - Realistic

**T** - Time-specific

Working together is the only way to get a plan that everyone can live with.

***Editor's Note:** Mike Bingham is the Western Area Safety Representative for the North Carolina Industrial Commission. He has 27 years experience in industry, from entry-level assembly work through various technical and managerial positions. He says he is fortunate that his job is also his hobby. Mike is one of the 10 members of the North Carolina Industrial Commission's Safety Department who are out there Working for You to make our workplaces safer and better for each and every worker by reducing injuries to employees and saving money for employers through education and training.*

You can contact Mike at: [binghamm@ind.commerce.state.nc.us](mailto:binghamm@ind.commerce.state.nc.us) or call: 919.218.9045

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## **A hazardous materials incident: What to do**

Whether at home or work, there is a chance you could be impacted by a hazardous materials incident (such as a chemical spill, train derailment, or industrial explosion). It is important that you think ahead and know what to do to ensure safety.

If you are at work, chances are your employer will have a detailed emergency action plan and information for you to follow. But, if you are not at work — or even if you are, the more you know, the better — it is vital you are educated on what to do in such an emergency.

### **Before an incident**

Many communities have **Local Emergency Planning Committees (LEPCs)** whose responsibilities include collecting information about hazardous materials in the community and making this information available to the public upon request. The LEPCs also are tasked with developing an emergency plan to prepare for and respond to chemical emergencies in the community. Ways the public will be notified and actions the public must take in the event of a release are part of the plan.

Contact the LEPCs to find out more about chemical hazards and what needs to be done to minimize the risk to individuals and the community from these materials. Your local emergency management office can provide contact information on the LEPCs.

You should add the following supplies to your disaster kit:

- Plastic sheeting
- Duct tape
- Scissors

### **During an incident**

Listen to local radio or television stations for detailed information and instructions. Follow the instructions carefully. You should stay away from the area to minimize the risk of contamination. Remember that some toxic chemicals are odorless.

### **If you are asked to evacuate:**

- Do so immediately.
- Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures.
- Follow the routes recommended by the authorities — shortcuts may not be safe. Leave at once.
- If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans.
- Take pre-assembled disaster supplies.
- Remember to help your neighbors who may require special assistance — infants, elderly people, and people with disabilities.

### **If you are caught outside**

- Stay upstream, uphill, and upwind! In general, try to go at least one-half mile (usually 8-10 city blocks) from the danger area. Move away from the accident scene and help keep others away.
- Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes, and smoke. If possible, cover mouth with a cloth while leaving the area.
- Stay away from accident victims until the hazardous material has been identified.

#### **If you are in a motor vehicle**

- Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.

#### **If you are requested to stay indoors**

- Bring pets inside.
- Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible.
- Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent re-circulation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.
- Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside.
- Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape.
- Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper, or aluminum wrap.
- Use material to fill cracks and holes in the room, such as those around pipes.
- If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

#### **After an incident**

- Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.
- Act quickly if you have come in contact with or have been exposed to hazardous chemicals. Do the following:
  - Follow decontamination instructions from local authorities. You may be advised to take a thorough shower, or you may be advised to stay away from water and follow another procedure.
  - Seek medical treatment for unusual symptoms as soon as possible.
  - Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out about proper disposal.
  - Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or other hazards to your local emergency services office.

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

With the onset of cold weather, you and your coworkers need to take necessary precautions, to prevent and treat cold-related health problems. Workers in construction, commercial fishing, maritime, and agriculture are among those who need to take precautions.

Prolonged exposure to freezing or cold temperatures may cause serious health problems such as trench foot, frostbite, and hypothermia. In extreme cases, including cold water immersion, exposure can lead to death. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue, and confused behavior. If these signs are observed, call for emergency help.



### How to protect workers

Some tips include:

- Recognize the environmental and workplace conditions that may be dangerous.
- Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help workers.
- Wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
- Be sure in extreme conditions to take a frequent short break in warm, dry shelters to allow you to warm up.
- Try to work in the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system — work in pairs so that one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods such as hot pasta dishes.

*Remember, you and your coworkers face increased risks when you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease. Now you know... Dennis ☺*



**FDA offers advice on fresh produce safety**

In light of the recent outbreaks, the Food and Drug Administration (FDA) is emphasizing fresh produce safety to reduce the risk of foodborne illness by offering the following tips to consumers.

### Buying

When buying fresh produce:

- Purchase produce that is not bruised or damaged.
- Choose only those items that are refrigerated or surrounded by ice, especially if you're buying fresh cut produce, such as a half a watermelon.
- Bag fresh fruits and vegetables separately from meat, poultry, and seafood products when packing them to take home from the market.

### Storage

When storing fresh produce:

- Store certain perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or peeled within two hours to maintain both quality and safety.
- Keep your refrigerator set at 40° F or below. Use a refrigerator thermometer to check!

### Preparation

When using or preparing fresh produce:

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Wash produce again just before you use it as an extra measure of caution. Precut or prewashed produce in open bags should be washed before using. Many precut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- Thoroughly wash all unpackaged fruits and vegetables, as well as those packaged and not marked pre-washed, under running water just before eating, cutting, or cooking even if you plan to peel it. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel which may further reduce bacteria that may be present.

### Separate for safety

Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products.

In addition, be sure to:

- Wash cutting boards, dishes, utensils, and counter tops with hot water and soap between the preparation of raw meat, poultry, and seafood products and the preparation of produce that will not be cooked.
- Use kitchen sanitizers on cutting boards and counter tops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.

- Run plastic or other non-porous cutting boards through the dishwasher after use.

These food safety tips will help keep the food you and your family eats safe!

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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...

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- [Dennis Parnell](mailto:parnell@ind.commerce.state.nc.us) - [parnell@ind.commerce.state.nc.us](mailto:parnell@ind.commerce.state.nc.us) - Director Safety Education - 919-218-3000

*We Are Working For You!*

**NC INDUSTRIAL COMMISSION**

*[CLIP AND SAVE]  
Upcoming Events...*

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| <ul style="list-style-type: none"> <li>⊙ February 5 - 9, 2007 - 30 APCAP Manteo, NC - Sponsored by the Northeastern Safety Council</li> <li>⊙ February 7, 2007 - Eastern Carolina Safety Council Construction Workshop - Ag Center - Wilson, NC 8:00 a.m. - 4:00 p.m.</li> </ul> |
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- ⊙ February 15, 2007 - NC Rural Water Association 6-hour Workshop - City of Sanford - Service Center - 601 N. Fifth St. - Sanford, NC - 8:00 a.m. - 3:30 p.m. - FREE!
- ⊙ February 20, 2007 - Northeastern Safety Council SAFETY TALK CONTEST - Nixon's Family Restaurant, River Rd, Edenton, NC - 11:00 a.m.-1:00 p.m.
- ⊙ March 6, 2007 - Western Piedmont Safety Council SAFETY TALK CONTEST - Hudson Uptown Building (known as the "HUB") in Hudson, NC. 6:00 p.m.
- ⊙ March 7, 2007 - Southern Piedmont Safety Council SAFETY TALK CONTEST -
- ⊙ March 13, 2007 - Mid-State Safety Council SAFETY TALK CONTEST -
- ⊙ March 15, 2007 - Central Piedmont Safety Council - SAFETY TALK CONTEST -
- ⊙ March 15, 2007 - NCRWA Safety Workshop - Atlantic Beach, NC - 6 hours credit
- ⊙ March 27, 2007 - Southeastern Safety Council - Regional Workshop -
- ⊙ May 15 - 18, 2007 - NC Statewide Safety Conference - Koury Convention Center Greensboro, NC

- Answer C. More than one billion people watched the 1990 World Cup final on television, making FIFA World Cup Soccer the world's largest spectator sport. The closing of the 1990 World Cup in Rome was marked by a "Century gala" with a performance by the three tenors, who are avid soccer fans. It attracted a live audience of 6,000 and 1.5 billion TV viewers worldwide.