

NC Industrial Commission

Safety Bulletin

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*"Who can hope to be safe? Who sufficiently cautious?
Guard himself as he may, every moment's an ambush." ~Horace*

May/June - 2007

Greetings Friends in the Name of Safety:

WOW! May just flew past us in a hurry. We were so busy we totally missed composing the May Safety Bulletin. So, here we are in June and getting ready for a hot summer.

The 77th Annual Statewide Safety Conference was well attended last month with over 1,200 attendees. The theme was Safety - A New Look! The Executive Board and Planning Committee have begun making gentle changes in the format to better serve the attendees. It is our desire to continue to provide a conference that "sets the bar" for safety. We would like to thank the vendors, contributors and attendees making this another successful conference. Please make plans to join us **May 13 - 16, 2008** at the Joseph Koury Convention Center in Greensboro, NC.

We are continuing our 30-Hour Accident Prevention Certificate Awareness Program (APCAP) this year. Please see the 2007 APCAP schedule in the UPCOMING EVENTS section of this Bulletin or call Ginny at 919-807-2603 for more information.

Again, we thank you for your support and we pledge to continue to serve your needs. We remain open to your suggestions to improve our programs and promise to continue to provide quality ACCIDENT PREVENTION training programs.



Congratulations to Joyce West, Cummins Diesel in Enfield, NC for winning the Grand Prize Drawing 50" LCD Widescreen TV!

GOOD HOUSEKEEPING IS FOR THE OFFICE TOO

(Michael Nance)

Greetings to our friends in accident prevention. Since you are reading this newsletter, chances are you are involved with safety in some form or another and you are aware of the services the Safety Education division of the NC Industrial Commission has to offer. Many of you that have participated in our 30-hour APCAP sessions know that you get more than accident prevention training, networking, and updated information. You get an added bonus of some just plain fun and humor. Speaking of humor, the word is out of my experience with Sabrina the talking bird, at the Ramada Inn in Kill Devils Hills, NC. Sometimes we all ignore the warning signs and just lose our sense of safety. We forget and we pay the price. Don't know the whole story? Well, I suggest you attend a 30-hour APCAP to get "up-to-speed".

My encounter with animals continued this past Memorial Day holiday. While staying a night in the log cabin near Boone, I came face-to-face with another animal. When we opened the front door upon arrival, my wife noticed "droppings" on the floor and on the staircase leading to the second level. We assumed it was a mouse and needless to say, she didn't sleep very heavy that night. I assured her that a mouse wouldn't bother anyone and I would set some traps. I remembered the Job Safety Analysis session that Randy Cranfill has given many times and got the proper PPE, assessed the hazards and began to set the traps. My wife and I cleaned the droppings and once complete, off for a family hiking trip. The tips Michael Bingham gave during a First Aid class helped us to be prepared for any minor injuries one could have while hiking.

The next morning, more droppings were located in the same area that had previously been cleaned. Perplexed, we both thought the traps should have worked. While I was preparing for the Job Safety Analysis review, for some reason my wife looked up. Did you hear her? It was around 9:00 AM Monday morning. It was like an air horn type scream and then I saw it. A bat was roosting about 12 inches from the ceiling. After donning more PPE, I set out to rid the house of this bat. All the while, my kids and wife practically hugging each other in total fear on a screened porch while I coaxed the bat outside.

You ask, "What does this have to do with workplace safety"? Could this be an item overlooked on your office safety committee's check off sheet? Yes, it could. Insects, spiders, rodents, and stray animals pose a serious problem in some workplace environments. We all know that there are some folks who, for lack of better words, are just not clean when it comes to eating. Crumbs of food left out will attract rodents, ants, etc. That stray cat behind the warehouse that the employees have been feeding leftovers could be carrying a disease or be rabid. The refrigerator that has what appears to be, a high school science project growing in it. These are all health hazards that should be addressed. Most of our presentations will mention "housekeeping" as a major factor to preventing injuries and accidents. Now you can add preventing health issues as a benefit in good housekeeping. Suppose a mouse ran across a production floor near a worker operating heavy machinery. Could this person be startled enough to jump back into a pinch point? Could this person be frightened enough to spill a container of hazardous chemicals? Sure they could, and I have a wife to prove it.

For more humor and excellent accident prevention tips, attending a 30-hour APCAP.

Editors note: Michael Nance is the NCIC Blue Ridge & Western Piedmont areas Safety Representative. If you are interested in having one of our programs in your area, please give Michael a call at 919-218-9047 or email him at nancem@ind.commerce.state.nc.us



Can I use your safety harness—again?

OSHA doesn't require each construction worker to have his or her own fall protection safety harness; workers exposed to fall hazards can share a harness. But, if you're regularly exposed to fall hazards, it may be a good idea for your employer to provide you with your own harness.

The advantages of having your own personal safety harness are:

- The harness will always be adjusted to fit you. Sharing the harness means each person may have to readjust the harness every time they use it;
- The harness is compatible with the environment you are working in. Employees sharing a harness may work in different environments and this could have a harmful effect on the harness; and
- The combined person and tool weight has an effect on the harness and other parts of the personal fall arrest system. For instance, an employee weighing over 310 pounds (with tools and equipment) may have different lanyard and harness requirement than an employee weighing 180 pounds.

What does the fall protection system do for you?

Your personal fall arrest systems, when stopping a fall, must:

- Limit the maximum arresting force to 1,800 pounds when used with a body harness;
- Be rigged so that you can not free fall more than six feet, or contact any lower level;
- Bring you to a complete stop and limit the maximum deceleration distance you travel to 3.5 feet; and
- Have sufficient strength to withstand twice the potential impact energy of you free falling a distance of six feet, or the free fall distance permitted by the system, whichever is less.

Should you have your own safety harness?

The safety of workers should be of utmost importance to your employer. Does that mean each individual needs his or her own fall protection safety harness? It's up to your employer to decide if the advantage of supplying a harness to each worker (exposed to fall hazards) outweighs the cost of purchasing that many harnesses.

Insight...

- The sun's surface has a relatively low temperature - 6000 K. However, the sun's corona - the layer of gas that extends from near the surface to hundreds of thousands of km into space, has a temperature of over 2 million degrees K. While scientists do not know the exact mechanism involved, it is highly likely that the sun's immensely powerful magnetic field is responsible for this unusual state of affairs.
- In Atlanta, Georgia, it is illegal to tie a giraffe to a telephone pole or street lamp.
- Every citizen of Kentucky is required by law to take a bath once a year.
- About 75 billion TONNES (about 100 billion tons) of plastic is produced each year. Three percent of it is recycled. The rest eventually ends up as litter and garbage. Since almost all plastics float, and since they last hundreds or even thousands of years, a surprisingly large percentage of those billions of tonnes/tons produced per year eventually find (or will find in the future) their way to the oceans, with a wide range of consequences we are just now beginning to discover. The few discussed above, are just the proverbial "tip of the iceberg". (and you thought jellyfish were icky - ha!!!)

Workplace Safety in the School System

By Mike Bingham

Workplace safety for school maintenance workers has many similarities to workplace safety in industry. The specific tasks may be somewhat different; for example there may not be any high-speed or highly repetitive tasks, but there are many common concerns such as slips, trips and falls, hazardous chemicals, electrical concerns, issues with compressed gasses and any number of other things that need to be managed effectively for maximum safety returns.

Building a strong safety culture in school maintenance requires some basic preparation but it's not that hard. The first thing to tackle is conveying the message that safety benefits are found in the *prevention of injuries and illnesses*. No matter how brilliant the recovery or corrective action that may take place after an accident, it is always worth less than the prevention.

Performing a job safety analysis (JSA) on each job that maintenance workers perform is an excellent first step toward preventing injuries. The information collected during the JSA process can be used to reduce hazards and write effective rules with which to firm up the safety programs. Your rules should be built around your workplace's unique conditions.

Having solid, fair safety rules as a starting point sets the stage by demonstrating that management cares enough about its employees to take action to address safety issues when required to do so. The rules set the minimum performance standards that will be accepted. They will then be built upon to make the culture even stronger. Go to the North Carolina Industrial Commission (NCIC) website www.comp.state.nc.us and check out G.S. 97-12, or contact any NCIC Safety Representative for more information. Following a few simple guidelines could reduce the payout on some Worker's Comp claims by 10%.

Having written safety goals are another great tool for improving your safety culture. The goals could include eliminating hazards identified through the JSA, developing and implementing needed

written programs, training employees, and generally furthering accident prevention in the workplace through a systems approach. More about the systems approach coming soon.

Editor's Note:

Editor's Note: Mike Bingham is the Western Area Safety Representative for the North Carolina Industrial Commission. He is one of 10 members of the NCIC Safety Section who are WORKING FOR YOU! to reduce injuries and Worker's Compensation costs in North Carolina. Mike 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 or call: 919.218.9045



Do you know your excavation terminology?

1. _____ or sides means the vertical or inclined earth surfaces formed as a result of excavation work.
2. _____ are horizontal members of a shoring system placed parallel to the excavation face whose sides bear against the vertical members of the shoring system or earth.
3. A _____ system is a structure that can withstand the forces of a cave-in to protect employees within the structure.
4. A _____ is one who can identify hazards at an excavation and has the authority to prompt corrective measures.
5. _____ are the vertical members of a trench shoring system placed in contact with the earth and usually positioned so that individual members do not contact each other.
6. _____ rock is natural solid mineral material that can be excavated with vertical sides and will remain intact while exposed.
7. _____ is the accidental release or failure of a cross brace.

8. A _____ system is a structure such as underpinning, bracing, or shoring, which provides support to an adjacent structure, underground installation, or the sides of an excavation.
9. A _____ system is a method of protecting employees from cave-ins, materials falling or rolling into an excavation, or from the collapse of adjacent structures.
10. A _____ is the separation of a mass, soil or rock material from the sides of an excavation.
11. _____ is a method of protecting employees from cave-ins by excavating the sides of an excavation for one or a series of horizontal levels or steps.
12. _____ is a protection method made by excavating to form sides of material that are inclined away from the excavation to prevent cave-ins.

~Answers on last page~

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



What's a safety committee?

A safety committee is a group of people usually consisting of both management and employee representatives who work to identify and reduce or eliminate safety hazards and promote safety and health awareness. Some companies call it a safety committee; others call it a safety team, or perhaps it bears a special name, such as safety and health working group.

Benefits

Safety committees can play a key role in the safety structure of a company. An active and effective safety committee can significantly improve safety by instituting programs and providing support that helps to reduce accidents, injuries, and illnesses at the company. Some of the most common benefits of safety committees include the fact that a safety committee can:

- Provide a forum for problem solving;
- Provide employees, supervisors, and managers with a resource to turn to when they are faced with safety problems;
- Get people working together;
- Involve more people in overall company safety and health management;
- Provide people with a broader base of safety knowledge; and
- Prevent "safety burnout" because safety won't fall on the shoulders of just one or two people.

The three I's

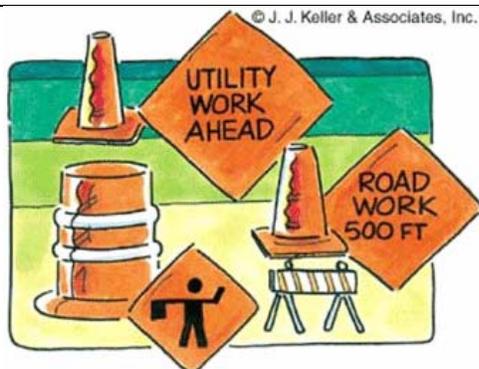
Incident investigations, site inspections, and employee involvement are key to the success of a safety committee. Let's take a closer look at each:

Investigations—No matter how conscientious the safety effort at a company, incidents do happen occasionally due to all sorts of factors. Incidents can include injuries, illnesses, property damage, or near misses. A safety committee typically does a thorough and proper incident investigation and follow-up. The emphasis for the investigation should not be fault finding.

Inspections—A committee may also conduct workplace inspections regularly. The inspection team will document the date of the inspection, the location and identity of hazards or potential hazards, and any recommendations they may have for correcting those hazards.

Involvement—Employees should be involved. If they are not a member of the committee, they may attend safety training, report safety hazards, and submit safety suggestions to the safety committee.

If you're a member of a safety committee, know that your participation is important to the overall safety of your company. Please give us a call to assist you with your Safety Committee. Now you know. Dennis ☺



Here's your sign ... in advance

Work zone warning signs are a critical safety mechanism. But, to be effective, they must give motorists plenty of warning of the upcoming work zone. OSHA says that workers should place the first warning signs at a distance calculated as 4 to 8 times (in feet) the speed limit (in MPH) — use a higher multiplier for higher speed areas (e.g., a 15 MPH road should have its first warning sign at least 60 feet from the work zone, while a work zone needed in a 65 MPH zone should have its first sign approximately 520 feet away).

Give Mel Harmon a call at 919-218-3374 to assist you with the NEW Work Zone Regulations!

NEW NCIC PROGRAM ON THE HORIZON..

We are in the process of rolling out a NEW Accident Prevention in the Workplace Series. This is a tailor-made program for your workplace! Our staff will design the training program to fit your organization. Please give Randy Cranfill a call at 919-218-2986 to get the complete details!

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...

- [Mike Bingham](mailto:binghamm@ind.commerce.state.nc.us) - binghamm@ind.commerce.state.nc.us - Western Carolina Area - 919-218-9045
- [Randy Cranfill](mailto:cranfilr@ind.commerce.state.nc.us) - cranfilr@ind.commerce.state.nc.us - APCAP Coordinator - 919-218-2986
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We Are Working For You!

NC INDUSTRIAL COMMISSION

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

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|---|
| <ul style="list-style-type: none">⊙ 30-Hour Accident Prevention Certificate Awareness Program Dates:⊙ June 11-15 - Salisbury, NC⊙ August 6-10 - Bryson City, NC⊙ Sept 10-14 - Atlantic Beach, NC⊙ Oct 8-12 - Winston Salem, NC⊙ Nov 5-9, Sanford, NC |
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Remind me to stop dating girls from the industrial acids dept.

Answers to excavation quiz:

1. faces, 2. wales, 3. shield, 4. competent person, 5. uprights, 6. stable, 7. kickout, 8. support, 9. protective, 10. cave-in, 11. benching, 12. sloping