

## *NC Industrial Commission*

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# *Safety Bulletin*

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*Awareness is the key to security*

**September - 2006**

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Greetings Friends in the Name of Safety:

Finally... we have gotten approval to post the 4 positions we have been waiting on for over a year! These positions are pending approval for pay grade 72. Hopefully this will not take too much longer. The areas opening up are Western Carolina/Blue Ridge, Mid-State, Western & Central Piedmont, and Southeastern. The posting will end September 5, 2006, so if you are interested or know someone who might be interested, time is running out.

As our Safety Council Fall Workshops begin to roll around, please make arrangements to support your regional Safety Council. Dates are listed in the calendar at the end of the Safety Bulletin.

Just a reminder of the upcoming 30 Hour Accident Prevention Certificate Awareness Program September 25 - 29, 2006 at the Forsyth County Ag Center in Winston-Salem. If you haven't signed up yet, don't delay. You can go to our website, [www.comp.state.nc.us](http://www.comp.state.nc.us) to register.

*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 [brontomail@blast.com](mailto:brontomail@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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### **Prevent Eye Injuries and Save Your Sight**

*By Business & Legal Reports*

How many people do you think would say, "I've got two eyes—I can afford to lose one"? Nobody in their right mind! And yet, how many of your employee's right this minute could be taking the risk of losing an eye in a job accident? Maybe more than you'd like to think.

The "Big Three" reasons for eye injuries on the job. The Department of Labor says that the three most common reasons for workplace eye injuries are:

1. Not being aware of potential eye hazards;
2. Not using eye protection; *and*
3. Using the wrong type of eye protection for the hazard.

That means that your employees can avoid most eye injuries simply by:

- Watching out for eye hazards;
- Taking the right precautions while they work; *and*
- Always wearing the right kind of eye protection.

The right type of protection makes all the difference. It's essential for employees to select the right type of eyewear to protect their eyes against the maximum level of potential hazard. For example:

- *Flying fragments, objects, chips, or particles*—Safety glasses with side shields or goggles with side shields, and for extra protection, a face shield over the safety glasses or goggles
- *Chemical splashes*—safety goggles and a face shield for extra protection
- *Dust, fumes, mists, gases, and vapors*—Offset ventilated safety goggles worn with a face shield
- *Hot sparks or splashes*—Goggles or safety glasses with side shields and a face shield
- *Radiant energy*—Goggles with special lenses to filter out the harmful light

But don't stop there! There's more employees can do to prevent eye injuries. Make sure they take these other precautions as well:

- Obey all warning signs requiring eye protection.
- Always put on protective eyewear before entering an area where hazards may be present.
- When in doubt, assume that eye hazards are present.
- If you're not sure what the correct type of eye protection is in a particular situation, ask your supervisor before you begin to work.

Making the most of your eye protection. To offer maximum protection safety, eyewear must fit well and be in good condition.

- **Proper fit.** Eye protection is only as good as it fits. Poor fit is not only uncomfortable, but it also defeats the purpose of wearing the protection to keep objects, vapors, splashes, etc., away from the eyes. Make sure eye protection fits snugly enough to keep out hazards, but comfortably enough to see and move around easily. To get a good fit with safety goggles, adjust the strap and place it low on the back of the head. Goggles should fit comfortably on the bridge of the nose, and the center of the lens should be in front of the eye.
- **Inspection.** Inspect eye protection before each use, checking for bent or damaged frames, scratched or pitted lenses, and loose or damaged headbands. Replace any damaged equipment right away.
- **Care and maintenance.** After each wearing, wash eye protection gently in warm soapy water, rinse thoroughly, and air-dry. After chemical exposure or before use by another employee, use a disinfectant to clean eye protection. Store eye protection in a clean dust-proof case.

### ***Why It Matters...***

*It's been estimated that 2,000 eye injuries occur in the workplace every day. In 10 percent to 20 percent of those injuries, the person loses some or all sight in one or both eyes. Safety experts say that 90 percent of all eye injuries can be prevented.*

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### **Insight...**

- Work tends to expand to fill the time allotted to it.
- The word "millipede" means "thousand legs" - but no millipede has more than 750 legs. Nobody knows why.

- A cockroach can live several weeks with its head cut off. They are also nearly immune to radiation: if there were a nuclear war with lots of very tiny shrapnel flying around, they would be the last animals alive.
  - The "black box" in commercial airliners is actually most often orange: it is far easier to find an orange box in the debris of a crash than a black one.
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## **Enforcement Efforts Have an Impact**

In the largest targeted enforcement program on commercial vehicles in the world, 14 trucks or buses were inspected every minute from Canada to Mexico during the Commercial Vehicle Safety Alliance (CVSA) Road-check 2006. Over a 72-hour period from June 6-8, 2006 8,522 CVSA-Certified Inspectors at 1,850 locations across North America performed 60,357 truck and bus inspections. The number of vehicles placed out of service and "parked" due to serious defects decreased significantly this year from 2005 in all major categories - trucks, buses and hazmat:

- All vehicles: 21.7% in 2006, down from 22.5% in 2005;
- Buses: 6.9% in 2006, down from 11.7% in 2005; and
- Hazmat: 18.2% in 2006, down from 19.3% in 2005.

A record number of CVSA Decals - 30,950 - were issued to vehicles passing the inspection without having any defects in the 13 critical inspection areas.

## **More drivers put out of service in 2006**

However, the number of drivers placed out of service during Road-check 2006 increased significantly this year from last, going from 4.4% in 2005 to 5.6% in 2006. The bulk of those drivers placed out of service (57.1%) were done so for hours of service violations, followed by falsification of records of duty status with 12.4% of the total. Licensing-related violations comprised the bulk of the remaining drivers placed out of service, with drivers operating while under suspension leading the pack. Hours of service continues a disconcerting trend in 2006, with 4.5% of all inspections resulting in a driver being placed out of service for hours of service, up from 3.5% in 2005 and 3.4% in 2004.

Furthermore, there were 1223 drivers cited for not wearing their safety belts, up from 1150 last year. This, however, comprises a small fraction (2.0%) of the total drivers inspected. Safety belt use was one of the focus areas during this year's event due to their low usage rate by commercial drivers (54%) as compared to automobile drivers (82%).

CVSA sponsors the annual Road-checks with participation by FMCSA, Pipeline and Hazardous Materials Safety Administration (PHMSA), Canadian Council of Motor Transport Administrators (CCMTA), Transport Canada, and the Secretariat of Communications and Transportation (Mexico). Road-check, now in its 19th year, is one of a series of activities that occur year round whereby CVSA Certified Inspectors conduct compliance, enforcement and educational initiatives targeted at various elements of motor carrier, vehicle, driver and cargo safety and security.

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## ***What is MSG?***

MSG is the sodium salt of glutamic acid. Glutamic acid is an amino acid, one of the building blocks of protein. It is found in virtually all food, and in abundance in food that is high in protein, including meat, poultry, cheeses, and fish.

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## ***Domestic Violence in the Workplace Symposium***

Is domestic violence your business? 75% of women killed at work are killed by their ex-partners. Businesses lose \$3-5 billion dollars a year due to the impact of abuse on employees with over half of domestic violence victims missing work at least 3 days a month. Many employers want to be able to help their employees but still need to address performance issues and protect the workplace.

The solution comes in an action-orientated symposium that will give business professionals the resources and skills to address the common workforce issue. Rex Healthcare and Peace at Work have joined together to provide a full day symposium called Protecting Domestic Violence Victims at Work on October 12<sup>th</sup>, 2006 at the McKimmon Center in Raleigh. Robin Runge of the American Bar Association and other experts will share their knowledge on employment law, program development and security in the workplace along with a toolkit of model policies, support and security checklists and the book, [Addressing Domestic Violence in the Workplace](#).

For more information and to register online, please visit

[http://www.rexhealth.com/classes/domesticviolence\\_symposium.htm](http://www.rexhealth.com/classes/domesticviolence_symposium.htm) or [peaceatwork.org](http://peaceatwork.org) and follow the hyperlink.

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

Some employers feel that stairways don't pose that much danger and stairway design isn't that big a deal. Apparently, OSHA looks at it differently; they have regulations for stairways that contain many requirements for overall design and maintenance.

Temporary stairways must have landings of not less than 30 inches in the direction of travel, and extend at least 22 inches wide at every 12 feet or less of vertical rise. Where doors or gates open directly on a stairway, a platform must be provided. The swing of the door must leave 20 inches of effective width. Proper housekeeping procedures can eliminate stairway slip, trip, and fall hazards. Stairs must be kept free from debris and clutter.

Good lighting will help avoid stairway hazards. Like any other walking/working surface, it's difficult to avoid what you can't see. Stair rails must not be less than 36 inches high measured from the tread to the top of the stair rail. Handrails must be between 30 and 37 inches high measured from the tread surface. Handrails must provide an adequate handhold to avoid falling. If the handrails are not permanent, there must be at least a three-inch clearance between the handrail and wall.

Temporary stairs have their own requirements. Except during stairway construction, foot traffic is prohibited on stairways with pan stairs where the treads and/or landings are to be filled with concrete or other materials later. If you do use this type of stair, the pan must be temporarily fitted with wood or other solid material at least to the depth of the top edge of each pan.

Treads for temporary service must be made of wood or other solid material, and must be installed the full width and depth of the stair. OSHA requires your employer to provide stairway safety training (see 29 CFR 1926.1060) for all employees using stairways, as necessary. The program must enable you to recognize hazards related to stairways and understand the OSHA requirements.

Now you know... Dennis ☺

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## ***Gas tank: Don't top it, stop it***

Do you top off your gas tank and overfill it? When the gas pump nozzle clicks off automatically, do you add a little more gas to round off your dollar sale? According to the Environmental Protection Agency, topping off your gas tank is bad for the environment and your wallet.

### ***Save your money***

Topping off the gas tank can result in your paying for gasoline that is fed back into the station's tanks because your gas tank is full. The gas nozzle automatically clicks off when your gas tank is full. In areas of ozone non-attainment, gas station pumps are equipped with vapor recovery systems that feed back gas vapors into their tanks to prevent vapors from escaping into the air and contributing to air pollution. Any additional gas you try to pump into your tank may be drawn into the vapor line and fed back into the station's storage tanks.

### ***Prevent vapors***

Gasoline vapors are harmful to breathe. Gasoline vapors contribute to bad ozone days and are a source of toxic air pollutants such as benzene. Evaporation from the spillage of gas from overfilling can occur, contributing to the air pollution problem. Remember that you pay for the gas that evaporates or is spilled on the ground.

### ***Improve performance***

You need extra room in your gas tank to allow the gasoline to expand. If you top off your tank, the extra gas may evaporate into your vehicle's vapor collection system. That system may become fouled and will not work properly causing your vehicle to run poorly and have high gas emissions.

Topping off your gas tank may foul the station's vapor recovery system. Adding more gas after the nozzle has automatically shut off can cause the station's vapor recovery system to operate improperly. This contributes to the air pollution problem and may cause the gas pump to fail to work for the next person.

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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](mailto:harmonm@ind.commerce.state.nc.us) - [harmonm@ind.commerce.state.nc.us](mailto:harmonm@ind.commerce.state.nc.us) - Mid-State Area and Defensive Driving Instructor - 919-218-3374**
- **[Alvin Scott](mailto:scotta@ind.commerce.state.nc.us) - [scotta@ind.commerce.state.nc.us](mailto:scotta@ind.commerce.state.nc.us) - Eastern, Northeastern, and Southeastern Carolina Areas and Defensive Driving Instructor - 919-218-2792**
- **[Eric Johnson](mailto:johnsone@ind.commerce.state.nc.us) - [johnsone@ind.commerce.state.nc.us](mailto:johnsone@ind.commerce.state.nc.us) - Western Carolina, Blue Ridge & Southern Piedmont Areas 919-218-3567**
- **[Randy Cranfill](mailto:cranfilr@ind.commerce.state.nc.us) - [cranfilr@ind.commerce.state.nc.us](mailto:cranfilr@ind.commerce.state.nc.us) - Western and Central Piedmont Areas -919-218-2986**
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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...***

- ⊙ **September 7, 2006 - Western Piedmont Safety Council Fall Workshop - The Hub, Hudson, NC**
- ⊙ **September 14, 2006 - Central Piedmont Safety Council Fall Workshop - The Hawthorne, Winston-Salem, NC**
- ⊙ **September 19, 2006 - Mid-State Safety Council 3<sup>rd</sup> Quarterly Meeting - Don Murray's BBQ, Capitol Blvd, Raleigh, NC**
- ⊙ **September 25-29, 2006 - 30 Hour Accident Prevention Certificate Awareness Program - Ag Center, Winston-Salem, NC**
- ⊙ **October 5, 2006 - Eastern Carolina Safety Council Quarterly Meeting - Wilber's BBQ, Goldsboro, NC**
- ⊙ **October 10, 2006 - Western Carolina Safety Council Fall Workshop - TBA**
- ⊙ **October 18, 2006 - Mid-State Safety Council Fall Workshop - Sharon Harris Visitors Center, New Hill, NC**
- ⊙ **October 25, 2006 - Central Piedmont Safety Council Regional Workshop - Davidson Water, Welcome, NC**
- ⊙ **October 26, 2006 - Southern Piedmont Safety Council Fall Workshop - Rowan Cabarrus Community College, Salisbury, NC**
- ⊙ **October 26, 2006 - Blue Ridge Safety Council Quarterly Meeting - TBA**
- ⊙ **May 15 - 18, 2007 - NC Statewide Safety Conference - Koury Convention Center Greensboro, NC**