

NC Industrial Commission
Safety Bulletin

4339 Mail Service Center
Raleigh, NC 27699-4339
919-807-2603

parnell@ind.commerce.state.nc.us

“Better a thousand times careful than once dead.” ~Proverb

October - 2005

Greetings Friends in the Name of Safety:

We are seven months into our “Email Only” meeting notifications! Due to cost and ease of notifying you of our Safety Council events, we continue to feel that this is the best way to send you meeting notifications. However, we still need your help! One of the problems we are seeing is that our open rate is only about 40%. We are aware that they can be opened with Microsoft Outlook in the preview mode and they will not show as opened on our end. We are concerned that attendance may be off some and we are not sure why. We encourage you to open these emails and support your councils. Please let us know how we can better serve you! Our Safety Councils are striving to serve their members with quality programs and attendance is very important.

Also, Safety Council membership renewals are approaching in January. The cost of membership is nominal and the benefits are great, so please consider joining the Safety Council in your area. If you are not sure, you may go to our website at www.comp.state.nc.us click on SAFETY, then click on REGIONAL SAFETY COUNCILS to find the Council in your area.

We continue to update our email list. These mailings are the life-blood for attendance of our Eight 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 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 to your “ACCEPT ALWAYS” list. Your IP 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.

Protect Yourself from Chemical Hazards

Almost every day we encounter chemicals that under certain circumstances can cause severe harm or death. Many chemicals are extremely toxic and even small quantities can be lethal. Chemicals can enter the body in three ways: *inhalation, ingestion, or absorption.*

Inhalation

Inhalation is the most common road of entry for toxic substances. Nature has given us our sense of smell to help alert us to dangers. Our sense of smell can, however, be fooled quite easily. For

example, some substances, such as carbon monoxide and methane, are odorless. (Methane, the major ingredient of natural gas, is odorized by natural gas utilities to help warn people of gas leaks.) Other substances, such as hydrogen sulfide, quickly dull the sense of smell. Smokers commonly have a reduced sense of smell. Awareness and monitoring programs are necessary to alert us to the toxic effects of inhalable substances.

Ingestion

Ingestion is the second most common road of entry. Each year, many people unintentionally swallow toxic substances that were stored in food containers. Never use food containers, such as beverage jars, to store nonfood items (paint, plant food, or other substances). Never store chemicals in a refrigerator used for food, and never store food in a place where chemicals are stored.

Never eat, drink, or smoke when using chemicals. Small quantities of chemicals can be transferred from your hands to your mouth if you are eating, drinking, or smoking.

Absorption

Absorption is the third road into the body. Usually, the skin is an extremely effective barrier against chemicals entering the body; however, like wind passing through a screen door, some chemicals can easily penetrate the skin.

DON'T FORGET... 10th Annual N.C. Workers' Compensation Educational Conference, October 19-21, 2005, at The Sheraton Imperial Hotel & Convention Center, Durham, NC. Go to www.comp.state.nc.us to register!

Insight...

- Pessimism raises blood pressure; laughter lowers it .
- Laughter boosts the Immune System. It also increases the concentration of salivary immunoglobulin A, which defends against the entry of infectious organisms through the respiratory tract.
- The hardness of ice is similar to that of concrete.
- There are 293 ways to make change for a dollar.
- Winston Churchill, one of England's greatest politicians, historians and statesmen, was born in a ladies' room during a dance.

Compressed Gas Cylinders...

There are certain rules and procedures we should all follow to minimize the hazards of using and handling compressed gas cylinders.

The service status of compressed gas cylinders should be noted by use of a tag or by other suitable means. The first person to put the cylinder in service or to use any gas out of the cylinder should mark the tag, or use other means to indicate that the cylinder is, or has been, in service.

The person who determines that the cylinder is empty, or does not contain enough gas to be serviceable, should mark the tag, or otherwise mark the cylinder to indicate that it is empty. This "empty" tag should stay on the cylinder until it leaves the facility.

Any damaged cylinder or any cylinder that is not satisfactorily identified as to its contents should

not be used. Never tamper with or attempt to repair defective valves or safety relief devices on cylinders. Such cylinders should be returned to the vendor immediately.

Cylinders that are defective or have leaky valves or fittings should be taken to an open area away from sources of ignition and slowly emptied. They should then be tagged, noting the defect.

A cylinder should always be in the upright position when being used. However, it should never be left in the upright position unless properly secured by means of a substantial chain, cable, or other reliable device.

Oxygen cylinders should not be stored within 20 feet of combustible gas cylinders or near any other substance where an accelerated fire could result, unless protected by a wall at least five feet high having a fire resistance rating of at least 30 minutes.

All gas cylinders should be protected against shock or high temperature extremes. When handled by cranes or hoists, they should be in suitable cradles, nests, or skip boxes, and must never be lifted by rope or chain slings or magnets.

Never drop gas cylinders; for instance, don't drop them off a truck. Never use gas cylinders as rollers, supports, or for any purpose other than their intended use.

When using individual oxygen cylinders, the pressure regulator should be located directly on the cylinder. Use no oil, grease, or pipe compound when making oxygen connections.

There are special threads on the cylinders for each type of gas. Never try to adapt the wrong regulator of a cylinder by use of an adapter. Never mix the contents of two different cylinders.

Install a check valve on the downstream side of the regulator valve whenever there is danger of material flowing back into the cylinder. Avoid placing cylinders where they might form part of an electrical circuit.

Some cylinders are designed with a protective cap that screws over the valve at the end of the cylinder. Except when the cylinder is connected to a line or hose, the cap should be kept on the cylinder at all times. Never use the protective cap for lifting or handling the cylinder. Never use a hammer or wrench to open a cylinder valve.

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

HALLOWEEN SAFETY TIPS FOR KIDS

Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.

If you set jack-o-lanterns on your porch with candles in them, make sure that they are far

enough out of the way so that kids costumes won't accidentally be set on fire.

Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.

Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.

Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

Have a Safe month! Dennis ☺

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 harmonm@ind.commerce.state.nc.us
- **Alvin Scott - Eastern and Southeastern Carolina Areas -**
919-218-2792- Cell 252-291-1370-Office scotta@ind.commerce.state.nc.us
- **Eric Johnson - Western Carolina, Blue Ridge & Southern Piedmont Areas**
919-218-3567- Cell 704-933-2414- Office johsone@ind.commerce.state.nc.us
- **Randy Cranfill - Western and Central Piedmont Areas -**
919-218-2986- Cell 336-679-8493- Office cranfilr@ind.commerce.state.nc.us
- **Anne Hill - Program Assistant - 919-807-2603**
hilla@ind.commerce.state.nc.us
- **Dennis Parnell - Director, Safety Education -**
919-218-3000- Cell 919-807-2602- Office parnell@ind.commerce.state.nc.us

We Are Working For You!

[CLIP AND SAVE]

Upcoming Events...

- **October 6, 2005 - Eastern Carolina Safety Council - Quarterly meeting Wilber's BBQ, Goldsboro, NC 6 PM**
- **October 11, 2005 - Western Carolina Safety Council Fall Workshop, Blue Ridge Paper**
- **October 13, 2005 - Central Piedmont Safety Council Regional Workshop, Forsyth County Extension, 8AM-NOON and again from 1 PM-5 PM**
- **October 19, 2005 - Mid-State Safety Council Fall Workshop - Sharon Harris Visitors Center, New Hill, NC 8 AM**
- **October 19 - 21, 2005 - NC Industrial Commission Workers' Comp Conference, Sheraton Imperial, RTP, NC**
- **October 27, 2005 - Southern Piedmont Safety Council Fall Workshop - Rowan Cabarrus NORTH Campus, Salisbury NC 8 AM-2 PM**
- **October 27, 2005 - Blue Ridge Safety Council - Dockside, Forest City, NC-Meth Labs Donna Gill, Government Task Force 6 PM**
- **November 3-4, 2005 -- Western North Carolina Safety and Health School For information contact: Rebecca Israel @ 336-761-4420 or 919-218-4083**
- **November 3, 2005 - Eastern Carolina Safety Council Fall Workshop - Hilton Inn, Greenville, NC 8 AM**
- **November 9, 2005 - Northeast Partnership Safety Roundtable - Metal Tech, Murfreesboro, NC 8 AM-4 PM**
- **November 15-17, 2005 - NC Professional Safety Construction Institute Conference - McKimmon Center, Raleigh, NC. Contact: Janet Sumner at jnsumner@rnrouse.com or call 919-705-9392**
- **November 17-18, 2005 -- N.C. Safety and Health Congress and Annual Meeting For information contact: S&H Council of North Carolina, Matt Thompson @ 1-800-868-8777 x 126**
- **November 30, 2005 - Southeastern Safety Council - Quarterly Meeting, TBA**
- **May 9-12, 2006 NC Statewide Safety Conference, Joseph Koury Convention Center, Greensboro, NC.**