

NC Industrial Commission

www.comp.state.nc.us

Safety Bulletin

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"Safety is something that happens between your ears, not something you hold in your hands." - Jeff Cooper

October - 2006

Greetings Friends in the Name of Safety:

We are in the planning stages for the 2007 30-Hour Accident Prevention Certificate Awareness Program (APCAP) series and would like to have your input. If your company would like for us to bring this program to your facility next year please let your area Safety Representative know. In addition, if you would like to co-sponsor this program next year, let us know that as well. We would love to work with your group!

Also, Thank you for the massive response to our call for positions. We are now beginning the interview process and should have new folks onboard soon.

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 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 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.

October is Fire Prevention Month!

How do you make sure your work location is fire safe?

Ensure fire safety equipment is free and clear of obstructions and readily available. If your building has the following, check to confirm:

- Fire extinguishers are easily accessible and not obstructed.
- Manual fire alarm pull boxes on the walls are accessible.
- Emergency lights are positioned properly to illuminate the path.
- Exit doors are clear and unobstructed.
- Sprinkler heads are not obstructed by storage (18"min. clearance).
- Access to sprinkler system risers is clear and unobstructed.

Ensure the exterior of your building does not present a fire risk. Check to confirm:

- Access to and around the building is clear and unobstructed.

- Access to fire equipment is clear, such as fire hydrants, automatic sprinkler connections, and sprinkler control valves.
- Designated smoking areas have noncombustible receptacles for discarding the material.
- Tumbleweeds, vegetation, and other combustible materials are not accumulating adjacent to the building or equipment

In your office area check to confirm:

- Extension cords are not used in place of permanent wiring.
- Surge suppressors are used for computer circuits.
- Electrical lights are clear of combustible materials.
- Heat producing appliances are clear of combustibles.
- Combustibles are not stored in front of electrical panels.
- Portable heaters are UL listed.

The above fire safety inspection checklist is a great tool in fire prevention and you are encouraged to use a checklist and involve your group in this effort.

Insight...

- To enable the efficient exchange of oxygen and carbon dioxide from the blood to the atmosphere, the lungs contain the largest surface area of any part of the body - in a normal adult, about the same area as a tennis court if stretched out fully!
 - Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.
 - Toilet seats are usually one of the cleanest surfaces around the home or office, probably because they are frequently cleaned. Phones, computer keyboards, desktops, sink faucets and doorknobs are commonly inhabited by 10,000 to up to 100,000 bacteria per square inch.
 - Americans spend over 4.5 billion hours each year stuck in traffic that's going nowhere in any particular hurry.
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National Highway Traffic Safety Administration proposes IDRIS guidelines

The National Highway Traffic Safety Administration (NHTSA) published a set of proposed guidelines in the June 28, 2006 Federal Register for states to use in developing and then collecting information in Impaired Driving Records Information Systems (IDRIS) that implement Section 2007(c) of the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU).

Background on the issue: Annually, more than a million drivers are arrested for alcohol-impaired driving. While states bear the primary responsibility for enacting and enforcing impaired driving laws and for adjudicating and sanctioning offenses, they sometimes lack the most effective tools to manage their programs. A comprehensive data system containing records of impaired driving arrests and convictions would enable a state to make more effective traffic safety decisions. The ideal system should contain timely, accurate, complete, consistent, integrated, accessible and secure information.

Citation data that are not accurate or complete (e.g., misspelled name, incorrect charge) can result in dismissed cases or reduced charges and can complicate linkage to other traffic records system components such as driver license files. Citation data that are not accessible or that cannot be integrated or linked almost always require more time, effort and resources to process and complete, and can delay or interfere with the adjudication process.

NHTSA experience indicates that a successful IDRIS requires significant efforts by a state to generate, transmit, store, update, link, manage, analyze, and report information on impaired driving

offenders and citations. Such a system should include impaired driving-related information that is collected and managed by the system's stakeholders. A fully developed electronic IDRIS is a powerful tool to assist states in developing an effective system of deterrence for impaired driving.

In NHTSA's latest reauthorization, Congress recognized the need for states to employ more robust impaired driving data systems. Section 2007(c) of SAFETEA-LU directs NHTSA to "issue guidelines to the states specifying the types and formats of data that states should collect relating to drivers who are arrested or convicted for violation of laws prohibiting the impaired operation of motor vehicles." In response to that direction, the June 28, 2006, notice sets forth guidelines in the form of a model system for impaired driving records, based on the results of NHTSA experience in this area.

What is Wi-Fi, anyway?

What is Wi-Fi and why should you care? Wi-Fi is the shortened term for "wireless fidelity." Wi-Fi is a local network that uses high frequency radio signals to send and receive data short distances, usually under 200 feet.

What all that really means is that Wi-Fi is a term for communicating without all the cords and cables usually necessary. The process usually uses radio frequencies or infrared waves.

Another term you will see used with Wi-Fi is "hot spot." What is a "hot spot"? A hot spot is simply a location where you can use Wi-Fi. Wi-Fi is free in some locations but requires a fee in others. Some hot spots issue passes for periods of time - a day, a week, etc., while other hot spots sell metered access.

FDA reports on how away-from-home foods effect obesity

The U.S. Food and Drug Administration (FDA) recently received a report that could help American industry and consumers take important steps to successfully combat the nation's obesity problem. The report is titled, the "Keystone Forum on Away-From-Home Foods: Opportunities for Preventing Weight Gain and Obesity." It provides recommendations from experts in industry, government, civic sector organizations, and academia for improving consumers' ability to manage calorie intake from foods prepared and purchased away-from-home.

The impact of away-from-home foods is significant. Americans spend approximately 46 percent of their food budget on food prepared away from home and take in 32 percent of their calories from such foods. In light of these facts, FDA contracted with the Keystone Center to convene a forum on away-from-home foods to consider what can be done, given what is currently known, to support consumers' ability to manage their energy intake, with respect to preventing undue weight gain and obesity, within the scope of away-from-home foods.

The report put together by the forum offers recommendations related to:

1. Understanding and influencing consumer behavior;
2. Increasing the availability of lower-calorie products, menu items, and meals; and
3. Providing consumers with nutrition information.

"The recommendations may help industry members, educators, researchers, government, and health care professionals take steps to reduce the obesity rate and the health and economic burdens that come with it," said Acting FDA Commissioner Andrew C. Von Eschenbach, M.D.

Since the late 1980s, adult obesity has steadily increased to the point at which more than 65 percent of all Americans are now overweight and over 30 percent are obese. Also, 15 percent of children and adolescents aged 6 to 19 are overweight - nearly double the rate of two decades ago. According to some estimates, obesity results in thousands of deaths a year and accounts for \$117 billion in U.S. health care expenses annually.

The FDA, in an effort to help Americans live long, better, healthier lives, is committed to reducing obesity, poor nutrition, and physical inactivity.

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

Getting to the work level of a scaffold has always been a serious problem. This is the time most scaffold accidents occur. Workers, when not provided with a proper stairway or ladder, might be tempted to use crossbraces to climb the scaffold. This is strictly forbidden in the scaffold standard. Your employer must also provide safe access for employees erecting or dismantling supported scaffolds.

It happened like this...

One of your coworkers, Michael, is assigned to work on a 20-foot scaffold. When he gets to the base of the scaffold, he looks around for a way to get up to the 20-foot level.

After a minute of looking and not finding a ladder or other means of access, he yells up to the coworker on the scaffold. "How did you get up there?" Billy Ray, the coworker, yells back, "I climbed the crossbraces and then hoisted my tools up in a bucket. Climb up here right away, I need your help." Michael knows this isn't safe. He decides to find a ladder to use, and if he can't, he'll talk to the supervisor about what to do.

Let's talk about this, OK?

What did Michael do right?

- *Didn't climb the scaffold crossbraces like Billy Ray did.*
- *Decided to look for a ladder or other safe means of access.*
- *Decided if he can't find a ladder, he'll talk to the supervisor.*

What did Billy Ray do wrong?

- *Climbed the scaffold crossbraces.*
- *Encouraged Michael to do the same.*

What happens next?

What do you think should happen next?

- *Michael must find a safe way to access the scaffold.*
- *Billy Ray should be given training on proper scaffold access.*

When a scaffold-working platform is more than two feet above or below an access point, the following methods must be used:

- If using portable, hook-on, and attachable ladders, make sure they are positioned so as not to tip the scaffold.
- When using portable, hook-on, and attachable ladders, make sure they are specifically designed for use with the type of scaffold being used.
- If using stairway-type ladders (such as ladder stands), there must be rest platforms at a maximum of 12-foot intervals.

- When using stairway-type ladders (such as ladder stands), they must have slip-resistant treads on all steps and landings.
- If using staintowers, they must have a stair rail with a toprail and midrail on each side of the stairway.
- When using staintowers, they must have guardrails provided on the open sides and ends of each landing.
- Safe access must also be provided for employees erecting or dismantling supported scaffolds.

Talk with your supervisor if you have any questions about how to access scaffolding properly. Now you know... Dennis ☺

In the trenches...

Reports show an average of 1,000 trench collapses which result in lost time injuries occur each year.

In addition, around 400 workers are killed in trench collapses each year. An average of 54 fatalities were reported annually over 1992-2001. Authorities estimate that up to 100 may occur, but are unreported.

If you are involved in or around trenching work, it is critical that you keep safety in mind. Such work presents many, potentially fatal hazards.

Always follow your company's safety procedures regarding trenching activities.

More facts on trenching fatalities

- When a trench collapse occurs, the chance of the trapped worker being killed is over 10%. In some areas, the number can be as high as 50%.
- Most fatal injuries occur in small companies with fewer than 10 employees.
- 75% to 95% of injuries occur in trenches where no protective systems were used.

The NC Industrial Commission Safety Education Section can assist you with trench awareness training as well as Competent Person training at no cost. Just give us a call.

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 - 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 - 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 - 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 - Western and Central Piedmont Areas -919-218-2986**
- **[Billie Gay](mailto:gayb@ind.commerce.state.nc.us) - gayb@ind.commerce.state.nc.us - Program Assistant- 919-807-2603**
- **[Dennis Parnell](mailto:parnell@ind.commerce.state.nc.us) - 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...

- ⊙ **October 26, 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 - Dockside, Forest City, NC**
- ⊙ **November 1, 2006 - NC Statewide Safety Conference Planning Committee meeting - Koury Convention Center, Greensboro, NC - 10:00 a.m.**
- ⊙ **November 8, 2006 - Northeastern Safety Council 3rd Annual Safety Roundtable - Elizabeth City, NC 8:00 a.m. - 3:00 p.m.**
- ⊙ **November 9, 2006 - Southeastern Safety Council Fall Workshop - TBA**
- ⊙ **November 9, 2006 - Eastern Carolina Safety Council Fall Workshop - Ag Center, Wilson, NC 8:00 a.m. - 4:00 p.m.**
- ⊙ **November 14, 2006 - Southern Piedmont Safety Council Regional Workshop - Government Center, Concord, NC 9:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.**
- ⊙ **May 15 - 18, 2007 - NC Statewide Safety Conference - Koury Convention Center Greensboro, NC**