

NC Industrial Commission

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Safety Bulletin

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"Tears are the safety valve of the heart when too much pressure is laid on it." - Albert Smith

November - 2006

Greetings Friends in the Name of Safety:

Please help us welcome Markus Elliott to the Southeastern Area. Markus will assume these duties on November 14th and Alvin Scott will continue in the Eastern and Northeastern areas. Markus comes to us from NCDEHNR DAQ with a wealth of knowledge in the field of safety. He resides in Whiteville, NC. ~ WELCOME MARKUS!!!

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.

Dominion Power employees stay safe for 35 years

Katy Nicholson/Herald Staff Writer

ROANOKE RAPIDS - A mistake could be deadly at the Dominion Power Hydroelectric Plant, so employees work hard to prevent accidents. Prominent community and company members turned out Monday, October 30, 2006 to pay tribute to the plant's 19 employees for their success - 35 years without a lost-time accident. When the employees say they're

like family to one another, it's no exaggeration. Many of them have held their jobs for more than 30 years. It's that tight-knit sense of community that helps keep the workers safe, according to Harold Shoemaker, whose 15 years of work at the plant make him a relative newcomer. Shoemaker transferred to Roanoke Rapids from another Dominion plant, and said the employees took him right in.

"Everyone has to look out for one another," Shoemaker said. "We work in small groups and know each other really well."

While they celebrated 35 years without a lost-time accident, Dominion officials also recognized the plant's 11 years without any accidents reported to the Occupational Safety and Health Administration, which include even minor injuries.

State Representatives Michael Wray and Lucy Allen, Halifax County Commissioners James Pierce and Rives Manning and Mayor Drewery Beale attended the barbecue lunch and congratulated the employees, and Beale praised Dominion Power's community support.

Thirty-five years without a lost-time accident is a rare accomplishment, according to Dennis Parnell, Director of Safety Education for the North Carolina Industrial Commission. The Commission provides employers and employees with safety education training as it relates to Workers' Compensation.

"You don't see this often," he said. "Typically, people have to get one year accident-free and occasionally you will see three years accident-free. It's unheard of, someone making it 35 years accident-free."

Parnell, who has been a resident of Roanoke Rapids for 53 years, said the employees' safety benefits both themselves and the company as a whole. Though it may be an anomaly, it's not a coincidence, he said, referring to the area as a "safety culture."

Insight...

- Although covered with ice (all but 0.4% of it, i.e.), Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.
- The most intense winds our planet knows, belong to tornados. A class 5 tornado packs a wind of over 300 mph (about 500 km/hr). The highest recorded wind speed on Earth was >318 mph in Oklahoma City on May 3, 1999. On that infamous day, at least 57 tornadoes killed 56 people and caused over US\$330M worth of damage.
- A third of the world's parrot species are at risk of extinction in the next few decades, because of capture for the pet market.
- In the USA, domestic cats kill an estimated 1 billion wild birds each year.

- ***Trivia Question: Which of the following actors appeared in all of these films? Limelight - Great Dictator - City Lights.***
 - a. Rock Hudson*
 - b. Pat O'Brien*
 - c. Charlie Chaplin*
 - d. The Three Stooges*

Answer: see last page

Forklifts vs. Cars

Just because you drive a car doesn't mean you know how to operate a forklift. You need to learn the basic differences between a forklift and a car if you are going to operate a forklift. Let's take a closer look.

Build

Forklifts may look small, but they can weigh more than twice as much as a car. Forklifts need this weight because they lift heavy loads. The back of the forklift has a large counterweight to balance the load being carried.

Steering

Cars steer by turning the front wheels. Forklifts steer with the rear wheels. This gives a forklift a tighter turn radius, but it also causes the back end of the forklift to swing wide. Operators have to make sure there is enough clearance for the truck's back end during a turn.

Suspension

Automobiles use a four-point suspension system. Forklifts use a three-point suspension system. This creates a "stability triangle" between the front tires and the center of the rear axle. A forklift will tip over if its center of gravity moves outside this "stability triangle" as it lifts and lowers loads, accelerates, brakes, and turns.

The forklift's identification plate includes information on it's:

- Unloaded weight,
- Load capacity,

- Load center distance,
- Type designation, and
- Engine information.

There are several different types of forklifts. Each type has different controls and their operation involves different hazards. You'll need additional training before you can operate a forklift because it's not just like driving a car.

Alcohol Awareness Quiz

How much do you know about alcohol? Try taking the following true/false quiz. You may be surprised at how much you already know.

1. Alcohol abuse and dependency are a major health problem in America.

True. Alcohol abuse and dependency are one of the major health problems confronting America today. Alcohol knows no ethnic or income boundaries, it affects every group of people including newborn babies whose mothers drank during pregnancy. In addition, it affects almost every part of your body, from your liver to your stomach, blood, kidneys, and colon.

2. If it takes you more than 2 ounces of liquor to feel "buzzed," you may have a problem with alcohol.

True. This question relates to tolerance, or how much alcohol it takes you to feel drunk. Many studies indicate that if it takes you more than 2 ounces of liquor, you may be drinking too much.

3. Alcohol is a stimulant.

False. Alcohol is a depressant. Depressants slow the vital functions of the body, such as heart rate and blood pressure. Even though alcohol may seem to make you more talkative and out-going, it slows your body and helps you feel relaxed or less inhibited. That is why it is so important not to drink and drive. Your reaction time is dramatically slowed when you drink. More than 75% of all car accidents are alcohol related.

4. Elderly people can't be alcoholics.

False. Many elderly people have an undetected problem with alcohol. They drink in their homes, and no one may know how much they are drinking. If you are worried about an elderly person who you know, ask them about this. Let them know that you are concerned about their drinking.

5. Teen alcohol abuse is a predictor for adult alcoholism.

True. Teenagers who start drinking at a young age are at an increased risk to develop alcoholic problems. The best advice is to discourage teen drinking. Many teens drink due to peer pressure. Talk to your children directly about alcohol use. Remember to set an example. If you have a problem, it is likely that your children will also.

There are many resources available in every community to help with alcohol issues. Look in your local yellow pages or ask your healthcare provider to refer you to a professional counselor. All visits are kept confidential.

For more information about alcohol and drug abuse, visit the National Institute on Alcohol Abuse and Alcoholism website at <http://www.niaaa.nih.gov>.

Turducken: The other holiday meat

Have you heard of "turducken?" It's a layered poultry dish especially popular during the holidays. However, it is an exceptionally risky one that requires safe food handling and thorough cooking to prevent foodborne illness.

What is turducken?

Turducken is a deboned stuffed chicken inside a deboned stuffed duck inside a deboned stuffed turkey. The name is simply comprised of syllables from the words "turkey," "duck," and "chicken." Usually the tip end of the turkey leg bones and the first two wing joints are left on the turkey so that after assembly, the finished product resembles a whole turkey. Alternatively, the finished turducken can be a completely boneless roll with stuffing layered between each bird.

The idea for this multilayered, deboned fowl came from Louisiana where thousands of them are commercially prepared yearly. Turduckens are prepared in other States as well, and consumers also debone poultry and assemble them in home kitchens.

How do you safely handle turducken?

Critical control points involved in handling this risky assemblage are many, especially if the dish is made at home and not in a USDA-inspected plant. Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. Here are specific recommendations from the USDA for safely handling and cooking turduckens.

Ingredients:

- When creating a turducken at home, bring the raw birds directly home from the store and refrigerate (40 degrees Fahrenheit (°F) or below) immediately - within two hours (one hour when the temperature is above 90 °F).
- Make sure the raw poultry is wrapped securely and place it on a baking pan or casserole dish to prevent cross contamination or raw juices getting onto other food.
- Store the raw turkey, duck, and chicken no longer than two days before de-boning, assembling, and cooking.
- If the turducken has been purchased through mail order, make sure it arrives frozen with a cold source in an insulated carton. Transfer it immediately to the freezer. If the turducken arrives warm, notify the company. Do not use the product.

Preparation:

- Before and after handling any raw meat or poultry, always wash your hands in warm, soapy water for 20 seconds.
- While handling and de-boning the three birds, keep the raw poultry and their juices away from other food.
- Make the stuffing immediately before assembling the turducken.
- Make sure the birds and stuffing are not out of the refrigerator more than two hours while assembling the turducken.
- Pack the stuffing loosely, not too tightly, to promote efficient heat transfer during cooking.
- After cutting raw poultry, wash the cutting board, knife, and counter tops with hot, soapy water.
- After washing, sanitize cutting boards by using a solution of one teaspoon liquid chlorine bleach per one quart of water or run it through the dishwasher.

Roasting:

- For home-prepared turducken, roast immediately after it's assembled.
- Roast the turducken in an oven set no lower than 325 °F.
- Use a food thermometer to ensure that all layers of the turducken and stuffing reach a minimum safe internal temperature of 165 °F. The thermometer should be placed at the center of the thickest part of the turducken to determine the safe internal temperature.

Serving and leftovers:

- Slice and serve the cooked turducken within two hours after cooking.
- Slice and cut the turducken into smaller portions before putting in the refrigerator to cool fast. A whole cooked turducken may not cool to a safe temperature within the time needed to prevent bacterial growth.
- After slicing and serving the turducken, refrigerate any leftovers in a shallow container within two hours of cooking.
- Use the leftovers within 3 to 4 days after cooking or freeze for longer storage.

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

For millions of Americans, hand-held electronic devices such as BlackBerries, Treos, and Sidekicks are a source of convenience and efficiency. But, if used improperly, they can also be a source of chronic pain and injury, according to the American Physical Therapy Association (APTA).

"BlackBerry Thumb," the latest in a string of techno-related, workplace maladies, is a catch-all phrase for repetitive stress injury, causing pain and/or numbness in the thumbs and joints of the hand," says Margot Miller, PT, a physical therapist with WorkWell Systems and president of APTA's Occupational Health Special Interest Group. Miller notes that the condition is caused by spending too much time checking and composing e-mails, instant messaging, and accessing the Internet for both work and personal use through a handheld wireless personal digital assistant (PDA).

"The use of PDAs is no longer limited to the eight hours spent in the workplace," observes Miller. "More and more, people are depending on these devices to stay in touch with friends and family before and after the work day and on the weekends, as well as having access to work when they leave the office; that is where the heart of the problem lies."

Miller points out that users who abuse their PDAs — those who use them for more than short intervals, several times a day — are more likely to develop symptoms ranging from swelling and hand throbbing to tendonitis. Additionally, because so many PDA users are middle-aged businesspeople, overuse can aggravate underlying arthritis, she says. "Because the keyboard of a PDA is so small and because the thumb, which is the least dexterous part of the hand, is overtaxed (for faster typing), the risk of injury skyrockets."

What is the best solution to prevent BlackBerry Thumb? "Listen to your body, be aware of your symptoms and take personal responsibility," Miller says. Typical treatments include applying ice to the affected area, stretching, using a properly fitted thumb split, and possibly even a cortisone injection. In worse-case scenarios, some may need surgery to remove scar tissue that has thickened the tendons inside tunnels that sheath them. "But my

first suggestion is that individuals who have these symptoms see a physical therapist," Miller concludes.

Now you know... Dennis ☺

When to Replace Hearing Protectors...

If you are required to wear hearing protection, it is important that you know when to replace the equipment.

All types of personal protective equipment have a limited life span. The foam seal that surrounds the ear on earmuffs, the flanges on rubber earplugs, and body of foam earplugs, all lose their elasticity. As hearing protectors wear out, their attenuation properties are diminished; the head band on earmuffs also can relax so that the muff no longer provides a snug fit.

Foam plugs

Although some foam plugs can be washed several times in mild soap and water, they should usually be changed every day or two, especially in dusty or oily environments. They should not be removed with dirty hands, if they are expected to be reused. Reinsertion of dirty plugs can cause ear infections. Plugs that cannot be cleaned must be replaced.

The replacement requirement primarily relates to normal wear and tear, but it would also include situations where the nature of the workplace or the nature of an employee's duties makes some accidental loss of hearing protectors reasonably predictable.

Check with your supervisor or safety manager on caring for and replacing the personal protective equipment you use on the job.

Working Safely with Downed Electrical Wires

Electrical hazards exist in some form in nearly all occupations. However, those hazards multiply for workers involved in cleanup and recovery efforts following major disasters and weather emergencies. One particular life-threatening danger exists around downed and low-hanging electrical wires.

Safety first

Above all else, always consider all equipment, lines, and conductors to be energized. Be cautious and if you notice downed wires or damaged electrical equipment, contact appropriate utility personnel. Remember that circuits do not always turn off when a power line falls into a tree or onto the ground. Even if they are not sparking or humming, fallen power lines can kill you if you touch them or even the ground nearby.

Energy

Downed wires can energize other objects, including fences, water pipes, bushes and trees, buildings, telephone/CATV/fiber optic cables and other electric utilities. Even manhole castings and reinforcement bars (rebar) in pavement can become energized by downed wires. During storms, wind-blown objects such as canopies, aluminum roofs, siding, sheds, etc., can also be energized by downed wires.

Backfeed

When electrical conductors are inadvertently energized by other energy sources, backfeed occurs. Some of those sources include:

- Circuit ties/switch points
- Lightning
- Generators
- Downstream events

Simply testing for energy sources is not sufficient since hazardous electrical events can happen without warning. Ensure that proper lockout/tagout procedures are always followed.

Rules to live by

- Do NOT assume that a downed conductor is safe simply because it's on the ground or it's not sparking.
- Do NOT assume that all coated, weatherproof or insulated wire is just telephone, television or fiber-optic cable.
- Low-hanging wires still have voltage potential even if they are not touching the ground.
- So, "don't touch them." Everything is energized until tested and found to be de-energized.
- Never go near a downed or fallen electric power line. Always assume that it is energized. Touching it could be fatal.
- Electricity can spread outward through the ground in a circular shape from the point of contact. As you move away from the center, large differences in voltages can be created.

- Never drive over downed power lines. Assume that they are energized. And, even if they are not, downed lines can become entangled in your equipment or vehicle.
- If contact is made with an energized power line while you are in a vehicle, remain calm and do not get out unless the vehicle is on fire. If possible, call for help.
- If you must exit any equipment because of fire or other safety reasons, try to jump completely clear, making sure that you do not touch the equipment and the ground at the same time. Land with both feet together and shuffle away in small steps to minimize the path of electric current and avoid electrical shock. Be careful to maintain your balance.

Talk to your supervisor if you have any questions or concerns about working around downed power lines.

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 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
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We Are Working For You!

NC INDUSTRIAL COMMISSION

[CLIP AND SAVE]

Upcoming Events...

- November 02, 2006 - NC Rural Water Workshop - Johnston County Ag Center, Smithfield, NC 8:00 a.m. -4:00 p.m. 6 hours credit for both Water & Wastewater - Cost- \$FREE
- November 8, 2006 - Northeastern Safety Council 3rd Annual Safety Roundtable - College of the Albemarle, Elizabeth City, NC - 8:00 a.m. - 3:00 p.m.
- November 9, 2006 - Southeastern Safety Council Fall Workshop - Holiday Inn Exit 49, Fayetteville, NC - 8:00 a.m. - Noon
- November 9, 2006 - Eastern Carolina Safety Council Fall Workshop - Ag Center, Wilson, NC - 8:00 a.m. - 4:00 p.m.
- November 14, 2006 - NC Rural Water Workshop - Town Hall, Leland, NC 8:00 a.m. -4:00 p.m. 6 hours credit for both Water & Wastewater - Cost- \$FREE
- December 5, 2006 - Mid-State Safety Council Quarterly Meeting - Coty, Sanford, NC 6:00 p.m.
- December 7, 2006 - NC Rural Water Workshop - City of Wilson Operations Center, 1800 Herring Ave, Wilson, NC 8:00 a.m. -4:00 p.m - Competent Person 4 hours, Confined Space, 1 hour & Safety Attitudes 1 hour=6 hours credit for both Water & Wastewater - Cost- \$FREE
- May 15 - 18, 2007 - NC Statewide Safety Conference - Koury Convention Center Greensboro, NC

Answer: c. Charlie Chaplin.