

Alaska Chapter NECA

June 25, 2005

Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

July 4	Independence Day
July 5	Anchorage JATC
July 7	JATC Trust Meeting
July 12	Safety Committee
July 13	Board Meeting/Membership Meeting Cancelled
July 24	NECA Golf Tournament
August 18-21	NECA District 6 Mini Convention

Tool Box Talks

July 05, 2005	Injury Prevention, Hands/Neck
July 12, 2005	Ladder Safety
July 19, 2005	Lift Trucks
July 26, 2005	Lockout/Tagout Energy Sources & Procedures

Lockout/tagout: Following procedures prevents injuries

A maintenance worker finished fixing a jammed trimming machine and was about to take lunch when he got a call informing him that the machine was jammed again. "Not again!" he thought as his stomach growled from hunger. He looked around. Everyone was at lunch. "I'll just turn the switch off at the panel and skip lockout/tagout this time," he said to himself.

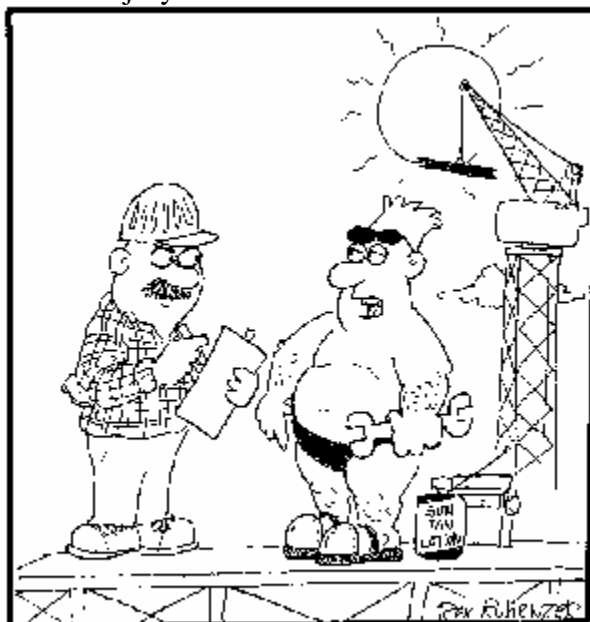


Without lockout/tagout procedures, employees can suffer severe injuries, including loss of limbs. All too often, these injuries could have been prevented if the injured employee had not been taking a shortcut, or circumventing the established procedures. Designed for the servicing and maintenance of machines and equipment, lockout/tagout greatly protects craft workers, machine operators, and laborers from serious injuries.

Lockout/tagout procedures safeguard millions of workers from accidents and injuries caused by either releases of energy caused by the start up of machines or equipment, or unexpected releases of stored energy. The terms lockout and tagout mean:

- **Lockout** – Placement of a lockout device (such as a lock) to block the flow of energy from a power source to a piece of equipment.
- **Tagout** – Process of attaching a tag to a disconnect switch or other energy isolating device to warn others not to restore energy to the tagged equipment.

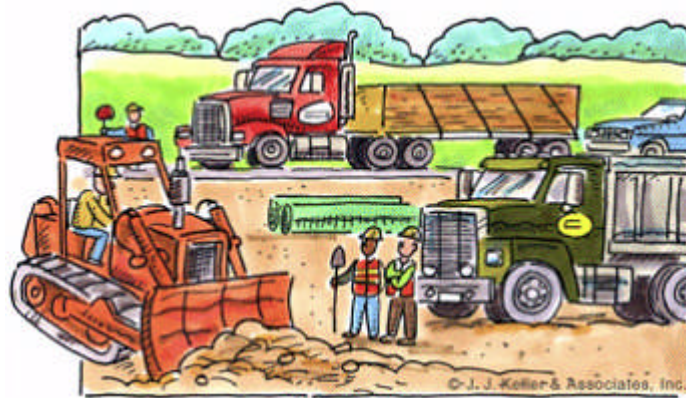
You should always lock and tag out power sources and switches when you service or repair electrical and other types of energized equipment, and never ignore or remove the locks or tags of other employees when you come across them in the workplace. The results could cause serious injury and even death.



But I have steel toes on!

Slow down for work zones

Those hot, sunny days of summer are almost here. However, summer also means increased road construction and increased danger for motorists and workers. Work zone activity is increasing because many of our highways are over 30 years old and they need repairs. Much of the construction is occurring on roads that are already congested from high traffic, which causes delays and frustration for drivers.



Over the last five years, the number of persons killed in motor vehicle accidents in work zones has increased from 872 in 1999 to 1,028 in 2003. With nearly a 50 percent increase in work zone fatalities between 1997 and 2003, work zone safety is a growing concern.

Did you know?

Did you know that:

- One work zone fatality occurs every 8.5 hours (3 per day).
- One work zone injury occurs every 13 minutes (113 per day).
- Four out of every five work zone fatalities were motorists.

Safe driving tips

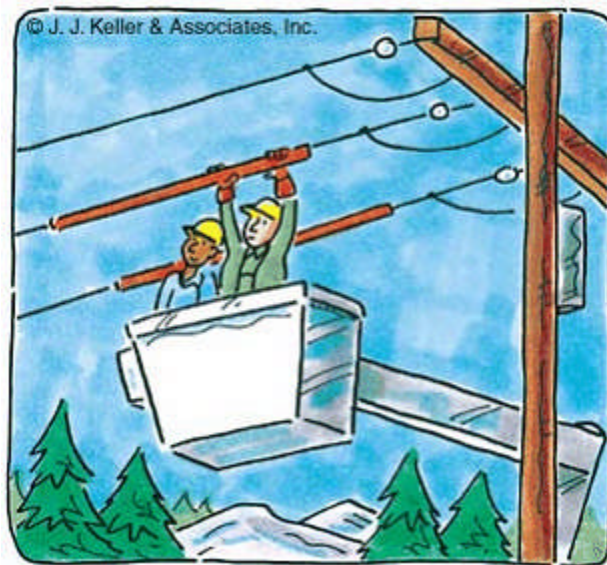
The Federal Highway Administration recommends the following tips for driving safely in work zones:

- Slow down,
- Be patient and stay calm,
- Pay attention to the signs,
- Obey road crew flaggers,
- Expect the unexpected,
- Minimize distractions,
- Keep up with traffic,
- Don't tailgate by keeping a safe distance between you and the car ahead of you,
- Schedule enough time to drive safely by checking the radio, TV, and websites for traffic information,
- Turn on headlights so workers and other drivers can see your vehicle, and
- Be ready for rough roadways that can affect your driving.

Keep these safety tips in mind while cruising our nation's highways this summer.

Sometimes you just need a friend

Much utility work falls under OSHA's Electric Power Generation, Transmission, and Distribution standard, 29 CFR §1910.269. This standard establishes certain types of work where at least **two** employees must be present.



Two employee requirements

Paragraph 1910.269(l)(1)(i) provides that at least two employees must be present during:

- Installation, removal, or repair of lines energized at more than 600 volts;
- Installation, removal, or repair of deenergized lines if an employee is exposed to contact with other parts energized at more than 600 volts;
- Installation, removal, or repair of equipment, such as transformers, capacitors, and regulators, if an employee is exposed to contact with parts energized at more than 600 volts;
- Work using mechanical equipment, other than insulated aerial lifts, near parts energized at more than 600 volts; and
- Other work exposing an employee to electrical hazards greater than or equal to those posed by operations that are specifically listed above.

Exemptions

Paragraph 1910.269(l)(1)(ii), however, provides three exemptions to the above:

- Routine circuit switching, if the employer can demonstrate that conditions at the site allow this work to be performed safely;
- Work performed with live-line tools if the employee is neither within reach of nor otherwise exposed to contact with energized parts; and
- Emergency repairs to the extent necessary to safeguard the general public.

Remember, you must be accompanied by at least one other employee if the work falls into one of

the categories in paragraph 1910.269(l)(1)(i) but does not fall within any of the exemptions in paragraph 1910.269(l)(1)(ii).

Always follow the company's safety procedures and don't strike out alone for work that requires you have a buddy.



Stay alert on scaffolds!

Your supervisor and coworkers can do everything right in setting up a scaffold according to the safety rules, but if you don't use it properly your scaffold can be a death trap. Here are some tips to help you remember how to stay safe on scaffolds.

Fall protection

Gravity is the reason you fall; the ground is the reason you stop. To protect yourself from this abrupt stop you must:

- Be protected from falling to a lower level when you are on a scaffold more than ten feet above that level, and
- Follow the fall protection provisions for the type of scaffold you are using.

Remember, the two types of fall protection commonly used on scaffolds are personal fall arrest systems or guardrail systems.

Electrical safety

To protect yourself against electrical shock do the following:

- Adhere to the safe clearance distances when working near exposed power lines, and

- Use the proper insulation and grounding protection while welding.

Falling object protection

In addition to wearing a hardhat, you must be provided with additional protection from falling hand tools, debris, and other small objects. This protection is provided through the installation of toeboards, screens, guardrail systems, debris nets, catch platforms, or canopy structures that contain or deflect the falling objects.

Below the scaffold, your employer may set up barricades to prevent workers from entering the area where objects may fall.

Scaffold access

Some of the requirements for safe scaffold access include the following:

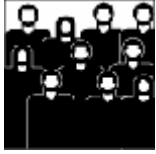
- Access to and between scaffold platforms more than two feet above or below the access point must be made using safe equipment (such as ladders, stairways, ramps, and walkways).
- Do not use crossbraces for access.
- Carefully position portable, hook-on, and attachable ladders so they won't tip the scaffold.
- When hook-on and attachable ladders are used on a supported scaffold more than 35 feet high, they must have rest platforms every 35 feet.

Scaffold use

Always comply with the following scaffold use requirements:

- Do not load scaffolds and scaffold components over their maximum intended loads or rated capacities, whichever is less.
- Inspect scaffolds and components for visible defects. Have your competent person do this before each work shift, and after any occurrence which could affect a scaffold's structural integrity.
- Scaffolds must be erected, moved, dismantled, or altered only under the supervision and direction of your qualified competent person.
- You are prohibited from working on scaffolds covered with snow, ice, or other slippery material except to remove the slippery material.
- Work from scaffolds is prohibited during storms or high winds unless your competent person has determined it is safe and you are protected by a personal fall arrest system or wind screen.
- Debris must not be allowed to accumulate on platforms.
- Makeshift devices, such as (but not limited to) boxes and barrels, must not be used to increase your working level height. Ladders may only be used on scaffold platforms under very limited restrictions.

Talk to your supervisor if you have questions about how to safely use scaffolds.



Movie Trivia

Question: Which of the following actors appeared in all of these films? *The Searchers* - *True Grit* - *Rio Bravo*.

- a. John Wayne
- b. Errol Flynn
- c. Shirley Temple
- d. Omar Sharif

Answer: a. John Wayne.