

# Alaska Chapter NECA

May 25, 2005

Alaska Chapter, NECA [www.alaskaneca.org](http://www.alaskaneca.org)

## Chapter Calendar

May 30	Memorial Day
June 7	Anchorage JATC
June 8	Board Meeting /Membership Meeting
June 14	Safety Committee
June 19	Father's Day
July 4	Independence Day
July 24	NECA Golf Tournament

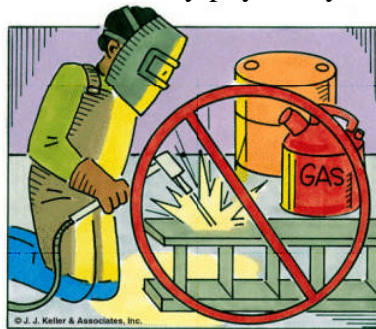
## Tool Box Talks

June 06, 2005	Horseplay/Unsafe Acts
June 13, 2005	Housekeeping
June 20, 2005	Injury Prevention, Back & Ears
June 27, 2005	Injury Prevention, Eyes & Feet



## What is a hazard?

If you're going to be effective in protecting yourself from workplace hazards, obviously you first must understand just what those hazards are. While it may seem like a simple enough term, "hazard" covers many different things. A hazard may be an object (tools, equipment, machinery, materials) or a person (when distracted, mentally/physically incapable).



### Four general hazard areas

Generally, all workplace hazards exist in four areas as follows:

- Materials - liquids, solids, gasses, etc.
- Equipment - machinery, tools, devices.
- Environment - noise, temperature, atmospheres, workstation design.
- Employees - anyone in the workplace.

So keep your eyes open in your workplace and follow all safety procedures related to your workplace hazards.

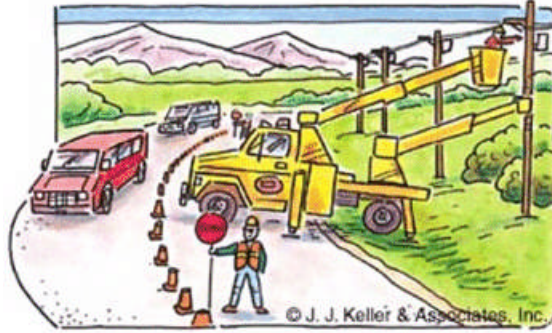


## Power tool safety: It's electric!

Because power tools are so common, workers are constantly exposed to a variety of hazards. The very tool that makes their job easy and efficient may one day be the cause of a tragic accident. It is good to be reminded of common-sense safety practices.

### Tool safety tips

- Never carry a tool by the cord.
- Never yank the cord to disconnect it from the receptacle.
- Keep cords away from heat, oil, and sharp edges (including the cutting surface of a power saw or drill).
- Disconnect tools when not in use, before servicing, and when changing accessories such as blades, bits, etc.
- Avoid accidental starting. Do not hold fingers on the switch button while carrying a plugged-in tool.
- Use gloves and appropriate safety footwear when using electric tools.
- Store electric tools in a dry place when not in use.
- Do not use electric tools in damp or wet locations unless they are approved for that purpose.
- Keep work areas well lit when operating electric tools.
- Ensure that cords from electric tools do not present a tripping hazard.
- Remove all damaged portable electric tools from use and tag them: "Do Not Use."
- Use double-insulated tools.



## There's more to flagging than just the flag!

A flagger is a person who provides temporary traffic control when permanent traffic control is not applicable. Because flagging exposes the flagger to traffic — a major cause of death for highway work sites — the use of flaggers must be done with caution.

Naturally, using correct flagger signaling techniques is vital for safety and effective traffic control. However, in addition that, flaggers should:

- Wear high-visibility safety apparel. At a minimum, OSHA requires that for daytime work flaggers wear a vest, shirt, or jacket that is orange, yellow, strong yellow green or fluorescent versions of these colors. For nighttime work, similar outside garments shall be retroreflective. The retroreflective material shall be orange, yellow, white, silver, strong yellow-green, or a fluorescent version of one of these colors and shall be visible at a minimum distance of 1,000 feet. Also, it is a best practice to also wear white pants and a white reflectorized hard hat at night.
- Coordinate with other flaggers and communicate by radio if they have no visual contact.
- Know how to combat both heat and cold exposure, dress appropriately, and know where shelter is available.
- Be alert to symptoms associated with carbon monoxide poisoning from vehicular traffic (nausea and headache), and, if symptoms develop, get to fresh air.
- Use proper traffic control devices such as barricades, cones, tubular markers, vertical panels, drums, and barriers to mark areas.
- Be aware of construction equipment that may approach from behind and use motion detectors, alarms, hard hat mounted mirrors, or a spotter to have adequate warning of such hazards.



## Sharing a fall protection harness can be tricky

OSHA doesn't require each individual to have his or her own fall protection safety harness; workers exposed to fall hazards can share a harness. However, for you and your coworkers who

are regularly exposed to fall hazards, it may be a good idea that you each have your own harness.

The advantages of each employee having his or her own safety harness are:

- The harness will be adjusted to fit that individual. Sharing the harness means each person may have to re-adjust the harness every time they use it.
- The harness is compatible with the working environment. Employees sharing a harness may work in different environments, which could have a detrimental effect on the harness.

The combined person and tool weight has an effect on the harness and other parts of the personal fall arrest system. An employee that weighing over 310 pounds (with tools and equipment) may have different lanyard and harness requirements than an employee weighing 180 pounds.

### **Protection for you**

Personal fall arrest systems, when stopping a fall, must:

- Limit maximum arresting force on an employee to 1,800 pounds when used with a body harness.
- Be rigged such that an employee can neither free fall more than six feet, or contact any lower level.
- Bring an employee to a complete stop and limit maximum deceleration distance an employee travels to 3.5 feet.
- Have sufficient strength to withstand twice the potential impact energy of an employee free falling a distance of six-feet, or the free fall distance permitted by the system, whichever is less.

### **Combined person and tool weight**

The employee weight issue is addressed in 29 CFR 1926.502(d)(16)(v). This part of the fall protection regulation indicates, “If the personal fall arrest system meets the criteria and protocols contained in 29 CFR 1926 Appendix C to subpart M, and if the system is being used by an employee having a combined person and tool weight of less than 310–pounds, then the system will be considered to be in compliance with the provisions of the previous paragraph.”

What if you are over the combined 310 pound weight limit? Well, then your employer must use fall protection equipment (including a beefier harness) to provide proper protection for you. In that case, letting someone else that weighed 180 pounds use your harness and equipment would not be a good idea since it was not designed for him or her.

### **What this means for you**

The safety of workers should be of utmost importance to any employer. Does that mean each individual needs his or her own fall protection safety harness? It’s up to your employer to decide if the advantage of supplying harnesses to each worker (exposed to fall hazards) outweighs the cost of purchasing that many harness.



## June brings the summer solstice

People around the world observe seasonal days of celebration during the month of June. Many were religious holy days linked in some way to the summer solstice. On this day, typically June 21, daylight hours are at a maximum in the Northern hemisphere. It is officially the first day of summer. It is also sometimes referred to as Midsummer because it is roughly the middle of the growing season in much of Europe.

The word “*Solstice*” is derived from two Latin words: “*sol*” meaning *sun*, and “*sistere*,” to *cause to stand still*. This is because, as the solstice approaches, the noonday sun rises higher and higher in the sky on each successive day. On the day of the solstice, it only rises an imperceptible amount, compared to the day before. In this sense, it “*stands still*.”

(In the southern hemisphere, the summer solstice is celebrated in December, also when the night time is at a minimum and the daytime is at a maximum.

### Why does the summer solstice happen?

The seasons are caused by a 23.5° tilt of the earth’s axis. Because the earth rotates like a top or gyroscope, the North Pole points in a fixed direction continuously – towards a point in space near the North Star. But the earth is also revolving around the sun. During half of the year, the southern hemisphere is more exposed to the sun than the northern hemisphere is. During the rest of the year, the reverse is true. At noontime in the Northern Hemisphere the sun appears high in the sky during summertime and low during winter. The time of the year when the sun reaches its maximum elevation occurs on the summer solstice – the day with the greatest number of daylight hours. It typically occurs on June 21 – the first day of summer. The lowest elevation occurs about December 21 and is called the winter solstice – the first day of winter, when nighttime hours reach their maximum.

For lots more information on the solstices and the many observances connected visit this website: [http://www.religioustolerance.org/summer\\_solstice.htm](http://www.religioustolerance.org/summer_solstice.htm). You will find it interesting.



## Animal Trivia

**True or False:** A 1200-pound horse eats about seven times its own weight each year.

**Answer:** True – amazing but true.



## Classic TV Trivia

**Question:** *When Hawkeye wrote home on MASH, who was he writing to?*

**Answer:** His father.