

Alaska Chapter NECA

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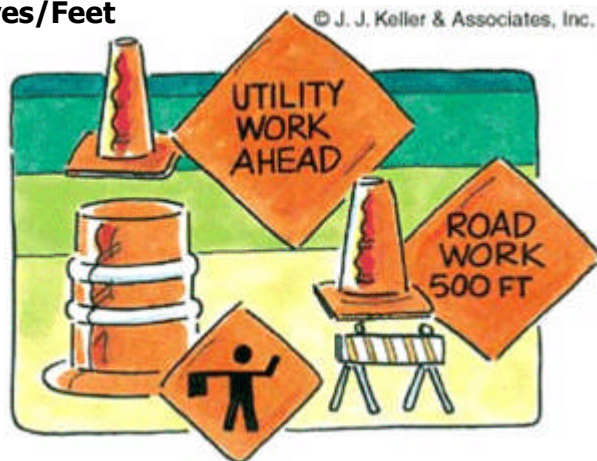
Chapter Calendar

June 6	Anchorage JATC
June 13	Safety Committee
June 14	Board Meeting/Membership Meeting
June 18	Father's Day
July 2	NECA Open Golf Tournament
July 4	Independence Day
October 7-10	NECA Convention in Boston



Tool Box Talks

June 05, 2006	Horseplay/Unsafe Acts
June 12, 2006	Housekeeping
June 19, 2006	Injury Prevention, Back/Ears
June 26, 2006	Injury Prevention, Eyes/Feet



Keep alert for road hazards

If you drive a utility vehicle as part of your job, it is critical that you pay attention to road hazards.

Road hazards are outstanding characteristics of the road surface that could adversely affect a driver's ability to control his/her vehicle or see clearly.

Road hazards appear in many different forms. They may be naturally occurring, man-made, or a combination.

Road hazards include:

- Road construction zones. A construction crew working on a road is hazardous. There may be narrow lanes, sharp turns, or uneven surfaces. Other drivers are often distracted and may drive unsafely. Workers and construction vehicles may get in the way.
- Pavement drop-offs. Sometimes the pavement drops off sharply near the edge of the road. Driving too close to the edge can cause a vehicle to suddenly tilt. This can cause a vehicle to hit roadside objects (tree limbs, signs, etc.). Also, it can be hard to steer when crossing a drop-off.
- Road debris. Foreign objects (debris) can be a road hazard. Debris can be a danger to tires and wheel rims, damage electrical and brake lines, and get caught between dual tires causing severe damage. Some obstacles which appear harmless can be very dangerous. A box or bag that appears to be empty may contain a heavy material, causing damage. It is very important to keep an eye out for objects in the road, and see them early enough in order to avoid them without making unsafe, sudden moves.
- Off-ramps/on-ramps. Freeway and turnpike exits can be particularly dangerous for utility vehicles. Off-ramps and on-ramps often have speed limit signs posted, but, the posted speed is the recommended speed for an automobile, and may not be safe for a larger vehicle. Exits that go downhill and turn at the same time can be especially dangerous. The downhill grade makes it difficult to reduce speed.

Keep it clean

While you may not be able to control the road hazards you encounter, you can control your ability to see these hazards in a timely manner. Always keep your windshield and all other glass clean and clear. Also, ensure lights are properly operating and that mirrors are properly adjusted.

Avoid unnecessary distractions

Keeping your concentration focused on driving will help ensure you spot road hazards and have adequate time to adjust. Avoid such distractions as maps, cell phones, changing radio stations, etc., while you are driving. If these tasks are necessary, pull off the road to a safe location first.

Lockout/tagout: Deenergizing and reenergizing equipment



If you operate or use machinery or equipment to which lockout/tagout is applied or work in an area where lockout/tagout is performed, you need to understand:

- Procedures involved in lockout/tagout.
- Reasons for lockout/tagout.
- Dangers involved when interfering with lockout/tagout.

Follow the procedure

Each piece of equipment or machine needs its own lockout/tagout procedure, which contains the steps for shutting down, isolating, blocking, and securing machines or equipment to control hazardous energy. The procedure also includes steps for putting the equipment back into service.

Additionally, the procedure also includes steps for testing and verifying the effectiveness of the lockout/tagout devices and other energy control measures.

The deenergizing procedure

Every power source has its own procedure for lockout. Lockout may be accomplished by pulling a plug, opening a disconnect switch, removing a fuse, closing a valve, bleeding the line, or placing a block in the equipment.

Generally, follow this deenergizing procedure.

1. Inform all affected employees of the impending shut down.
2. Shut down the machine by following the normal method for shutdown.
3. Turn off the energy at the main power source.
4. Using unique locks, lock out all the energy sources involved.
5. Release and/or relieve all sources of stored energy.
6. Turn the machine back on to confirm that the power source has been deactivated.
7. Attempt to restart the machine to guarantee that the power is shut off, then return the switch to the off position.

If several people need to work on one piece of equipment, each one must apply his or her own lock. Use a multiple lockout device that can accommodate several locks at once.

The reenergizing procedure

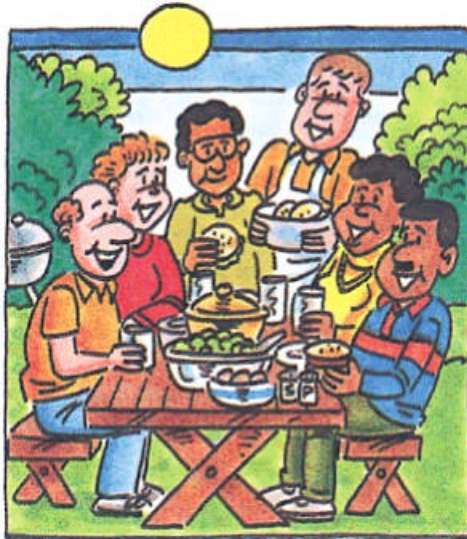
When putting equipment back into service, it is important that proper reenergizing procedures occur, to ensure the health and safety of all workers. These include:

- Only the person who applies a lock or tag may remove it and reenergize the equipment.
- All tools are to be removed and safety guards replaced before the equipment is reenergized.
- All employees must be safely positioned or removed from the area before lockout/tagout devices are removed and the machine is reenergized.
- Affected employees must be notified by the employer or authorized employee of the application and removal of lockout and tagout devices.
- Notification must be given after the controls are removed and before the machine or equipment is started.

Fire up the grill...but don't start a fire

Outdoor grilling is often a popular choice for cooking. However, the National Fire Protection

Association (NFPA) has urged caution when grilling to ensure safe cookouts. According to NFPA, gas-fueled and charcoal grills cause an average of 900 home structure fires and 3,500 home outdoor fires each year. Gas grills have a higher fire risk than charcoal grills. Leaks and breaks in the gas cylinder or hose are the leading cause, accounting for nearly half of gas grill fires. Placing combustibles too close to heat, and leaving cooking unattended, are the two leading causes for charcoal grill home structure fires. Half of all gas grill and charcoal grill home structure fires begin on an exterior balcony or unenclosed porch, so it is important to grill not just outside your home but well away from your home.



NFPA suggests some safety tips for outdoor grilling:

- Gas and charcoal BBQ grills must only be used outdoors. If used indoors, or in any enclosed spaces, such as tents, they pose both a fire hazard and the risk of exposing occupants to toxic gases and potential asphyxiation.
- Position the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: declare a three-foot “safe zone” around the grill.
- Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

Charcoal grills

- Purchase the proper starter fluid and store the can out of reach of children, and away from heat sources.
- Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.

Gas grills

- Check the gas cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame:
 - Turn off the gas tank and grill.
 - If the leak stops, get the grill serviced by a professional before using it again.
 - If the leak does not stop, call the fire department.
- If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not attempt to move the grill.
- All gas cylinders manufactured after April 2002 must have overfill protection devices (OPD). OPDs shut off the flow of gas before capacity is reached, limiting the potential for release of propane gas if the cylinder heats up. OPDs are easily identified by their triangular-shaped hand wheel.
- Use only equipment bearing the mark of an independent testing laboratory. Follow the manufacturers' instructions on how to set up the grill and maintain it.
- Never store propane gas cylinders in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.



How to react well to stress

When you have a stressful moment during your day, how do you tend to react? You have a choice in how you handle it, according to Darlene Cohen. Follow her advice for calming down in a hurry:

- **Shift your focus.** Turn away from old habits and fear-based thinking and try instead to focus on these two questions: “How can I take care of myself right now?” and “What would be most helpful for me to focus on?”
- **Figure out what’s important to you – and take action.** For instance, if you have a boss who is screaming at you, don’t react. Figure out what will resolve the situation. Do you need to meet a deadline quickly? Or do you need to get a new job?
- **When you feel your body getting stressed, breathe deeply or just notice your breath.** The goal is to get out of your head and into your body. Then take a walk from one room to another. This will help ground you. Feel your feet connect to the earth.



Sports Trivia

Question: *What golfer coined the term “caddy?”*

Possible Answers: A: Walter Hagen, B: Bobby Jones, C: Napoleon, D: Mary Queen of Scots

Answer: D. Mary Queen of Scots, the first known female golfer, coined the term “caddy” in 1552, calling her assistants cadets. During her reign, the famous golf course at St. Andrews was built.