

Alaska Chapter NECA

February 25, 2005

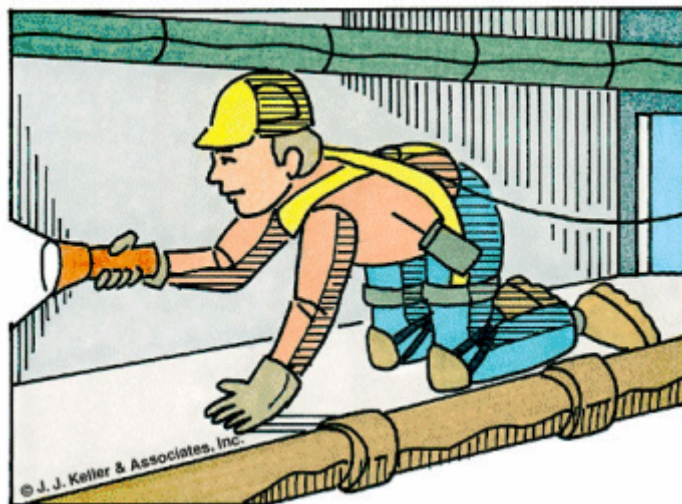
Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

March 1	Anchorage JATC
March 8	Safety Committee
March 9	Board Meeting/Membership Meeting
March 10	Inefficiency Claims Seminar @ NECA
March 17	St Patrick's Day
March 26	NESC Class

Tool Box Talks

March 01, 2005	Confined Space Pre-Planning
March 08, 2005	Cranes & Hoists/Rigging & Slings
March 15, 2005	DMM Safety/Test Equipment
March 22, 2005	Emergency Response
March 29, 2005	Excavation



Confined spaces: The air isn't the only

hazard

When you think of confined spaces you probably think of atmospheric hazards, such as lack of oxygen...and for good reason: those hazards are prevalent in many permit required confined spaces and are highly dangerous! However, workers who enter permit required confined space face two kinds of hazards: atmospheric and non-atmospheric. It's important to pay attention to both kinds of hazards!

Atmospheric hazards

Atmospheric hazards affect the air in the space and can be flammable, toxic, corrosive, or asphyxiating. Be especially careful when evaluating a space that could contain an atmospheric hazard! The only way to identify an atmospheric hazard is to test for it from outside the space.

Always test for atmospheric hazards in the following order:

1. oxygen deficiencies or displacement
2. flammable atmospheres
3. toxic atmospheres
4. corrosive atmospheres

Never assume a confined space is hazard-free.

Non-atmospheric hazards

Non-atmospheric hazards include conditions such as mechanized equipment, loose materials, excessive noise, extreme temperatures, low light, and difficult access.

Common non-atmospheric hazards include:

- Access problems – Confined spaces are difficult to enter and exit, causing problems in an emergency situation.
- Corrosive chemicals – Corrosive chemicals are stored in the space or entrants use them for work. Corrosive chemicals can cause severe eye or skin damage if exposed workers are not wearing protective clothing.
- Engulfment - Loose materials drawn from the bottoms of storage bins can suffocate or bury an entrant. (Liquids or materials are suddenly released into the space.) Liquid or loose materials can trap or bury a worker
- Extreme temperatures - The permit space location or the equipment it contains makes it very hot or cold. Hot environments put workers at risk for heat stress, especially if they're doing strenuous work or wearing protective clothing. Cold environments make tasks more difficult to accomplish.
- Illumination problems - Most permit spaces are dark. Poor lighting makes it difficult for workers to enter, work in, and exit a permit space.
- Mechanical and hydraulic energy - Mechanical and hydraulic equipment starts or moves

unexpectedly. Entrants servicing mechanical and hydraulic equipment can be seriously injured or killed if the energy isn't properly controlled.

- Noise - Permit spaces amplify sounds produced by tools and equipment. Noise interferes with essential communication between entrants and attendants. High noise levels can impair hearing and cause hearing loss.
- Slippery surfaces - Leaks, spills, and condensation make walking surfaces slippery. Wet surfaces are usually slippery; they increase the risk of falls.
- Falling objects - Objects fall into the space because topside openings are unguarded or improperly guarded. You don't want to be struck by a heavy object, even if you're wearing a hard hat.

Snow shoveling safety...don't blow it!

As winter approaches, utility workers may find themselves tracking through snow to get to a jobsite or to locate equipment. And, while snow blowing is a preferred means of snow removal, in many cases it's not practical. In such cases, utility workers rely on good old fashioned shoveling to remove snow! While effective, snow shoveling can be dangerous if you aren't prepared and if you don't follow proper safety precautions.



Here are some shoveling tips to prevent back injury and strain:

- Warm up with a few stretching exercises before shoveling.
- Avoid smoking or eating a large meal before shoveling.
- Dress warmly in layers with a hat. Be sure to cover your neck.

- Use a proper snow shovel.
- Have a game plan when shoveling snow. Plan to shovel heavy snow in two stages. Start by skimming off the snow from the top, and then remove the bottom layer. Avoid overloading the shovel.
- Take small loads of snow, bend at the knees and lift with your leg muscles, not your back.
- Scoop in a forward motion, and step in the direction you throw the snow.
- Avoid twisting, which puts additional strain on your back.
- Stand with your feet about hip width for balance and keep the shovel close to your body.
- Take frequent breaks. Stand up and walk around for at least two to three minutes after every ten minutes of snow shoveling.
- Drink water during breaks... Breathing cold air dehydrates the body!

Ways to prevent the flu

Vaccination is the primary way to prevent the flu, and it lowers rates of illness, hospitalization, and deaths. The flu season in the United States typically runs from November to April.

The flu, a contagious respiratory illness caused by the influenza virus, is spread mainly from person to person through coughing, sneezing, and touching contaminated surfaces, such as doorknobs. The main symptoms are fever, headache, fatigue, body aches, cough, sore throat, and congestion.

Most people get over the flu in about a week, but it can lead to ear infections, bronchitis, pneumonia, and other complications. Each year, the illness causes an average of 36,000 deaths and more than 200,000 hospitalizations. Most deaths occur in people with heart or lung diseases. Several studies have shown that children younger than two, even if they are healthy, are more likely to be hospitalized when they have the flu than older children.

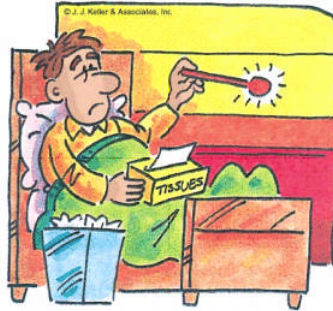
Last season, the CDC received reports of 152 flu-related deaths in children under 18. Most were younger than 5. Almost half had an underlying medical condition, but 40 percent were apparently healthy. Of the 135 children who died who could have been vaccinated, only five were adequately vaccinated against the flu.

Children ages six months and older can get the injectable flu shot, which contains dead influenza virus. It is not approved for use in children younger than six months. Two doses of inactivated flu vaccine given 30 days apart are recommended for previously unvaccinated children younger than nine.

FluMist (influenza virus vaccine live, intranasal), which is sprayed into both nostrils and contains weakened live virus, is not approved for use in children younger than five. Two doses of live flu virus vaccine given 60 days apart are recommended for previously unvaccinated children younger than nine. FluMist is approved for use in healthy people ages five to 49 who are not pregnant.

Along with warding off flu through vaccination, people can lower the risk of infection by

washing their hands frequently, covering their mouths and noses when sneezing or coughing, and avoiding close contact with people who are sick with the flu.



for bad safety habits.



Classic TV Trivia

Question: *What actor on the classic television series Happy Days went on to become a famous film director?*

Answer: Ron Howard who played Richie Cunningham. Howard has directed many hit movies in his career, including Apollo 13.

Bonus Question: *What role had Ron Howard played in an earlier situation comedy series, and what was that series?*

Bonus Answer: Ron Howard played Opie Taylor, the son of Sheriff Andy Taylor on the long-running Andy Griffith Show.



Music Trivia

Question: Which founding member of the Rolling Stones left the band in 1992?

- a) Bill Wyman
- b) Keith Richards
- c) Charlie Watts
- d) Brian Jones

Answer: Departing the Stones in 1992 was Bill Wyman (a). After 30 years of playing bass with The Rolling Stones, Bill Wyman left the band in 1992 and later formed a group called the Rhythm Kings.



Sports Trivia

Question: Which legendary sports figure told players, “If you aren’t fired with enthusiasm, you’ll be fired with enthusiasm”?

- a.) George Steinbrenner.
- b.) Billy Martin.
- c.) Vince Lombardi.
- d.) John Madden.

Answer: Correct answer is c). Professional football coach Vince Lombardi was widely known for inspiring and motivating the players of his highly successful Green Bay Packers team. Evidently, his coaching techniques extended to the motivational power of threatening to fire his players “with enthusiasm” unless they themselves were “fired with enthusiasm” on the field.