

Alaska Chapter NECA

April 25, 2005

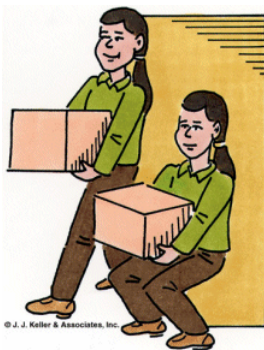
Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

May 3	Anchorage JATC
May 8	Mother's Day
May 10	Safety Committee
May 11	Board Meeting /Membership Meeting
May 30	Memorial Day

Tool Box Talks

May 02, 2005	Fire Protection
May 09, 2005 Person	First Response, Medical/Moving an Injured
May 16, 2005	Flame-Resistant Apparel
May 23, 2005	Grounding and Shock/Hazards of Electricity
May 30, 2005	Health Hazard Recognition



Rules of good lifting

Sprains and strains to the muscles, tendons, ligaments, and disks of the back may be the most commonly reported workplace injury. Most of these back problems are preventable through the use of proper lifting technique.

Rules of good lifting include the following:

- Size up the load before lifting—test by moving a corner or pushing the load.
- Bend the knees when lifting—let your legs do the work.
- Place feet close to the object and center yourself over the load.
- Lift straight up in a smooth motion.
- Do not twist or turn your body once the lift is made.
- Make sure there is a clear path—don't fall over something you can't see.
- Set the load down properly.
- Always push a load that is on a cart—never pull it.
- If it is a long object, get some help.
- Split the load into smaller loads if possible.



Spring into action: Practical tips for spring cleaning

The birds are chirping, flowers are beginning to bloom and the leaves are turning green. Yes, spring is upon us and while that means sunshine and warmth, for many, it also means an endless list of chores. Cleaning, fix-it-up projects, painting, yard work and gardening may be just a few things on your to-do list. While many look forward to getting our homes and lives ready for summer, thousands of injuries occur each year as a result of mishaps around the house.

According to the American Academy of Orthopaedic Surgeons (AAOS), a number of spring cleaning activities can be dangerous if the safety measures are not taken.

“When spring cleaning, it is important to take your time and perform the activities with caution to reduce accidental injuries from occurring,” said Richard F. Kyle, MD, first vice president of the American Academy of Orthopaedic Surgeons. “If you are experiencing pain when partaking in spring cleaning activities, it is important to stop and rest and if pain continues, consult the proper physician.”

Seniors may be at a greater risk due to underlying health problems so extra precaution is suggested. This spring, the American Academy of Orthopaedic Surgeons recommends the following guidelines for your spring-cleaning projects:

- Stretch and perform proper warm-up prior to starting clean-up projects around the home, such as painting or gardening.
- Proper techniques for lifting, carrying and bending should be part of any spring-cleaning project.
- It is important to separate your feet, shoulder-width apart and bend at the knees while tightening the stomach muscles.
- Lift with your leg muscles as you stand up and don't try to lift any object by yourself if it is too heavy or an awkward shape.
- When raking, don't twist your body — instead, use your legs to shift your weight and switch sides.
- Instead of getting on your hands and knees to clean the floor, use a mop.
- When vacuuming, push the vacuum in front of you and walk in a long line, then pull back the same way. Pushing and pulling a vacuum in short strokes can hurt your back.
- Many spring-cleaning chores such as cleaning gutters and trimming trees involve the use of a ladder. Every ladder should be placed on a firm, level surface. Never place a ladder on ground that is uneven and watch for soft, muddy spots. The same is true for uneven flooring.
- Every spring before using a lawnmower, have it serviced to make sure it is working properly. Never try to dislodge dirt or grass from the lawnmower blades with your hands while the machine is running. It is also important to wear shoes while mowing the lawn.
- Read product labels for proper use and wear protective clothing and gloves when using chemicals for gardening or cleaning. Store all chemicals — at the appropriate temperature, which is usually indicated on the package — in a place that is out of reach of both children and pets.



Working outdoors isn't always a picnic

When you have to work outdoors, you have to be prepared for temperature extremes, hazardous plants and animals, and stormy weather.

Handle the heat

Heat exhaustion causes headache, nausea, dizziness, weakness, thirst, and giddiness. It can lead to vomiting and/or fainting. The victim has clammy (moist) skin. Take the victim to a cool shaded area, and give water if the victim is alert and not nauseous. If the person does not feel better in a few minutes, call for emergency help.

Heat exhaustion can lead to life-threatening heat stroke: The victim has dry skin (no sweating) or hot, red skin (looks like a sunburn) and is confused. Victim may have seizures and pass out. Call for emergency help.

Sunlight contains harmful ultraviolet (UV) radiation that can cause skin cancer and cataracts. Protect yourself by wearing sunglasses, a wide-brimmed hat, long sleeves, and long pants. Protect exposed skin with sunscreen.

Don't touch that plant

Poison ivy, poison oak, and poison sumac contain an oil called urushiol that can cause a blistering rash. The oil is easily spread through contact with contaminated tools, equipment, or clothing. If you think you have been exposed, wash with cold running water as soon as possible.

Stay away from that critter

Cover up with long sleeves and long pants to avoid insect bites and stings. Wear insect repellent instead of scented cologne. To avoid snakes, stay clear of rocks and wood piles. Animal bites can cause rabies and other infections. If you get any type of bite, get medical attention as soon as you can.

Stay warm

Hypothermia, a low body temperature, is a life-threatening condition that can occur in any climate. Dress in layers to protect yourself from cold temperatures. The outer layer should repel wind, snow, and rain. Skin that is exposed to cold temperatures can freeze — frostbite is a serious condition that can require surgery. For cold-related illnesses, get the victim to a warm area and call for medical assistance.

Seek shelter

Storms change working conditions for the worse. It's always best to take shelter and get out of the weather during any storm from a blizzard to a thunderstorm.



It's just a battery — What's the big deal?

Batteries, such as nickel-cadmium and small sealed lead-acid batteries, are found in many common items in the business and home setting, including:

- electronic equipment,
- monitoring devices,
- mobile telephones, and
- emergency backup lighting.

Since lead/acid batteries produce hydrogen gas only in very small quantities, it seems like they

would not be a serious hazard under normal conditions. But remember, lead/acid batteries do have the potential to leak, spill, or break during normal conditions of use and in foreseeable emergencies. You could be exposed to the acid contained in them.

In addition, lead/acid batteries can also emit hydrogen gas, which may result in a fire or explosion upon ignition.

If you handle these batteries, make sure you understand:

- The information regarding the hazards of exposure, and
- The proper way to handle them when they become waste.

Handling waste batteries

Since some of these batteries are considered hazardous when released into the environment, it is important to handle them in a responsible manner. An easy way to do this is by recycling instead of disposing of these items.

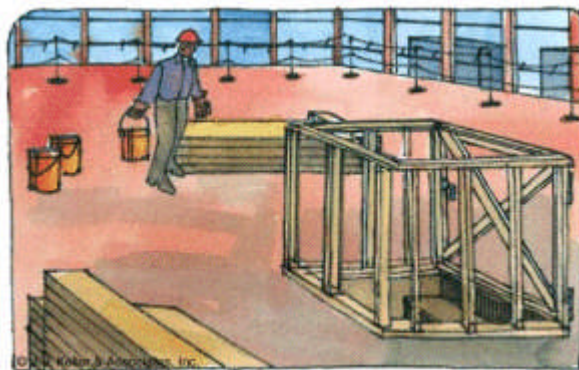
Your company probably accumulates an amount of batteries before shipping them away for recycling. While the batteries are waiting to be shipped, be sure to store and handle them in a way that prevents releases:

- Use the proper packaging.
- Follow company procedures when handling batteries. Be sure to sort battery types to separate incompatible types of batteries, mix only batteries that are compatible, disassemble battery packs, remove electrolyte, etc. according to company policy.
- Place batteries that show evidence of leakage, spillage, or damage in a container that closes, is structurally sound, and is compatible with the contents of the battery.
- Label/mark containers to identify the type of battery waste inside.

Could you use something else?

Another way to increase safety, minimize disposal of hazardous batteries, and usually cut costs, is to use non-hazardous alternatives whenever possible.

If you use equipment that consumes batteries, check with your supervisor to see if there are less hazardous alternatives that could be considered.



Preventing falls through skylights and roof

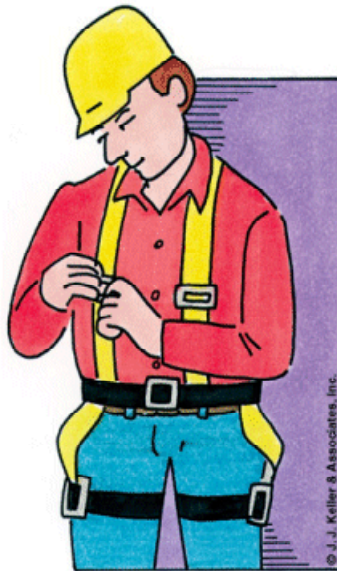
and floor openings

Occupational fatalities caused by falls remain a serious public health problem throughout the United States. Data collected by the Bureau of Labor Statistics (BLS) Census of Fatal Occupational Injuries indicate that falls are one of the leading causes of traumatic injury death in the workplace, accounting for 13.7% of such deaths (808 of 5,900) in 2001.

During that year, 23 workers died in falls through skylights, 11 died in falls through existing roof openings, and 24 died in falls through existing floor openings. Most of these deaths occurred in the construction industry.

Take the following steps to protect yourself from falls through skylights and roof and floor openings:

- Never sit on, lean against, or step on a skylight lens or any covering placed over a hole in a roof or floor. The material used for the cover may not support your weight.
- Guard or securely cover all holes you have created or uncovered before you leave the work area. Other workers might not notice an uncovered hole and fall through.
- Ask your supervisor for the safety procedures to follow when covering or guarding a hole.
- Obtain fall protection information from your employer or from the local OSHA office.
- Always use a personal fall arrest system when working over an unguarded or uncovered opening more than six feet above a lower level — for example, while you are installing a skylight or ventilation unit in an opening that cannot be guarded or covered because of the nature of the work.



- If you use a personal fall arrest system, inspect it daily and report any damage or deficiencies to your supervisor. Tie off only to those anchorage points that your employer has identified as safe.
- Immediately report to your supervisor any unguarded skylight or roof or floor opening or other fall hazards in your workplace.

- Participate in all safety and health training programs offered by your employer.
- Follow safe work practices identified by your employer.

When in doubt, ask your employer for instructions if you do not know how to perform your job safely.



Mother's Day trivia

The earliest Mother's Day celebrations trace back to spring celebrations in honor of Rhea, mother of the gods and goddesses of ancient Greece. In ancient Rome, the most significant similar festival was dedicated to Cybele, another mother goddess. Ceremonies in her honor began 250 years before Christ was born. The Roman celebration, known as Hilaria, lasted for three days - from March 15 to 18!

During the 1600's, England celebrated a special day called "Mothering Sunday" on the 4th Sunday of Lent (also called Mid-Lent Sunday). Mothering Sunday honored the mothers of England. As Christianity spread through Europe, the celebration changed to honor Mother Church – the spiritual power that gave life and protected people from harm. Eventually the church festival blended with the secular celebration.

In the United States Mother's Day was first suggested in 1872 by *Julia Ward Howe* as a day especially dedicated to peace. Following unsuccessful efforts to put together an international pacifist conference after the FrancoPrussian War, Howe began to think of a global appeal to women.

Howe's version of Mother's Day, an occasion for advocating peace, was held successfully in Boston and elsewhere for a few years, but eventually lost popularity and disappeared from public notice in the years before World War I.

Anna M. Jarvis (1864-1948) is credited with originating the Mother's Day holiday in the United States. She never married and was extremely attached to her mother. Throughout the Civil War she organized women's brigades who aided both sides. In 1868, she took the initiative to heal bitter rifts between her Confederate and Union neighbors.

In 1907, two years after her mother's death, Anna Jarvis and her friends began a letter-writing campaign to gain support for declaring a national Mother's Day holiday. She hoped Mother's Day would increase respect for parents and strengthen family bonds.

Jarvis persuaded her mother's church in Grafton WV to celebrate Mother's Day on the anniversary of her mother's death, the 2nd Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia. By 1911 Mother's Day was celebrated in almost every state.

Congress passed a Joint Resolution on May 8, 1914, designating the second Sunday in May as

Mother's Day. The US flag is to be displayed on government buildings and at people's homes "as a public expression of our love and reverence for the mothers of our country." President Woodrow Wilson issued the first proclamation making Mother's Day an official national holiday.



Sports Trivia

Question: *Who played in the famous "Battle of the Sexes" tennis match in 1970?*

Answer: Bobby Riggs and Billie Jean King.

Bonus Question: *Who won?*

Bonus Answer: To the delight of feminists everywhere, Billie Jean King won the match.