Alaska Chapter NECA

April 25, 2006

Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

April 26	**Administrative Professionals Day**
May 2	**Anchorage JATC**
May 9	**Safety Committee**
May 10	**Board Meeting / Membership Meeting**
May 29	**Memorial Day**
July 2	**NECA Open Golf Tournament**
October 7-10	**NECA Convention in Boston**

Tool Box Talks

May 01, 2006	**Fire Prevention**
May 08, 2006	**First Response, Medical / Moving an Injured Person**
May 15, 2006	**Flame-Resistant Apparel**
May 22, 2006	**Grounding and Shock / Hazards of Electricity**
May 29, 2006	**Health Hazard Recognition**

Don’t let golfing injuries knock you off course

While many of today’s golfers pass on wearing plaid pants in favor of sporting more updated apparel, the increasing number of injuries that result each year from golfing will never become fashionable.

Like learning how to avoid driving your ball into a sand trap, by following proper techniques

from the American Academy of Orthopaedic Surgeons (AAOS), most of these injuries can be prevented.

The American Academy of Orthopaedic Surgeons offers these simple tips to help prevent golfing injuries:

- Take golfing lessons and begin participating in the sport gradually.
- Choose the correct golf shoes: Ones with short cleats are the best.
- Warm up and stretch before golfing. Improving your flexibility helps your muscles accommodate to all sorts of demands.
- Incorporate strength training exercises into your warm up routine. Visit http://orthoinfo.aaos.org for golf-related strength training exercises.
- Do not hunch over the ball too much, as it may predispose you to neck strain and rotator cuff tendinitis.
- Avoid golfer's elbow — caused by a strain of the muscles in the inside of the forearm — by not over-emphasizing your wrists when swinging. It is important to build your forearm muscles by completing the exercises below:
    - Squeeze a tennis ball for five minutes at a time.
    - Perform wrist curls using a lightweight dumbbell. Lower the weight to the end of your fingers, then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, then repeat with the other arm.
    - Do reverse wrist curls with a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, then repeat with the other arm.
- Help minimize low back injuries — often caused by a poor swing — by performing these simple exercises to help strengthen lower back muscles:
    - Rowing: Firmly tie the ends of rubber tubing. Place it around an object that is shoulder height (like a door hinge). Standing with your arms straight out in front of you, grasp the tubing and slowly pull it toward your chest. Release slowly. Perform three sets of 10 repetitions, at least three times a week.
    - Pull-downs: With the rubber tubing still around the door hinge, kneel and hold the tubing over your head. Pull down slowly toward your chest, bending your elbows as you lower your arms. Raise the tubing slowly over your head. Perform three sets of 10 repetitions, at least three times a week.
- Keep your pelvis as level as possible throughout the swing.
- Be alert for dehydration and heat exhaustion.
- Heed caution when driving a golf cart, reducing speed for pedestrians, inclines, and weather conditions. Keep hands, legs, feet, and arms inside the confines of the golf cart when it is moving.

Exits are your key to safety

P.T. Barnum used the phrase “this way to the egress” to entice his audience members to the exits, as many folks were unfamiliar with the term “egress,” and thought they were being guided to another spectacle. It was an effective maneuver, and ever since buildings were built, effective and safe egress has been important. In fact, all buildings must have a way of allowing occupants fast exit to the outside or a safe place of refuge in case of an emergency.

Emergency exit routes are not something that you think about all of the time, but a lot of effort goes into making sure they are safe and ready to use.

What is an exit route?
An “exit route” is a clear path of exit travel from any point in a workplace to a place of safety. The exit route can include aisles, stairs, ramps, etc. A workplace must have at least two exit routes that are remote from each other. If a fire or other emergency blocks access to one exit route, the other exit route can be used.

Exit routes must be kept free of obstructing material or equipment, and they must have enough lighting. The purpose of an exit route is to reach an exit—the exit route cannot lead employees toward a dead end or through a room that can be locked.

The exit route must be wide enough to handle all of the people who may use it.

Signs must be posted along the exit route to show the direction of travel to the nearest exit.

The exit route may not direct employees toward areas where there are unprotected materials that burn very quickly, emit poisonous fumes, or are explosive.

What is an exit?
An “exit” is part of the exit route. Exits are separated from other areas and provide a protected way of travel to the exit discharge. Exits must be separated from the rest of the workplace, and they must be protected by a self-closing fire door.

Each exit must be easy to see and marked with an “Exit” sign.

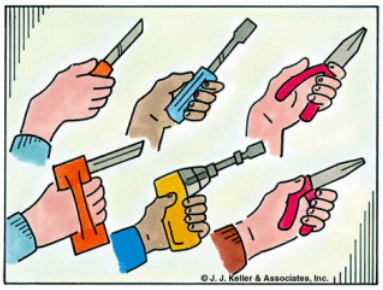
Any door that might be mistaken for an exit must be marked “Not an Exit” or with a sign showing what the door leads to (“Basement,” “Storeroom,” “Linen Closet,” etc.).

Exit doors must be easy to open without having to use keys or tools.

Exits must lead to a safe area with enough room for all of the people who are likely to use the exit.

You should know at least two exits from your area at work. And don’t block or obstruct exits or paths of exit. Alert your supervisor if you notice an exit is blocked.

Like Mr. Barnum, we all want to make our way to the egress — safely.



Repetitive motion safety for utilities

You know the many aches and pains that can result from a long day on the job. Do you find some of those aches and pains last longer than others? Those may be repetitive motion injuries. Repetitive motion injuries are the ones that are caused by repeating the same action over and over. These types of injuries are long-term and can affect you even years after you retire. You want to be able to learn how to avoid them now to avoid pain down the road.

Common repetitive motion injuries that utility workers may be susceptible to are tendon disorders such as the following.

Tendinitis is a form of tendon inflammation that occurs when a muscle or tendon is repeatedly tensed from overuse, vibration, or unaccustomed usage of the wrist and shoulder.

Tenosynovitis is an inflammation or injury to the sheath surrounding the tendon. Repetitions exceeding 1,500 to 2,000 per hour produce these symptoms.

Trigger finger, another tendon disorder, is attributed to the creation of a groove in the flexing tendon of the finger. If the tendon becomes locked in the sheath, attempts to move that finger will cause snapping and jerking movements. This disorder is often associated with using tools

that have handles with hard or sharp edges or whose handles are too far apart for the user's hand.

Reynaud's syndrome or white finger, occurs when the blood vessels of the hand are damaged as a result of repeated exposure to vibration for long periods of time. This condition is also intensified when the hands are exposed to cold temperatures, which can happen on jobsites in the fall, winter, and spring seasons.

Tendon disorders are very common and often occur at or near the joints where the tendons rub against ligaments and bones. The most frequently noted symptoms of tendon disorders are a dull aching sensation over the tendon, discomfort with specific movements, and tenderness to the touch. Recovery is usually slow and the condition may easily become chronic if the cause is not eliminated.

You can help avoid these types of injuries by following these guidelines on the work site:

1. Perform tasks following proper job procedures at all times.
2. Hold tools properly and only use tools for their intended purpose. Select the right tool for the job.
3. If possible, rotate the tasks you perform during the work day to avoid a single-type of repetitive motion for too long a duration.

Animal Trivia

True or False: A zebra is black with white stripes.

Answer: False – Actually, the reverse color scheme is true.

Sports Trivia

Question: *What yachting race was called the Hundred-Guinea Cup until a team from the U.S. won the race in 1851?*

Possible Answers: A: The Admiral's Cup, B: The Stanley Cup, C: The America's Cup, D: The Gascoigne Cup

Answer: C. The Schooner *America* won the Hundred Guinea Cup on August 22, 1851. The Crew donated their trophy to the New York Yacht Club under the condition that the cup "be preserved as a perpetual Challenge Cup for friendly competition between foreign countries," and the **America's Cup** race was born. From 1870, the next time the race was held, until 1980, American yachts won the America's Cup race 24 times without a loss (the race was not always an annual event). The Australian yacht *Australia II* finally took the cup when it won the race in 1983.