Alaska Chapter NECA

October 25, 2004

Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

November 8-9	LMCC Meeting in Girdwood
November 10	Board Meeting/Membership Meeting
November 11	Veterans Day Holiday
November 25-26	Thanksgiving Day Holiday
December 11	Annual Meeting/Christmas Party

Tool Box Talks

November 01, 2004	The Safety Attitude
November 08, 2004	Tools, Hand and Power Tool Safety
November 15, 2004	Tools, Hydraulic and Pneumatic Tools
November 22, 2004	Tools, Powder-Actuated Tools
November 29, 2004	Transformer

Think safety when cleaning up after a natural disaster

Cleanup work of any kind is hazardous, but flood conditions make it even more so. Following the procedures listed below will help to keep you safe and healthy while cleaning up after natural disasters that involve flooding.

Health tips

Take frequent rest breaks when lifting heavy, water-laden objects. Avoid overexertion and practice good lifting techniques. To help prevent injury, use teams of two or more to move bulky objects; avoid lifting any materials that weigh more than 50 pounds per person, and use proper automated lifting assistance devices if practical.

When working in hot environments, have plenty of drinking water available, use sunscreen, and take frequent rest breaks. Wear light-colored, loose-fitting clothing.

Be sure a first-aid kit is available to disinfect any cuts or abrasions. Protect open cuts and abrasions with waterproof gloves or dressings.

Wash your hands often during the day, especially before eating, drinking, or applying cosmetics.

General precautions

- Use a wooden stick or pole to check flooded areas for pits, holes, and protruding objects before entering.
- Ensure that all ladders and scaffolds are properly secured prior to use.
- Conduct a preliminary worksite inspection to verify stability before entering a flooded or formerly flooded building or before operating vehicles over roadways or surfaces. Don't work in or around any flood-damaged building until it has been examined and certified as safe for work by a registered professional engineer or architect.
- Washouts, trenches, excavations, and gullies must be supported or their stability verified prior to worker entry. All trenches should be supported (e.g., with a trench box); if no support is available, the trench must be sloped at no less than a 1:1 (45°) angle for cohesive soil and 1:1½ (34°) angle for granular soils including gravel, sand, and loamy sand or submerged soil or soil from which water is freely seeping.
- Establish a plan for contacting medical personnel in the event of an emergency.
- Report any obvious hazards (downed power lines, frayed electric wires, gas leaks, or snakes) to appropriate authorities.
- Use fuel-powered generators outdoors. Do not bring them indoors.
- Use life-vests when engaged in activities that could result in deep water exposure.
- Use extreme caution when handling containers holding unknown substances or known toxic substances (for example floating containers of household or industrial chemicals). Contact the Environmental Protection Agency for information on disposal at the National Response Center (1-800-424-8802).
- Do NOT use improvised surfaces (e.g., refrigerator racks) for cooking food or for boiling water to avoid exposure to heavy metals.

Clothing and personal protective equipment

- Always wear water-tight boots with steel toe and insole, gloves, long pants, and safety glasses during cleanup operations; sneakers should NOT be worn because they will not

prevent punctures, bites, or crush injuries. Wear a hardhat if there is any danger of falling debris.
- Wear a NIOSH-approved dust respirator if working with moldy building materials or vegetable matter (hay, stored grain, or compost).
- When handling bleach or other chemicals, follow the directions on the package; wear eye, hand, and face protection as appropriate; and have plenty of clean water available for eye wash and other first-aid treatments.

Electrical hazards
- Do NOT touch downed power lines or any object or water that is in contact with such lines.
- Treat all power lines as energized until you are certain that the lines have been de-energized.
- Beware of overhead and underground lines when clearing debris. Extreme caution is necessary when moving ladders and other equipment near overhead power lines to avoid inadvertent contact.
- If damage to an electrical system is suspected (for example, if the wiring has been under water, you can smell burning insulation, wires are visibly frayed, or you see sparks), turn off the electrical system in the building and follow lockout/tagout procedures before beginning work. Do not turn the power back on until electrical equipment has been inspected by a qualified electrician.
- When using a generator, be sure that the main circuit breaker is OFF and locked out prior to starting the generator. This will prevent inadvertent energization of power lines from backfeed electrical energy from generators and help protect utility line workers from possible electrocution.
- Be aware that de-energized power lines may become energized by a secondary power source such as a portable backup generator.
- Any electrical equipment, including extension cords, used in wet environments must be marked, as appropriate, for use in wet locations and must be undamaged. Be sure that all connections are out of water.
- All cord-connected, electrically operated tools and equipment must be grounded or be double insulated.
- Ground-fault circuit interrupters (GFCIs) must be used in all wet locations. Portable GFCIs can be purchased at hardware stores.

Fire protection
- Immediately evacuate any building that has a gas leak until the leak is controlled and the area ventilated.
- Be sure an adequate number of fire extinguishers are available and re-evaluate the fire evacuation plan.
- Be sure all fire exits are clear of debris and sand bags.

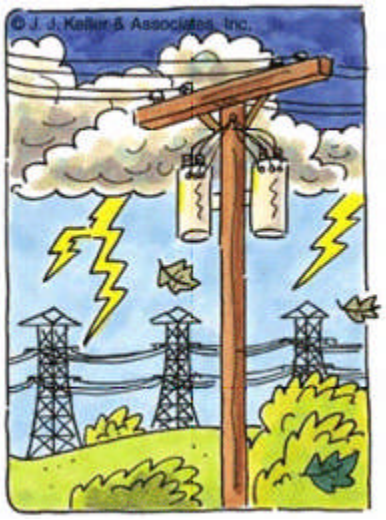
Lightning: Strike out this weather killer!

Lightning kills over 70 Americans each year. That’s more than the annual number of people killed by tornadoes or hurricanes combined! However, the real story of lightning casualties is the survivors. Only about 10 percent of those struck by lightning are killed. Lightning injures about

1000 people in the U.S. each year. About 60 percent suffer life-long severe medical problems and 30 percent are debilitated and can't work for a living. In addition, lightning causes about $5 billion of economic impact in the U.S. each year. While nothing offers absolute safety from lightning, some actions can greatly reduce the risks.

What is lightning?

Lightning is an electrical discharge that results from the buildup of positive and negative charges within a thunderstorm. When the buildup becomes strong enough, lightning appears as a "bolt." This flash of light usually occurs between the clouds and the ground. A bolt of lightning reaches a temperature approaching 50,000 degrees Fahrenheit in a split second. The rapid heating and cooling of air near the lightning causes thunder.



What are the myths and facts?

- Myth: Lightning never strikes the same place twice.
- Myth: Lightning only strikes the tallest object.
- Myth: People inside a building are safe from lightning.
- Fact: The power of a lightning bolt's electrical charge and intense heat can cause electrocution on contact, split trees, ignite fires, and cause electrical failures.
- Fact: Most deaths from lightning occur on the East Coast of the U.S.
- Fact: Approximately $100 million in annual losses result from forest and building fires caused by lightning.

What are some lightning safety tips?

The 30-30 Rule offers the best lightning safety guidance for the general public. When you see lightning, count the time until you hear thunder. If that is 30 seconds or less, seek shelter. Then wait 30 minutes or more after the last lightning flash before leaving shelter. Here are some additional tips to protect you from lightning:

If indoors:

- Secure outdoor objects such as lawn furniture that could blow away or cause damage or injury. Take light objects inside.

- Shutter windows securely and brace outside doors.
- Listen to a battery-operated radio or television for the latest storm information.
- Do not handle any electrical equipment or telephones because lightning could follow the wire. Television sets are particularly dangerous at this time.
- Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.

If outdoors:

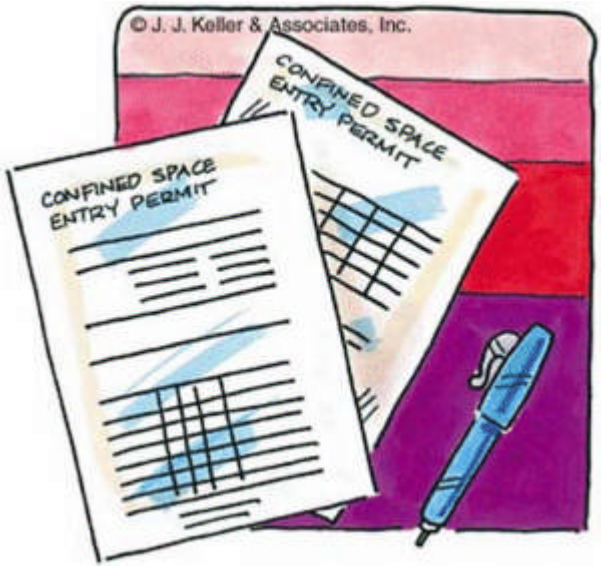
- Attempt to get into a building or automobile.
- If no structure if available, get to an open space and squat low to the ground as quickly as possible. (If in the woods, find an area protected by a low clump of trees—never standard underneath a single large tree in the open.) Be aware of the potential for flooding in low-lying areas.
- Kneel or crouch with hands on knees.
- Avoid tall structures such as towers, tall trees, fences, telephone lines, or power lines.
- Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles, or camping equipment.
- Stay away from rivers, lakes, or other bodies of water.
- If you are isolated in a level field or prairie and you feel your hair stand on end (which indicates that lightning is about to strike), drop to your knees and bend forward, putting your hands on your knees. Do not lie flat on the ground.

If in an automobile:

- Pull safely onto the shoulder of the road away from any trees that could fall on the vehicle.
- Stay in the vehicle and turn on the emergency flashers until the heavy rains subside.
- Avoid flooded roadways.

What if someone is hit by lightning?

A person who has been struck by lightning does not carry an electrical charge that can shock other people. If the victim is burned, provide first aid and call emergency medical assistance immediately. Look for burns where lightning entered and exited the body. If the strike caused the victim's heart and breathing to stop, give cardiopulmonary resuscitation (CPR) until medical professionals arrive and take over.



An entry permit could be the last instruction you didn't read

If there are confined spaces where you work, it is important for you to be aware of the hazards associated with them. When you understand and appreciate the hazards of confined spaces, you will be able to control them through the proper use of equipment and appropriate safe work practices.

The entry permit outlines important information and instructions that, when followed exactly, will provide you with a safe entry and exit from a confined space.

What is a permit-required confined space?

Employers are required to assess all confined spaces and evaluate their hazards. Hazardous confined spaces must be identified as permit-required confined spaces. A permit-required confined space is a confined space that presents, or has the potential for, hazards related to atmospheric conditions, engulfment, configuration, or any other recognized serious safety or health hazard.

Permit system

A written permit is required for every permit-required confined space entry operation. This entry permit ensures that all appropriate safety precautions are taken, that the space is evaluated, and the hazards are eliminated before a worker enters it.

A person designated as the entry supervisor must authorize each entry, prepare and sign written permits, order corrective measures if necessary, and cancel permits when conditions within the space change or the work is completed.

The written entry permit must include:

- Identification of the space.
- Purpose of the entry.

- Date and duration of the permit.
- Names of authorized entrants.
- Names of current attendants and the entry supervisor.
- Hazards in the permit space.
- Measures to isolate the permit space and eliminate or control the hazards.
- Acceptable entry conditions.
- Results of tests initialed by the person(s) performing the tests.
- Rescue and emergency services available and the means to summon them.
- Communication procedures for attendants and entrants.
- Required equipment (such as ventilation, communication, alarms, etc.).
- Additional permits (such as for "hot work").

Do you know your safety colors?

Not only is the textual portion of a sign or tag important, color is also important to convey a message quickly. Color can communicate and reinforce the message of hazards, conditions, and certain areas of the workplace instantaneously. In a sea of signs, you can understand why color is so important. Here are the colors recommended or required to represent certain situations or dangers.

Red

- Fire protection equipment and apparatus
- Danger
- Flammable liquid
- Stop

Orange

- Warnings such as for hazardous machine parts
- Construction
- Biological hazards
- Slow-moving vehicles (OSHA recommends a fluorescent yellow-orange triangle.)

Yellow

- Caution
- Physical hazards such as striking against, stumbling, falling, tripping, and caught in between
- Flammable materials storage cabinets
- Reactivity hazards under Hazard Communication (Hazcom)

Green

- Safety instructions
- First aid and safety equipment
- Eyewash stations
- Emergency egress routs
- Go or start

Blue

- Safety information such as for wearing personal protective equipment
- Health hazards under Hazcom

Purple

- Radiation symbol. This must be purple on a yellow background

Sports Trivia

Question: *Among currently-active quarterbacks (late 2001), who has the highest career quarterback rating percentage?*

Answer: Steve Young of the 49ers has a 95.6 rating.