

Alaska Chapter NECA

September 25, 2005

Alaska Chapter, NECA www.alaskaneca.org

Chapter Calendar

October 1	Steve's 10 year Anniversary with NECA
October 4	Anchorage JATC
October 6-7	IBEW/NECA Benefit Conference
October 11	Safety Committee
October 12	Board Meeting/Membership Meeting
October 21	Deadline to turn in 2005 Actual Flight Hours to NECA
December 10	Annual Meeting/Christmas Party

Tool Box Talks

October 04, 2005	Shock Hazards
October 11, 2005	Silica Dust
October 18, 2005	Slipping/Tripping Hazards
October 25, 2005	Testing: Pre-Op and Startup

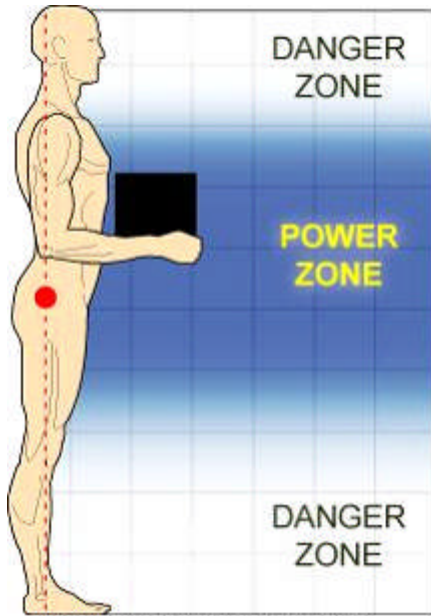
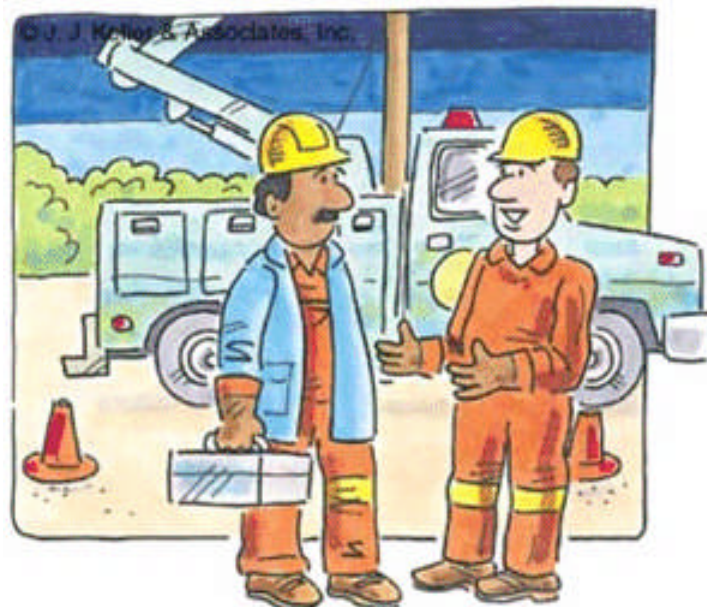


Image from OSHA Ergonomics eTool.

Get in the zone...the power zone!

Lifting objects is a leading cause of injury in the workplace. The risk can be minimized, however, if you use smart lifting practices and work in your “power zone.” Doing so may make you less likely to suffer from back sprains, muscle pulls, wrist injuries, elbow injuries, spinal injuries, and other injuries caused by lifting heavy objects.

The power zone for lifting is close to the body, between mid-thigh and mid-chest height. Comparable to the strike zone in baseball, this zone is where arms and back can lift the most with the least amount of effort.



Telecom workers face broad ranging hazards

Telecommunication workers perform duties that expose them to a broad range of hazards — from electrical to traffic to chemicals. Below are some general safety considerations for telecom work.

Battery handling

- Wear eye protection, protective clothing, and gloves when checking the specific gravity of a battery.
- Follow emergency procedures.
- Add acid to water; never water to acid.
- Cover the open end of hydrometer with an acid-resistant material when you move it from cell to cell.
- First-aid supplies should be readily available and inspected monthly.

Power lines

- Approach distances to exposed energized overhead power lines and parts depend on the voltage of the lines or parts.

Working in public areas

Protection from traffic requires the use of:

- Warning signs
- Flags
- Other traffic control devices
- Barriers
- For night work, use warning lights and protective barricades

Tools and personal protective equipment

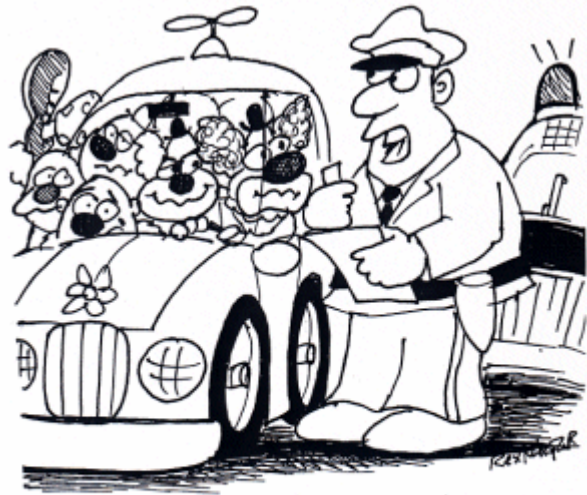
Follow the company's guidelines on the use of all special tools, personal protective equipment, and protective devices. A competent person should inspect this equipment each day before use. Defective equipment must not be used.

Personal climbing equipment should be used when working more than 4 feet above the ground on poles and towers.

Pole climber gaffs must be 1-1/4 inches long. Cover gaffs with safety caps when they are not being used.

Miscellaneous

- Avoid flame-type heaters for tent heaters.
- Use torches in a tent only when the tent material is fire resistant.
- Follow the appropriate grounding procedures for all equipment used.
- Use wiping cloths or gloves, and eye protection when performing lead work.
- Use a drip pan to catch hot lead drippings.



"Do you have a confined space permit for that?"

Confined spaces: Identify, control permit space hazards

It is important for anyone involved in permit-required confined space entry procedures to be able to recognize the associated hazards. The hazards can involve:

- Atmospheric conditions (asphyxiating, flammable, or toxic).
- Engulfment.
- Configuration.
- Any other recognized serious safety or health hazard.

Follow permit procedures

The written entry permit helps you make sure that the space is evaluated, the hazards are eliminated, and all necessary equipment is available before anyone enters the space. Permits must be available to all permit space entrants at the time of entry. 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 atmospheric and any other 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, respirators, retrieval systems, etc.).
- Additional permits (such as for hot work).

Everyone in a permit-confined space entry needs to be able to recognize the hazards involved so that injuries and fatalities can be avoided.



if you wear your hard hat.

Head protection keeps you covered

Parents know it makes sense to have kids wear bike helmets. Shouldn't you wear head protection on the job so you can go home safe to your family?

OSHA requires employees to wear head protection when they work in areas where falling objects could cause injury.

If you work near exposed electrical conductors, you need to wear head protection that reduces the electrical shock hazard.

Acceptable protective helmets are designed to meet standard tests. These helmets are marked "ANSI Z89.1"

Hard hats are marked either "Type I" or Type II" to indicate impact resistance. "Type I" means the hard hat reduces the impact from a blow to the top of the head. "Type II" hard hats also protect against off-center blows.

In addition, hard hats are marked with a classification for the electrical protection they provide. "Class G," or "General," hard hats provide protection from contact with low voltage conductors. "Class E" or "Electrical," hard hats provide protection from exposure to high voltage conductors. "Class C," or "Conductive," hard hats do not provide electrical protection.

Follow the manufacturer's instructions to adjust your hard hat. You need to have a good fit. For some jobs, you'll need to use a chin strap to keep your hard hat in place.

Some hard hats can be fitted with hearing protectors, face shields, lights, or other accessories. Only use equipment that is designed to fit on your helmet.

Some hard hats have been tested with the brim facing to the rear, but don't wear your hard hat backwards unless you're sure the equipment is approved for this practice.

Get in the habit of inspecting your hard hat for damage each day. Check the shell, suspension system, headbands, and all accessories for dents, cracks, holes, or excessive wear. Long periods of sunlight can damage a hard hat. If the shell isn't glossy, looks chalky, or flakes, it's time to replace it. Don't wear a hard hat that is damaged. If your hard hat takes a severe impact, it's time to replace it.

Keep your hard hat clean by periodically washing it with mild soap in warm water. Solvents, paints, or adhesives can damage a hard hat.

Follow your supervisor's instructions for wearing, inspecting, and cleaning your hard hat to get the most protection from it.



Movie Trivia

Question: Which of the following actors appeared in all of these films? *The Paleface* - *Road to Morocco* - *Seven Little Foys*.

- a. Bing Crosby
- b. Bob Hope
- c. Edward G. Robinson
- d. Pat O'Brien

Answer: b. Bob Hope.



Classic TV Trivia

Question: Where is the classic television series *Sanford and Son* set?

Answer: Sanford and Son is set in the Watts neighborhood of Los Angeles.