



Lake County Contractors Association Safety News

December, 2001

Safety Training - Scheduled classes have begun again. Check the enclosed form for more information.

REMEMBER: If you have ten or more (or will pay for 10 students) **we will bring the training to your office**, or a site of your choice, or hold your class at the LCCA Office.

First Aid, CPR, OSHA 10-Hour, Excavation Competent Person, Power Line, Confined Space, Scaffold User or Competent Person, are just some of the courses available to you. Since the LCCA Safety & Education Fund subsidizes the cost, the price is hard to beat.

Training dates are subject to our instructors' schedules, so if you want a particular date, call Gloria at the LCCA Office as soon as possible.

Thank you to the following LCCA members who have scheduled classes recently:

- Scaffold Review, **Jos. J. Henderson & Son**
- 1st Aid/CPR, **Cement Masons Apprentice Program**
- OSHA 10-Hour Course, **Kelso Burnett**

Perception vs. Reality – Liberty Mutual conducted a survey of corporate executives to determine what they thought was the most important safety concern (their **PERCEPTION**). Here are the results compared with the same list of concerns ranked by Workers Comp Direct Cost (the **REALITY**).

Rank	PERCEPTION	REALITY
1	Repetitive Motion	Overexertion (lifting, etc.)
2	Overexertion	Falls same level
3	Highway Accidents	Bodily reaction (bending, reaching, etc.)
4	Bodily reactions	Falls to lower level
5	Falls to lower level	Struck by object
6	Becoming caught or compressed by equipment	Repetitive motion
7	Falls same level	Highway accidents
8	Struck by object	Being struck against an object
9	Contact with temperature extremes	Becoming caught or compressed by equipment
10	Being struck against an object	Contact with temperature extremes

Make sure that you are making the right choices and putting your efforts into areas that will return the highest rate of return. Facts don't lie!

Frostbite – Cold weather is just around the corner and all personnel working outdoors in winter conditions should be aware

of frostbite risk. Frostbite is the freezing of the skin and underlying tissue. Ice crystals form in the cells which kill the cells. Frostbite damage can go from the superficial surface of the skin to deeper tissue loss, which could result in amputation. Exposed skin and the extremities (fingers, toes, ears and nose) are most commonly affected.

The first warning sign is often frostnip, a painful tingling feeling that follows feeling cold. If the area becomes numb, frostbite has started. The skin will have a hard, pale and cold quality. When the area thaws, the flesh becomes red and painful.

If you experience any of the warning symptoms, get out of the cold. If you cannot, warm your hands by tucking them into your armpits. Cover your nose, ears or face with your dry gloved hands. If after warming, the affected area remains numb, you should seek medical attention immediately. If you are not able to get immediate professional medical care, warm frostbitten hands or feet in warm, **not hot**, (below 105 degrees F) water.

Never rub the affected area, put snow on it, or try to warm it over a dry heat source. Some precautions for working outdoors are listed.

- Limit your exposure by breaking up the job into shorter segments.
- Cover your head, ears and face.
- Wear mittens instead of gloves when possible.
- Don't overdress causing you to sweat excessively.
- Dress in layers with polypropylene or some other wicking material as your first layer and a wind proof, breathable barrier as your outer layer.
- Make sure you are well hydrated.
- Stay active but if you become fatigued, get out of the cold.
- Stay alert to the condition of your extremities and any exposed skin.

FHWA Plans Workplace Rules – Now's a good time to get a head start on new safety regulations for people who work near roads or other traffic areas. That's because the Federal Highway Administration (FHWA) announced plans to issue new regulations for traffic work zone safety. According to the FHWA, the rules would require companies to create wider safety zones to more effectively separate workers from motorists. Other requirements include the use of processes that would lead to less road maintenance in the future. For more information contact the National Work Zone Safety Information Clearinghouse, <http://wzsafety.tamu.edu>.

ARTBA Wants Bridges Exempted – The American Road & Transportation Builders Association (ARTBA) has asked OSHA to exempt bridge construction from the “shear connectors” provisions of the new steel erection standards. They claim that the new standard could have a detrimental impact on worker safety, productivity and the cost of doing business.

OSHA would prohibit shear connectors – bolts or rods welded to the top of a steel beam – from being attached during the fabrication process, instead requiring them to be attached on the construction site. The requirement was meant to prevent slipping and tripping hazards, but according to ARTBA, will increase exposure to falls requiring longer working times at great heights.

They also pointed out the increased cost and loss of productivity that will accompany the regulation. The Steel Erection Standard is set to become effective January 18, 2002.

Guarding Against Stress – September 11, the economy, the strains of daily work – no doubt your people are more stressed than ever. And that means they are at an increased risk for accidents and injuries.

Knowing the signs of stress - You can find out which workers are the most at risk by alerting supervisors to be on the lookout for symptoms of over-stressed workers.

Red Flags can be physical, psychological and behavioral. Signs your workers are at risk:

- Complaints of headaches, muscle aches, indigestion and fatigue
- Feelings of anxiety, sadness, anger, and insecurity, or
- Reports of appetite changes, poor hygiene, and drug and alcohol abuse.

Help them cope - Of course, the best way to protect workers from stress hazards is to nip the problem in the bud. Consider:

- Empowering workers by giving them more responsibilities. While you can't change their job tasks, giving workers bigger roles in safety will help them feel control over some aspects of their environment and help relieve any sense of powerlessness that can lead to stress.
- Encouraging people to work in teams. A recent University of Illinois study showed 43% of workers at one Ford plant said they were less stressed when they worked in teams.
- Looking for stress hazards in the work environment. Excessive noise, Poor air quality, uncomfortable furniture, poor lighting, or inadequate air conditioning and heating can all accentuate stress.

And don't overlook your office and management employees. They are just as stressed as your field force – maybe more so!

Eliminating Fall Hazards – You can get some ideas for how to eliminate fall hazards from a new book published

by the American Society of Safety Engineers (ASSE). The book discusses the best practices for planning and auditing fall protection programs in any area, and training workers according to OSHA's regulations. The book is available from ASSE, (847) 699-2929; or on the Web at www.asse.org/ShopOnline/publications.htm

Assured Equipment Grounding Conductor Program - White is this quarter's color for contractors following the assured equipment grounding conductor program. As of January 1, 2002, contractors should be using **White** tape when marking cords.

The assured equipment grounding conductor program simply requires you to test new or repaired power tools and extension cords before first use, after any suspected damage, and all electrical tools and cords at the three-month intervals, marking the cords with colored tape to indicate the month tested. In addition, all cords and power tools must be visually inspected before each use, and a written description of the program and test records must be kept on file at each jobsite.



Safety Award Applications Mailed – Applications for LCCA's 2001 Safety Awards will be mailed to Contractor Members this week. If you do not receive yours, just call the LCCA Office and we will get you a copy. Remember, you do not need to be "perfect" to apply. We do expect no fatalities during the year. Since your results are measured against **national averages**, you are not competing with other members, but rather your results are judged against all contractors across the country.

Completed applications are due into the LCCA Office no later than the end of January. Awards will be presented at the February Membership Meeting.