

# Lake County Contractors Association

## Safety News

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October, 2000

**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, Respiratory Safety/Silica, Scaffold User or Competent Person, and much more are available for 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.

**Confined Space vs. Permit Required Confined Space** – What's the difference between a **Confined Space**, and a **Permit-Required Confined Space**?

A **Confined Space** has a limited or restricted means of entry or exit, is large enough for an employee to enter and perform assigned work, and is not designed for continuous occupancy by the employee. These spaces may include, but are not limited to, underground vaults, tanks, manholes, storage bins, pits, diked areas and silos.

A **Permit-Required Confined Space** is one that meets the definitions of a confined space, and has one or more of these characteristics: 1.) contains or has the potential to contain a hazardous atmosphere, 2.) contains a material that has the potential for engulfing an entrant, 3.) has an internal configuration that might cause an entrant to be trapped or asphyxiated by converging walls or by a floor that slopes downward and tapers to a smaller cross-section, and/or 4.) contains any other recognized serious safety or health hazard.

*(Safety Gram, August/September 2000)*

**One Call Color Coding** – The **One-Call Utility Locate Systems** scattered across the country have one thing in common -- they use the "color coding" adopted by the Federal Government a number of years ago. The six uniform colors and their code designate, are as follows:

RED .....Electric  
Yellow .....Gas/Oil/Steam  
ORANGE ...Communication/CATV/Fiber Optic  
BLUE.....Water  
GREEN .....Sewer  
WHITE .....Proposed Excavation

Added within the past year are two new colors, namely:

PINK.....Temporary Survey Markings  
PURPLE.....Reclaimed water, irrigation and Slurry Lines

Everyone in the construction industry should be familiar with these colors codes, especially if you are disturbing the earth in any fashion (i.e., digging, excavation, trenching, post-hole digging, tree planting, jack-hammering, fence construction, grading, utility replacement/modification, etc.).

For wallet cards bearing these underground utility color codings, call JULIE (1-800-892-0123).

**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 effected. 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 effected 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 effected 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.

**Fatality Update** – Every week accidents resulting in fatalities occur in the construction industry. Here are just a few:

**Trussville, Alabama 6/30/00** – Two workers were found dead in a manhole at a water filtration plant that was under construction. One of the dead was the plant operator who was also working for the engineer to inspect the project. No reasons for the accident were given.