JUNE IS NATIONAL SAFETY MONTH

This year marks the 10th Anniversary of the National Safety Council's Safety Month. This year the theme is: Making our world a safer place, reflects the National Safety Council's mission to prevent accidental injury and death by educating and influencing people to adopt and maintain safe and healthy practices and behaviors in all aspects of their lives.

NOAA, OMAO are gearing up for the National Safety Month 2006. Events are scheduled throughout NOAA for National Safety month. Additional information will be forth coming.

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DYNAMICS OF ELECTRIC SHOCK

The severity of an electric shock depends on the amount of current running through your body. According to the Electrical Safety Foundation International (ESFI), at 0.5 - 3 milliamps (mA) you feel only a tingling sensation. But it quickly gets worse as the current increases:

3 - 10 mA	pain, muscle contraction
10 - 40 mA	grip paralysis—your brain says to let go, but physically you can't
30 - 75 mA	respiratory system shuts down
100 - 200 mA	heart fibrillation
200 - 500 mA	heart clamps tight
Over 500 mA	tissue and organs burn

FIRST AID FOR ELECTRIC SHOCK

Here is an abbreviated list of steps recommended by ESFI:

- **Always call for emergency help.** Even if a shock victim seems OK, he or she could be suffering from serious internal damage that could become evident hours later.
- **De-energize the circuit** and separate the victim from the energy source using a dry wood broom, leather belt, plastic rope, or similar nonconductive implement, making sure that neither you nor the victim are in contact with any electric source. Otherwise, don't move shock victims in case the shock has injured the neck or back.
- **Begin mouth-to-mouth resuscitation** and/or CPR, if necessary.
- **Keep the victim lying down,** warm, and comfortable until help arrives.

OMAO Monthly Safety Newsletter **May 2006**

Shocking News

Electricity can kill

Electricity can save lives and it can take lives. Defibrillators save lives by transmitting an electric shock to the hearts of people who suffer cardiac arrest. More often, however, electric shock is harmful—and sometimes fatal.

Electricity generally kills in one of two ways:

- Given enough voltage, electrical current can stop your heart.
- Electricity can also be converted into heat by the body and literally cook you. This can happen even at a fairly low voltage, as long as the power is high enough to heat the body faster than it can get rid of the generated heat.

Even when it doesn't kill, electricity can give you a nasty shock, and it can burn your skin or even damage nerves and internal organs. Severe shocks can also cause shoulder joint injuries and break bones in your neck due to muscle contractions.

Electricity can kill or injure indirectly, too. For example, if you're up on a ladder when you receive a shock, you could fall and hurt yourself badly.

Clearly, electricity is nothing to fool around with. Since this month is National Electrical Safety Month, it's a good time to review some basic safety precautions everyone needs to follow:

- **Follow manufacturer's instructions** for all electrical equipment.
- **Leave electrical repairs to trained and qualified personnel.**
- **Don't touch any electrical equipment with wet or sweaty hands,** or if you're standing on a wet surface.
- **Don't overload circuits** or outlets.
- **Use extension cords only when necessary** and make sure they are rated high enough for the job.
- **Use waterproof cords outdoors.**
- **Check cords to make sure insulation is in good condition.**
- **Don't run cords across walkways** where they can be damaged.
- **Make sure electrical equipment is locked and tagged out** before any repairs are made.

REMINDER OF MONTHLY SAFETY INSPECTIONS REQUIRED BY NAO 209-1, NOAA Safety Policy

OMAO first line supervisors are required to conduct monthly safety inspections of areas in which their employees work. The intent of the inspections is to assess and document safety rule violations, unsafe acts, and unsafe conditions. First line supervisors shall submit copies of inspection and assessment forms to their immediate supervisor and to the safety officer at their site or MOC SECO. Inspection forms and a safety observation form are available for these purposes at: http://www.seco.noaa.gov/ https://www.ems.noaa.gov/MOC/HTML/employees.htm

If assistance is needed contact your local safety rep or Jim Schell at MOC

Lifting Safety

Watch your back! At work or at home, lift safe and stay strong. Here's how you can avoid injury:

1. Never assume you can lift something yourself. Estimate the weight of the object by tilting it up slowly. If it's hard to move, it's too heavy to lift.Get someone to help, or use a lifting aid.

2. Keep the object you're lifting as close to your body as possible.

3. Don't twist your back as you lift. Instead, move your feet to turn.

4. Always lift with your legs, not your back.

5. It's easier to lift objects with handles, and it reduces the strain on your back.

6. If you have to carry something any distance, keep a firm footing, and plan your route to avoid tripping hazards.

7. Regular exercise strengthens your back and abdominal muscles.

8. If lifting is a regular part of your job, spend a few minutes every day before work on power warm-ups.

9. Eat right and exercise. Extra pounds cause extra strain on your back.

Sources: The Lifting Challenge, National Safety Council, 2000 Lifting and Carrying, National Safety Council, 2003

Stop Unwanted Start-up

Follow lockout/tagout rules

Many serious injuries occur each year because machines are not properly de-energized before maintenance and repairs are attempted. To prevent these accidents, OSHA has developed a set of special lockout/tagout procedures:

1. Prepare for shutdown by knowing the type of energy that powers the machine (e.g., electrical, hydraulic, pneumatic).
2. Notify workers in the area that equipment will be shut down and locked out for repairs/maintenance.
3. Turn off machine.
4. Deactivate energy-isolating devices—the circuit breaker, disconnect switch, or other device that provides energy to the machine.
5. Lock out and/or tag out control switches in an “off” or “safe” position to prevent accidental start-up or energy release.
6. Release blocked or stored energy.
7. Test operating controls by putting in “on” position to make sure machine does not start up. Return operating controls to the “off” position.
8. Perform necessary repairs or maintenance.
9. When work is completed, remove tools and other items from area, reinstall machine guards, make sure other workers are at a safe distance, remove locks and tags, turn on energy, test to make sure machine is working properly, and notify workers that machine is back on line.

22 Ways to Prevent Falls

Take these steps to avoid injury

Slips, trips, and falls happen in every workplace. Watch your step and follow these helpful tips

1. Clean up grease, oil, and debris.
2. Report accidental spills immediately.
3. Provide dry standing areas for wet processes.
4. Keep walkways and stairs clear and well lighted.
5. Report loose carpeting and other flooring problems.
6. Set the base of a straight ladder 1 foot away from the wall for every 4 feet of ladder height.
7. Tie off the ladder or have someone support the base.
8. Never stand on the top two rungs of the ladder.
9. Don’t climb ladders with tools in your hand.
10. Always extend stepladder legs fully and secure braces before use.
11. Put covers and/or guardrails over holes, pits, and vats.
12. Make sure lighting is adequate around holes.
13. Avoid edges of loading docks and other such areas where falls are likely.
14. Wear slip-resistant footwear.
15. Don’t take stairs two at a time.
16. Look where you’re walking. Avoid close encounters: Make wide turns around corners, so you can see who's coming
17. Use nonslip surfaces for floors, ramps, and stair treads.
18. Make sure changes in floor level are properly marked.
19. Clear and sand outdoor walkways and stairs in icy or snowy weather.
20. Always walk, never run.
21. Turn on the lights before you enter a room. And report any burned-out bulbs to housekeeping as soon as possible
22. Cabinet drawers should always be closed when you're not using them.

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FACTS ABOUT FIRE EXTINGUISHERS

Fire extinguishers are labeled for the type of fire they are designed to fight:

- **A** for fires involving combustibles like paper, cardboard, cloth, or wood
- **B** for grease, gases, or flammable liquids such as gasoline, oil, solvents, and paint.
- **C** for electrical wiring and equipment
- **ABC** for Class A, B, or C fires or combination fires
- **D** for combustible metals (like magnesium or sodium)

Some portable extinguishers are also rated for the size of the fire they can handle:

- ➔ Class A and B extinguishers have numbers on them to indicate the size of fire they can fight safely.
- ➔ Numbers tell how many square feet the extinguisher can handle. For example: 5-B for a 5-square-foot fire, 10-B for a 10-square-foot fire, etc.
- ➔ The higher the number, the larger the area the extinguisher can handle—and the heavier the extinguisher.

Make sure you:

- ➔ Know where fire extinguishers are kept.
- ➔ Use the right type and capacity of extinguisher for the class and size of fire you are fighting.
- ➔ Take careful aim, since most extinguishers last for only a few seconds.
- ➔ Evacuate the area and sound the alarm if a fire doesn't go out or is too big to fight with a portable extinguisher.

YOUR PERSONAL SAFETY BARRIER

Why bother to wear personal protective equipment (PPE)? Because PPE creates a safety barrier between you and job hazards. This barrier prevents or minimizes injuries in the event of an accident.

For example: The *Erie Times-News* reported the story of a worker blown off the platform of a billboard he was working on by an unexpected gust of wind. Fortunately, he was wearing a safety harness in accordance with OSHA regulations. The harness held him in place, 15 feet below the platform, until a bucket truck was able to reach him and transport him to the ground 100 feet below.

Although in this case the accident itself couldn't be prevented, an injury—probably a fatal one—was avoided.

Safety Wise Quiz

What do you know about job safety?

Test your safety smarts. Read each statement and circle T for True or F for False. Then check your answers below.

1. Fire extinguishers should match the type of fire (e.g., trash, electrical, grease), but if you don't have the right type, using any extinguisher is better than taking no action at all. **T F**
2. Chemicals are only hazardous if they get into or onto your body. **T F**
3. If you're not climbing more than a few feet, it's safe to stand on a handy chair or box instead of getting a ladder. **T F**
4. You need to report an accident to your supervisor only if someone is actually hurt or if tools, materials, etc., are damaged. **T F**
5. Preparing for an emergency is management's responsibility, not yours. **T F**

Answers:
(1) False. Using the wrong type of extinguisher can make a fire worse instead of putting it out. (2) False. Some chemicals are hazardous because they cause fires and explosions. (3) False. It's never safe to use a chair or a box in place of a ladder. (4) False. Report *all* incidents, including near misses and minor accidents. (5) False. Management is responsible for making emergency plans, but you and your co-workers are responsible for understanding the plans and carrying them out effectively.

Are you 'gung ho'?

How to ensure a safer workplace

"Gung ho" is a Chinese term that means "working together." It was popularized by a Marine division during World War II and has come to signify enthusiasm, teamwork, energy, dedication, and outstanding results.

To be gung ho about safety on the job you need to:

- ☺ **Work as if your life depends on it—**because it does! Follow all safety rules and procedures. Use assigned PPE. Don't take shortcuts.
- ☺ **Be a hazard hunter.** Identify and eliminate all the hazards in your work area. Keep alert to changing conditions, which could create new and different hazards you haven't anticipated.
- ☺ **Care about co-workers.** Watch out for the safety of those with whom you work. Lend a hand whenever it's required to make a job safer.
- ☺ **Be a problem solver.** Don't shrug and walk away from safety problems. Work to find a solution. If you can't, get your boss and co-workers involved.
- ☺ **Communicate constantly.** Talk to your co-workers and your boss about safety issues. Point out hazards and potential safety problems. Give and get the information you need to keep safe while you work.
- ☺ **Think about how to make the job safer.** Put your brain power and expertise to work and always be thinking about ways to improve job safety.

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7 COMMONSENSE SAFETY RULES

Your safety on the job depends on following policies and regulations, that's true. But it also involves common sense.

Follow these seven commonsense safety rules that apply to every job:

1. **Avoid distractions.** Always stay focused on the task you're doing.
2. **Keep alert to hazards.** When you find one, take immediate action to eliminate or control it.
3. **Never fool around,** take chances, or take shortcuts.
4. **Don't let the unsafe actions of others influence how you perform** your job.
5. **Ask your supervisor if you're not sure** about a safety hazard or how to perform a task. When it comes to safety, there are no dumb questions.
6. **Take advantage of safety training** to increase your knowledge of hazards and precautions, and to improve your job skills.
7. **Never get careless.** No matter how many times you've done a job, always take safety precautions.

5 BASIC SAFETY RESPONSIBILITIES

We all share these OSHA-mandated responsibilities:

1. Comply with all OSHA regulations.
2. Use assigned personal protective equipment.
3. Report hazardous conditions to your supervisor.
4. Report job-related injuries and illness and seek medical treatment.
5. Cooperate with OSHA inspections.

GOOD NEWS AND BAD NEWS

May is National High Blood Pressure Month. If you're one of the millions of Americans who has hypertension (or know someone who does), this information is for you.

Recent research indicates that drinking large amounts of caffeinated soda is associated with greater risk of high blood pressure. On the other hand, the study found that drinking caffeinated coffee is less likely to produce hypertension—even among those who drink six or more cups a day. If anything, coffee seemed to have a preventive effect.

Ahoy, Mates!

National Safe Boating Week is May 20-26

The leading cause of boating fatalities is drowning, and nearly 90 percent of those who drown in boating accidents are not wearing life jackets. Alcohol is also a factor in one-third of fatalities.

Furthermore, more than half of reported boating accidents involve human error—primarily inattention, carelessness, recklessness, inexperience, unsafe speeds, and failure to identify hazards.

Here's how to be safe on the water:

- **Have a life jacket for each passenger** and require them to wear theirs.
- **Be responsible about alcohol.** The best rule is no drinking while boating.
- **Take a boating education course,** if you haven't already.
- **Check your boat before each voyage** to make sure it's seaworthy.
- **Be aware of the risk of carbon monoxide (CO) poisoning.** Risks include the use of air conditioning powered by an onboard motor generator, operation of any gasoline-powered engine while docked and/or rafted with other boats' operating engines, or being under way with improper cabin ventilation. Avoid CO poisoning by ensuring sufficient ventilation, properly installing and maintaining equipment, and using CO detectors, especially in living and sleeping areas.

Buckle Up

Buckle Up America Week is May 22-29

When you think of all the hazards you face on the job and at home, it's easy to forget that the place you're most at risk is on the road. Traffic accidents are the leading cause of death and injury in the United States.

While you can't stop driving, you can do one very important thing to protect yourself and your passengers—wear seat belts! According to the Arizona Department of Public Safety:

- Every hour someone dies in America simply because they didn't buckle up.
- Failure to buckle up contributes to more fatalities than any other single safety-related driving behavior.
- Seat belt use is the single most effective thing we can do to save lives and reduce injuries on America's roadways. It's been estimated that seat belts currently save some 10,000 lives a year, and that if even just 90 percent of drivers buckled up, another 5,000+ deaths and well over 100,000 injuries could be prevented every year.

The message is clear. If you buckle up, you're more likely to survive an accident and perhaps even avoid injury all together. If you have children, think about this: Arizona DPS says research shows that if a driver is unbuckled, 70 percent of the time children riding in that vehicle won't be buckled either.