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# PPD ES&H Newsletter

November 2009



## Texting While Driving Banned for All Federal Workers

President Barack Obama signed an order on Thursday, October 1st, banning federal workers from text messaging while driving, effective immediately. The President wants federal workers to set an example for the rest of the country. "Text messaging causes drivers to take their eyes off the road and at least one hand off the steering wheel, endangering both themselves and others," Obama said.

The intent of this measure is to address the serious epidemic of distracted driving, which resulted in 5,800 deaths and 515,000 injuries last year. This ban is going to affect contractors and sub-contractors for the federal government as well.

This order bans federal employees from text messaging *when driving government-owned vehicles or private vehicles while on government business*. The order defines text messaging to include e-mailing, instant messaging or obtaining navigational information. Each federal agency has 90-days to develop a policy to assist in enforcing this executive order. You can read more about the federal ban [here](#).

Currently there are [18 states \(plus the District of Columbia\)](#) with text messaging laws in place. The state of [Illinois](#) has already signed a law that prohibits texting or emailing while driving, and it goes into effect January 2010. Under both the state law, and federal worker ban, individuals who have pulled over and put the vehicle in park or neutral can text message; this will not be a violation of the law.

## Power Tool Safety

Due to recent injuries involving tools, we need to remind ourselves to not become complacent with power tool safety. Some key things we need to know when using any power tool is an understanding of the tool, and how to use it properly.

Eye protection (safety glasses or safety goggles) should always be worn when working with power tools because of the speed that the tool runs at; and anyone working in an area where power tools are being used should be wearing eye protection also.

If you are unsure how to use a particular tool, ask someone before using. The tech shop managers are great resources, and PPD ES&H are also available to get you the information you may need.

It is very important to choose the right tool for the job based on the type of work you will be doing, and the materials you will be working with. Steel, aluminum, wood, plastic, and glass all require different tools when cutting or drilling. Make sure you have the right tool, and the right accessories for the job. Always inspect your tools and equipment before using them.

All employees using the tech shops (which contain milling machines, lathes, band saws, grinders or drill presses) should have Tech Shop Safety training. Confer with your supervisor if you are unsure if you need this training.

General power tool use should be covered on your hazard analysis (HA) for the task, but some tasks have increased hazards, and may require an approved HA, such as cutting metal—this specifically requires an HA approved by PPD ES&H. Contact [ES&H](#) if you are unsure if your task will need a more detailed HA.

For further safety information on a variety of power tools, check out the Power Tool Safety Institute's [website](#).

## H1N1: What's New?

There have been a total (as of 11/3/2009) of 99 suspected H1N1 cases among Fermilab employees. 30 of those cases have occurred within the week of October 26th. If you are having flu-like symptoms, you are expected to report those symptoms to the Medical Office.

Limited amounts of the H1N1 Vaccine are currently available in the state of Illinois. It is currently available to the following target groups:

- Pregnant women
- Healthcare and emergency medical services personnel with direct patient contact
- Individuals who care for infants 6 months and younger
- Children 6 months to 4 years of age
- Children 5 through 18 years of age who have chronic medical conditions

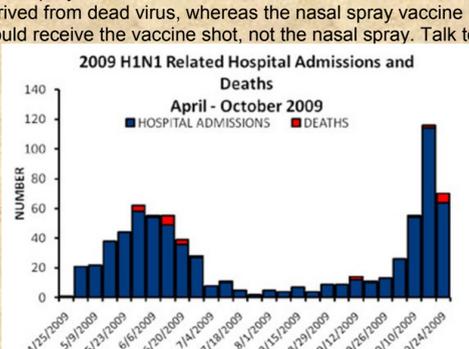
The new [H1N1 vaccine](#) has been developed using the same procedures as the seasonal flu. Side effects following vaccination should be rare. If they do occur, they will likely be similar to those experience following seasonal influenza vaccine. Symptoms vary slightly depending upon whether you have the flu shot or the nasal spray vaccine. You should read about the differences between the [flu shot](#), and the [nasal spray vaccine](#). The flu shot is derived from dead virus, whereas the nasal spray vaccine has been developed using live, but weak viruses. Pregnant women should receive the vaccine shot, not the nasal spray. Talk to your doctor and discuss whether you should receive this vaccine.

To learn more about preventing both contracting/spreading the flu, view the [10 Ways You Can Stay Healthy at Work Fact Sheet](#).

To locate H1N1 Vaccination sites in Illinois, click [here](#).

If you are feeling ill, and concerned you may have contracted the H1N1 influenza virus, you can use the [H1N1 Flu Self-Evaluation](#) tool to determine if you are likely to have this illness. This tool is for informational purposes only.

**If you are having flu-like symptoms, report them to the Medical Office (x3232), or complete the [online form](#) as soon as possible so they can track suspected cases of H1N1, and identify possible infection trends.**



Illinois H1N1-related hospital admissions and deaths.

## What is wrong with this picture?



With winter arriving soon, space heaters will be coming out. The space heater pictured was placed poorly—next to three trash cans full of combustible material.

*Below are some space heater guidelines:*

1. Space heaters must be kept 3 feet away from combustible materials.
2. Space heaters must always be turned OFF when the area being heated is not occupied.
3. Nothing should be placed on top of or be touching a space heater.
4. Space heaters must always be plugged directly into a wall outlet. Never use an extension cord or plug strip.
5. Space heaters should be located in plain sight.
6. Heaters must be Underwriters Listed (UL) or Factory Mutual (FM) approved and must be labeled accordingly.
7. Heaters must have a tip-over automatic shut down feature.
8. Heaters should have an operating thermostat that shuts off the unit when set temperature is reached.



**A clear, 28-inch wide path must be maintained for all emergency exits.**

Anyone trying to make their way out of this trailer would have a difficult time reaching this door during an emergency.

*Please ensure all exit paths are clear by removing all items that are obstructing the path.*

## Construction Projects Reminder

Last month there was an incident where asbestos-containing tile was removed, but the proper channels were not used in the process. The contractor who removed the tile was unaware at the time of the work of the asbestos hazard, but exposure is expected to be minimal.

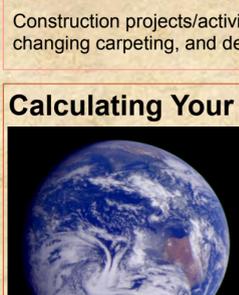
Prior to any building modification (and for general building services) you should contact your building manager. This will ensure the proper personnel are involved in the process, be it the building manager, service coordinator, or task manager/construction coordinator.

Any one of those individuals can review the project, and ensure that measures will be taken to perform the task in a safe manner using proper techniques. [Task Managers/Construction Coordinators](#) will be knowledgeable in the hazards involved with construction activities, and familiar with areas that have asbestos-containing materials, or lead paint.

Construction projects/activities can include, but are not limited to: remodeling a room, adding on a new addition, painting, changing carpeting, and demolition.



## Calculating Your Household Greenhouse Gas Emissions

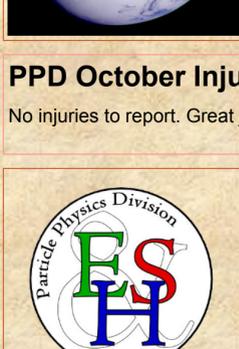


Using the EPA's [Household Emissions Calculator](#), you can get a rough estimate of the amount of Greenhouse gases you are contributing. All you need to try this is a copy of your last electric, gas and/or oil bills. Using the information you receive, you can take steps to help reduce your household emissions (and possibly save money!) with suggestions from the EPA.

Another good resource is the [Home Energy Saver](#), a do-it-yourself energy audit that can help you identify ways to save energy in your home.

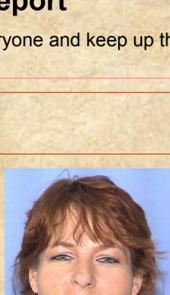
## PPD October Injury Report

No injuries to report. Great job everyone and keep up the safe work!



## October Winners!!

**Winner of the ES&H Coffee Mug:**



**Jamie Grado**

**Question Answered:** Where is your Emergency Assembly area for your building, and who is your area [Emergency Warden](#)?

**Winner of the Mini Mag Light:**



**Wayne Johnson**

**Winning Caption:**

For Sale: Luxury Car with indoor plumbing and excellent ventilation.



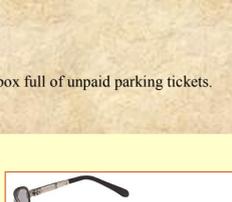
**October Caption Contest—Runner's Up**

- You're Hosed!
- Unfortunately for Bob, his apartment wasn't the only thing his cooking destroyed.
- Liquidation SALE! BMW (Backseat Mobile Waterway) Comes complete with glove box full of unpaid parking tickets. Interested parties dial 3131.

## November Contest #1—Captions

For a pair of Harley Davidson safety glasses (w/ case and restraint cord):

Provide a *humorous* caption for the following picture:



## November Contest #2

Answer the following question, and you could win a PPD ES&H coffee mug:

**Please tell us how much Greenhouse Gas Emissions you could cut, and how much money you can save following EPA's recommendations (see examples from the PPD ES&H group below).**

1. *Angela can reduce her emissions by 2,530 pounds of CO<sub>2</sub> per year, and save \$180 per year.*
2. *Rob's household of 2 can reduce emissions by 22,814 pounds of CO<sub>2</sub> per year, and save up to \$1,067 per year.*
3. *Jose's household of 4 can reduce emissions by 10,810 pounds of CO<sub>2</sub> per year, and save up to \$1,230 per year.*
4. *Eric can reduce his emissions by 3,389 pounds of CO<sub>2</sub> per year, and save \$283 per year.*

**Please submit your responses/answers to [Angela Sands](#) by November 25<sup>th</sup>.**

*(If there are multiple correct answers/entries, a drawing is held.)*

Did you find this newsletter helpful? Does it have the kind of information you are looking for? Your feedback is important. Please continue to use the [electronic safety concern database](#), the suggestion boxes in your area, or send comments to Angela Sands, [asands@fnal.gov](#)