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PPD ES&H Newsletter

January 2010

Winter Safety Information



Winter Heating Safety—In November we covered [space heater](#) safety, but if you use wood-burning stoves or fireplaces in your homes, please note the following:

- You should have your stove, fireplace and chimneys inspected each year, and clean them as often as the inspection recommends.
- Use only wood that has been properly seasoned to prevent creosote build-up.
- Make sure you have a sturdy screen in front of your fireplace to prevent sparks from flying out.
- Put ashes in an outdoor metal container after they have cooled for disposal.
- Make sure you have smoke alarms installed on each level of your home, and a carbon monoxide alarm installed outside each sleeping area.

Read more about wood heating [here](#), or check out this [Winter Fires](#) pamphlet.

Snow Shoveling—

If you are expected to perform snow removal here at the lab, please print out and complete the [Snow Removal Questionnaire](#), and mail to the Medical Office, MS 204.

Shoveling is heavy physical exercise, similar to weight lifting, which can cause stress on your heart, as well as your muscles. If you have a heart condition, discuss with your physician first whether you should be shoveling.

Before performing this task, you should stretch to prevent any muscle strains. Pay attention to your body mechanics when using a shovel and whenever possible, push the snow rather than scooping and lifting. While digging and lifting with a shovel, you should keep your knees bent or flexed (if you bend forward with straight legs, you are increasing the stress on your lower back). Minimize twisting at the waist to throw snow to the side. Instead, use your feet to turn your body in the direction you are throwing. Stay as close to the load you are lifting as possible. Switch sides often to give your arms a break. And just remember to pace yourself.

CBS News offers [Tips to Shovel Snow Safely](#), please check this site out for more detailed shoveling information.



If you are performing snow removal at the lab this year, there are boot covers/ice cleats (called Stabilicers) that can be ordered in the stock room (see picture to the right).

For further information, please see:

- DOE's Office of Health, Safety and Security offers [Winter Safety Tips](#)
- [FEMA's Are You Ready](#) provides tips that help prepare you for winter storms
- [Winter Storm Preparedness](#) is a guidebook available from the Illinois Emergency Management Agency

Protect Yourself in Icy and Inclement Weather

- Wear boots or overshoes with gripping soles.
- Do not walk with your hands in your pockets. This reduces the ability to use your arms for balance if you slip.
- Take short, deliberate, shuffling steps in very icy areas.
- Don't walk on uneven surfaces. Avoid ice-covered curbs.
- Try to walk on snow rather than on ice.
- Don't talk on a cellular phone while walking on snow or ice. Give your full attention to walking.
- Report any unsafe conditions to facilities personnel (e.g., the need for salt or snow removal).
- Be extra careful when getting out of your vehicle. Steady yourself on the doorframe until you have gained your balance.
- Don't take shortcuts. Always use sidewalks and the cleared paths in parking lots.
- When walking after dark or in shadowed areas, be alert for black ice.
- Use handrails for balance wherever available.
- If you must walk in the street, walk against traffic.

Winter Blues—Seasonal Depression

Seasonal depression (also known as [Seasonal Affective Disorder—SAD](#)) often occurs at the same time each year for affected individuals. Symptoms often include: depression, feelings of hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, appetite changes, weight gain, loss of interest in activities you once enjoyed, and difficulty concentrating or processing information.

If you are feeling the symptoms of seasonal depression, and would like to speak with someone, you may contact Fermilab's [on-site counselor](#) (available Wednesdays and Fridays). If you are not comfortable contacting the on-site counselor, there is Horizon Health, an Employee Assistance Program that is free to all employees (and dependents) that you can access online or by telephone. *The Employee Assistance Program can also provide support with other personal issues, such as: emotional well-being, financial planning and debt-management, legal consultation and referral, depression, grief, alcohol and drug abuse, elder/child care, etc.*

Horizon Health provides answers for their most [Frequently Asked Questions](#). Please review this page to see if this assistance program is right for you. As stated in the FAQ, all assistance you receive will be confidential. Fermilab will not know who has participated in the program, unless you were referred by a manager and your progress must be tracked.

You can access the Fermilab online account by visiting Horizon's [My Life Values](#) page. Log on using the user name **fermilab** and the password **ep**. Or you may speak with someone by calling **800-843-1327**; someone is available 24 hours a day, 7 days a week.

Daisy-Chaining Extension Cords or Power Strips

People often "daisy-chain" (interconnect extension or surge-protected power strips) due to the lack of available electrical outlets. However, this practice is a violation of OSHA regulations and the National Electric Code. The dangers of "daisy-chaining" extension cords and/or power strips arise from the increased power resistance, which in turn, increases the heat generated. This will increase the risk of equipment failure, and fire, even more so when objects are placed on top of the cords. Also, overloaded circuits can result in a fire, or a tripped circuit breaker, which can cause your computers and other electronics to become deenergized.

Remember that extension cords are rated by the manufacturer only for the load that is being attached at the end. If you add a power strip to the end of an extension cord, you are more than likely going to exceed the rated load for that extension cord. It is also important to keep in mind that extension cords are only to be used as "temporary wiring;" they cannot be in use at the same location more than 90 days.

Some solutions include:

- Replace a power strip and extension cord with a power strip that has a cord long enough to reach the outlet.
- Orient desks and equipment so that they are closer to existing outlets.
- Request the installation of additional outlets.

Please see the DOE's Office of Health, Safety and Security's [Safe Use of Power Strips](#) or the Congressional Office of Compliance's [Fast Facts: Power Strips and Dangerous Daisy Chains](#) for more information.



Table Saw Moratorium Lifted



All PPD tech shops have been reviewed, and it has been determined that each area has appropriate control measures in place. Most of the machinery in the tech shops already have standing HAs, but due to the past injuries that occurred while cutting metal with circular or table saws, the division has decided that this task will require a job-specific HA be developed, then reviewed/approved by the [PPD SSO](#).

A general HA needs to be developed for all powered stationary tech shop equipment (e.g. drill press, lathe, etc.), if there is not already one in existence. For any unique work, such as cutting metal with a circular saw, a specific HA will need to be generated. Contact [Eric McHugh](#) if you are unsure if your task will require a more specific HA.

If you would prefer to outsource your cutting jobs, take note that the Technical Division has a cut shop in the village that can handle various size jobs. Contact Ray Green (raygreen@fnal.gov or x3400) to discuss any cut jobs you would like to have completed at the cut shop.

Oversized-Loads

Due to the large experimental equipment being built and transported on-site, you may from time-to-time see an oversized-load vehicle traveling on the Fermilab roads. There will often be a lead vehicle and a trailing vehicle. They will either have flashing yellow lights or red flags attached to the front of their vehicles.



Please proceed with caution, as it is difficult for these vehicle to make quick maneuvers. They are traveling slowly for the safety of the expensive equipment that they are hauling, as well as being cautious to allow other drivers on the road time to react accordingly. Do not attempt to pass these vehicles—the road is probably not going to be wide enough for both vehicles. If you are coming from the opposite direction, pull as far off the road to the right as you can, again—the road may not be wide enough for the both of you. Remember that these trucks with trailers cannot pull off the road for you, as it could damage/jostle the expensive equipment they are hauling.

Fermilab FESHM Chapter 9010 Update

FESHM Chapter 9010: Traffic Safety, has been revised and the draft is available for [viewing](#). Notable changes include:

- Excessive speed has been redefined as 15 mph over the posted speed limit, rather than 20 mph over.
- Parking Violations: Upon receiving four citations within any 90 day period, a final written warning will be issued and the employee will be required to take 5 days suspension without pay.
- Moving Violations: Upon receiving three citations within any 180 day period, a final written warning will be issued and the employee will be required to take 5 days suspension without pay.
- DUI Arrest on Site: Disciplinary action guidance for employees, users, visiting scientists, contractors and guests has been added.
- Distracted Driving: Fermilab prohibits the use of mobile communications devices when driving, with the exception of two-way radios provided by the laboratory for official business.
- Appeals Process: If an employee wishes to appeal a citation, they have five business days to do so.

If you would like to comment on the draft's changes, please do so [here](#). Keep in mind that the text messaging and cell phone rule changes have to do with the Executive Order "[Federal Leadership on Reducing Text Messaging While Driving](#)" and the Illinois State Law ([House Bill 71](#)) that came into effect recently.

Waste Disposal (Hazardous or Otherwise)

All employees should be aware of items that cannot be disposed of as general trash. Jose has developed a sheet with basic disposal information, and how to treat items that cannot be disposed of as general trash. Click [here](#) to check it out.

For all PPD waste generators, a [Waste Characterization "cheat sheet"](#) has been posted online that should help you determine how to list items on the [Chemical Waste Pickup Request Form](#).

As always, if you have any questions regarding how something should be disposed, please contact the PPD Waste Coordinator ([Jose Delao](#), x2557).

Fermilab Glove Selection



There are new cut-resistant gloves available from the stock room, as well as another pair of mechanic's gloves and anti-vibration gloves. View the different types of gloves available (and their stock room order numbers) [here](#).

Also, please enjoy the new [Cut-Resistant Glove Demonstration](#) video, featuring members of the AD Mechanical Support Group. It details that the cut-resistant gloves are NOT cut-proof or puncture-proof, and each pair of gloves has a cut-resistance level.

PPD November & December Injuries

No injuries to report for the last three months!



November Winners!!

Winner of the Harley Davidson Safety Glasses:



Mark Ruschman

Winning Caption: **A Northwest Airlines pilot on his way to work.**

- **Caption contest runner-up:**
- It's good to see that Eric now wears a helmet!
- I'm sure glad I can take my traffic school online!
- I've gotta find some cheaper cycle insurance!
- Geek on steroids



Winner of the ES&H Coffee Mug:

How much Greenhouse Gas Emissions could you cut and how much money could you save following EPA's recommendations?

No Submittals



January Contest #1—Captions

For a pair of Mossy Oak safety glasses (w/ bag and restraint cord):



Provide a **humorous** caption for the following picture:



January Contest #2

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

What is the ANSI cut-resistance level for the new [Skinny Dip](#) gloves, now available in the stock room?



Please submit your responses/answers to [Angela Sands](#) by January 31st.

(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