



PPD ES&H Newsletter

November 2010

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New ES&H Website

Check out the new [ES&H website](#), with pages specifically designed for certain audiences, which include links most useful for those individuals.



Please send comments/suggestions to ESH_Website@fnal.gov

Deteriorated Electrical Cords—Found!

Have you found any [deteriorated electrical cords](#)? (see [Terminated Electrical Cords?](#))



Lessons Learned

Metal Tag Usage—Various groups within PPD use metal tags which are stamped with identification information to mark valves and pieces of equipment to mate with engineering drawings. One engineer took this a step further and began marking braided stainless steel hoses and small strands of their pressure ratings, temperature ratings or capacities. When stored for lengthy periods of time, it eliminates the issue of not knowing what those ratings are. It is recommended that this practice be adopted for any similar items that are placed in storage.



Ergonomic Chairs—The SitOnIt Seating Leader High-back 24/7 chair has a function that when enabled and lever depressed, tilts the chair forward without any resistive force. This was noticed by a user of the chair that when scooting around, his foot would contact the lever and the chair would tilt forward. The issue was brought to the attention of the supervisor, who removed the tilting lever. Should the use want the lever, it can easily be replaced.

To avoid a similar incident, become familiar with the operational controls of your ergonomic chairs. Ergonomic chairs have many controls and functions that an unfamiliar user may be caught off guard when operating, causing an unexpected change in direction.

Waste Disposal Do's and Don'ts

When disposing of an item, keep the following information in mind:

- Do place all [alkaline batteries](#) in the battery recycling containers (and tape the terminals of all 9Volt batteries).
- Do recycle all acceptable materials; see the [What Can Be Recycled](#) and [Paper and Cardboard Recycling](#) fliers.
- Do flatten all cardboard before placing in the recyclable container.
- Do contact the [PPD's Waste Coordinator](#) (Jose De La O, x2557) if you have any questions regarding proper disposal.



- Don't throw [hazardous](#), [special](#) or [universal](#) waste items in the regular trash. This could include paint, oil, batteries, etc. They need to be disposed of through the proper waste streams. Contact the [PPD Waste Coordinator](#) (or your area Waste Generator), if you believe you have a hazardous, special or universal waste.
- Don't place any food or grease contaminated paper/cardboard in the recyclable container (e.g. pizza boxes). This food or grease can ruin the whole batch of paper.
- Don't place plastic bags, Styrofoam cups, paper plates, ceramics or drinking glasses in the recyclable containers. These items cannot be recycled.
- Don't bring [trash from home](#) to throw in the Fermilab dumpsters.



Employee Assistance Program

Fermilab's [Employee Assistance Program](#) is a free service provided to all Fermilab employees, household members and anyone covered under an employee's insurance plan. With this service, you are offered face-to-face, telephone or online counseling. *The Employee Assistance Program provides support with many 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.*

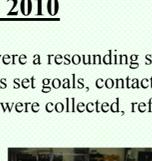
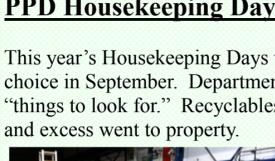
To speak with someone in person, you may contact Fermilab's [on-site counselor](#) (available Wednesdays and Fridays). If you are not comfortable contacting the on-site counselor, there is Horizon Health, which you can access online or via telephone.

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. Visit the [WDRS FAQ page](#) for login and password. Or you may speak with someone by calling **800-843-1327**; there will be someone available 24 hours a day, 7 days a week.

PPD Housekeeping Days 2010

This year's Housekeeping Days were a resounding success. Each department participated in their own way on a day of their choice in September. Departments set goals, contacted area managers where increased effort was needed, and included safety "things to look for." Recyclables were collected, refuse disposed of, electronics recycled, chemical cabinets were organized, and excess went to property.



Some notable contributions were CDF and D0. Combined they sent approximately 70 CPUs, 30 old LCD monitors, 35 CRT monitors, and 3 racks to property for recycling or excess.

Try to keep up on housekeeping every week by setting aside some time to clean your work areas. An organized work area can be more efficient and safer. Great job and thank you to all who participated!!

Simple mistakes can shatter lives...



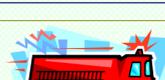
Slips, Trips and Falls

The [UK Health and Safety Executive](#) has launched their "Shattered Lives" campaign to thwart slip, trip and fall injuries. Check out some of their captivating promotional items [here](#).

Always be on the lookout for potential slip, trip and fall hazards (e.g. items projecting into walking paths, spills on floors, etc.), and correct those hazards as they are found. This could be as simple as moving a box or wiping up a spill. Don't leave hazards for the next person to handle. If you find something that would require remediation beyond your capabilities, ensure that the hazard barricaded/blocked and is reported to the responsible party.

Emergency Assembly Areas

Do you know where your emergency assembly area is in the event of a fire?



Review the list of PPD emergency assembly areas [here](#), and contact your supervisor, building manager or area [emergency warden](#) if you have questions regarding your assembly area.

CPR Changes

On October 18th, the American Heart Association announced their [2010 Adult CPR Guidelines Changes](#). The AHA now recommends that responders provide chest compressions, then check the airway and provide rescue breaths for patients suffering cardiac arrest, which is a variation of the previous recommendation to provide 2 rescue breaths, then 30 chest compressions. For the untrained responder, it is encouraged that they provide chest compressions until emergency responders arrive.

Check out the announcement from American Heart Association at their [YouTube](#) site.

The "Doh!" Photos of the Month



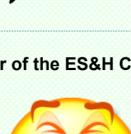
PPD October Injuries

10/11/2010—An employee was working indoors at their machine, when a wasp stung the employee on the elbow. First aid treatment only.



Challenge

Winner of the ES&H Coffee Mug:



Curtis Danner

Question: Who should institute an inspection program for electronics equipment racks and what should one be looking for during the inspection?

Answer: Owners of the equipment should institute an inspection program that will include observing for: Improper wiring (too small wire gauge used), deteriorated electrical cords, bare wires that could cause shorts, signs of overheating, and improper use of extension cords and power strips.

October Winners!!

Winner of the Mini MagLite:



William Wester

Winning Caption: Careful Fred, it's not safe to stand on the top rung of a ladder!

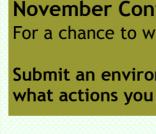
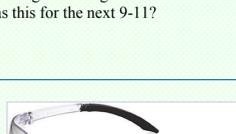
Caption contest runners-up:

- * That's what you call getting er done!
- * Now Son, when I did roofing, we didn't use a harness or scaffolding for safety! Just a high-lift and a ladder...and see...I am still alive!!!
- * Did you remember to set the parking brake?
- * The itsy-bitsy worker climbed up the water spout ...
- * The Great Race" game objective – to touch the top globe of post on building roof!
- * Slip, sliding, away....
- * Just say NO!
- * Man! ; is the Insurance cheap here at the Vatican.
- * How much more extension do we need to reach Heaven? About two feet!
- * Just let me know when the paint starts cracking or flaking-off on the boom!
- * Do you think FEMA has a plan as good as this for the next 9-11?

November Contest #1

For a chance to win either a pair of NASCAR Safety Glasses or Women's Style Safety Glasses:

Submit an environmental, safety or health hazard you found on-site, with an explanation of what actions you took to ensure the hazard was resolved.



November Contest #2

Provide a response to the following query, and you could win a PPD ES&H coffee mug:

Name two "audience" categories on the new ES&H Website.

Please submit your responses/answers to [Angela Sands](#) by November 26th. (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