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PPD's News to Live By

December 2012

[PPD ESH Newsletter Archives](#)

Emergency Procedure Reminders

Employees who work with guests, visitors or others that may not be familiar with our emergency response procedures should take the time to ensure that they know the procedures for the work locations you share.

All personnel (employees, users, visitors, etc.) must exit a building during a fire alarm. Please make sure everyone knows where to assemble when evacuating a building.

Should you or your personnel have questions regarding the emergency procedures, the [building manager](#) or [emergency warden](#) should be able to help.



New FESHM Chapter

A new FESHM Chapter has been posted—[FESHM 2001: Environmental, Safety & Health for Projects](#). This chapter summarizes the major ES&H requirements to all projects. (A project can include planning and execution of construction, assembly, renovation, modification, technology development, etc.)

This chapter includes references to both the FESHM chapters and Director's policies that apply to projects.

Handling Machined Metals

A recent injury at the lab reminds us to be cautious when handling machined metals, as they can often have very sharp edges. *The employee was examining and preparing to move a newly received collimator consisting of 8 flat, annular steel plates bolted together to form a truncated cone with a circular aperture. Each plate is 1/2" thick with a 4.5" inner hole diameter, with the outer diameters ranging from 10" to 12". The weight of the assembled collimator is 80 lbs. The employee removed the bolts holding the stack of plates together in order to examine the individual plates. As he attempted to pick up and separate a pair of plates barehanded, the plates resisted separation and then suddenly shifted as he applied lateral force. As the plates shifted, his left ring finger and right index finger contacted the plate edges, resulting in lacerations. The employee reported to the Medical Office where the wounds were cleaned and 3 sutures used to close the left hand finger laceration. The employee returned to work with limitations which did not affect his routine job functions. After the incident, examination of the plates found that the machining done on the outer surfaces of the plates had left sharp edges along the inner and outer edges. Residual machining oil between the plate surfaces caused the plates to resist separation. The following day the edges of the plates were sanded to remove the sharp edges and the residual oil was cleaned off the plates.*



If ordering parts from a vendor, you may want to indicate that they deburr the edges of machined parts. When handling machined parts, always wear gloves. (There are a variety of gloves available, including cut-resistant, in the [stockroom](#).)

Proper Gas Cylinder Storage



- Secure cylinders in an upright position using chains or cable to a supportive wall so they will not tip over.
- Cylinders that contain flammable, oxidizing, toxic or corrosive gases must be segregated by hazard category. Each category must be stored at least 20 feet from the other hazard categories (or must be separated by a five foot tall fire-resistant barrier).
- Flammable gas cylinders must be stored at least 20 feet from easily ignitable materials.
- Inert gases have no specific separation requirements.
- Cylinders need to be labeled as to their contents
- Cylinders should also be labeled as to their status—"Full" or "Empty", and segregated in groups for each category.
- Protective caps must be in place on cylinders which are not in use.
- Signs should be posted stating "NO SMOKING" where gases are stored.

You can find more information about proper gas cylinder storage from the following resources:

- Fermilab's [Compressed Gas Cylinder Safety Training Booklet](#)
- OSHA's [Compressed Gas and Equipment](#) topic page
- NIOSH's [Compressed Gases Self-Inspection Checklist](#)
- The Office of Compliance's fast facts: [Pressurized Cylinders](#)

Winter Slips and Falls

What you can do to prevent a slip/fall this season:

- Listen to the weather forecast prior to coming to work so you can dress appropriately for the predicted weather conditions.
- Stick to the main (well-maintained) walkways.
- Wear flat, soft-soled shoes for the best traction.
- Pavement that has been cleared of snow and ice should still be approached cautiously. Rain, fog or mist can freeze on cold surfaces and form an extra-thin layer of ice that is virtually transparent, (sometimes called "black ice") that may just look like a wet spot on the pavement. It will often show up early in the morning or in areas shaded from the sun.
- If walking across potentially icy areas take slow, short steps (similar to a penguin).
- Dry your shoes on the mats available when you enter the building.
- Report any fall incidents (or near falls) to your supervisor immediately.
- Report any hazardous areas/conditions to the building manager immediately.



The stockroom has ice cleats, salt, etc. available should you need these products to perform snow removal duties.

Cell Phone Use in Vehicles—Reminder

A reminder that cell phones are not to be used while driving on-site (this includes talking, texting, etc.). It is posted at each entrance. Please ensure all contractors and service people under your control are aware of [this policy](#). While this rule is mentioned in subcontractor orientation, it is best to reiterate the information.

If unfamiliar with the site traffic rules, please check out this [Fermilab Today](#) article, or the [Traffic Safety](#) page.



Holiday Recycling

According to the U.S. EPA, Americans throw away 25 percent more trash between Thanksgiving and the New Year than any other time of the year.



Gift Wrap/Gift Bags

Most wrapping paper and gift bags can be recycled at the curb, as long as they are not recyclable. Bows and ribbons used to decorated gifts are metal recyclable. They should be reused, or disposed of in the general trash.

Check with your local recycler to ensure they will accept wrapping paper. Or buy recycled wrapping paper!



Holiday Lights

Local communities are accepting holiday light strings for recycling. Check out [this list](#) of locations that will accept holiday lights for recycling. [Kane County](#) is also accepting holiday lights at their permanent drop-off locations.

Check out the EPA's [Reducing Holiday Waste](#) for more ideas.

Holiday Heart Attack Risks

The holiday season is known to be a time with higher numbers of heart attacks/failures/arrhythmias (heart-related deaths increase by about 5% during the holidays). Maybe this is due to people waiting out their symptoms, so as to not miss out on the festivities, and hoping they will feel better. December 26th is the busiest day for ERs treating cardiac patients.

If you think you are having a heart attack, do not waste time trying to decide if it really is. If you have symptoms, seek immediate medical attention.

| Heart Attack Symptoms for Men | Heart Attack Symptoms for Women |
|---|---|
| <ul style="list-style-type: none"> • Discomfort, pressure, heaviness or pain the chest, arm or below the breastbone • Discomfort in one or both arms, back, neck, jaw or stomach • Fullness, indigestion, or choking feeling (may feel like heartburn) • Sweating, nausea, vomiting or dizziness • Extreme weakness, anxiety or shortness of breath • Rapid or irregular heartbeats | <ul style="list-style-type: none"> • Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. Lasts more than a few minutes, or goes away and comes back. • Pain or discomfort in one or both arms, the back (between or behind shoulder blades), neck, jaw/throat or stomach • Shortness of breath with or without chest discomfort, coughing • Breaking out in a cold sweat, nausea, vomiting, lightheadedness • Overwhelming and unusual fatigue for several days |

To read more about this holiday statistic, check out the following articles:

- [Why the day after Christmas is hazardous to your heart](#) from Health.com
- [The Truth Behind More Holiday Heart Attacks](#) from Web MD
- [Winter holidays are peak time for heart attacks](#) from USA Today
- [Doctors Warn Against Holiday Heart Attack Spike](#) from Phys.org
- [Six Ways to Prevent a Holiday Heart Attack](#) from Dr. Oz

December is Drunk and Drugged Driving Prevention Month

From the [National Highway Traffic Safety Administration](#):

According to the National Highway Traffic Safety Administration, 32,885 people were killed in motor vehicle traffic crashes in 2010. Thirty-one percent (10,228) of those fatalities involved an alcohol-impaired driver.

- The holiday season is particularly dangerous. During December 2010, 2,597 people lost their lives in motor vehicle traffic crashes, and 30 percent (775) involved an alcohol-impaired driver.
- Data further shows that over two-thirds (71%) of those killed in December 2010 were in alcohol-impaired crashes where a driver tested at a blood alcohol concentration of 0.15 grams per deciliter and above.
- During December 2010, 25 people were killed in impaired-driving crashes per day on average.

Young Adults, Men, and Nighttime Drivers Most At Risk

- Young adults are among those at greatest risk for driving impaired. During December 2010, drivers 21 to 34 years old were alcohol impaired and involved in fatal crashes at a higher percentage than any other age group.
- In December 2010, 78 percent of the alcohol-impaired drivers in fatal crashes were male.
- Nighttime driving is the most deadly. Seventy-eight percent of the alcohol-impaired drivers involved in fatal crashes during December 2010 were driving from 6 p.m. to 5:59 a.m.
- Data further shows that during December 2010, 45 percent of drivers involved in fatal crashes from 12 a.m. to 2:59 a.m. had BACs of .15 g/dL or higher.

Break the Law, Face the Consequences

- During the holiday crackdown, law enforcement will be aggressively looking for impaired drivers. When you drink and drive, you are putting your life and the lives of others at risk.
- If you break the law, you face jail time, the loss of your driver's license, higher insurance rates, and dozens of other unanticipated expenses ranging from attorney fees, court costs, car towing and repairs, and lost wages due to time off from work
- Law enforcement will have zero tolerance for those who don't obey the law. If you choose to drive impaired, you will be arrested. No warnings. No excuses.
- It is illegal in all 50 States, the District of Columbia and Puerto Rico to drive with a BAC of .08 or higher.
- Refusing to take an alcohol breath test in many jurisdictions may result in the loss of your license on the spot and enhanced penalties, not to mention that having to inform family, friends, and your employer that you lost your license will add to your embarrassment and humiliation.

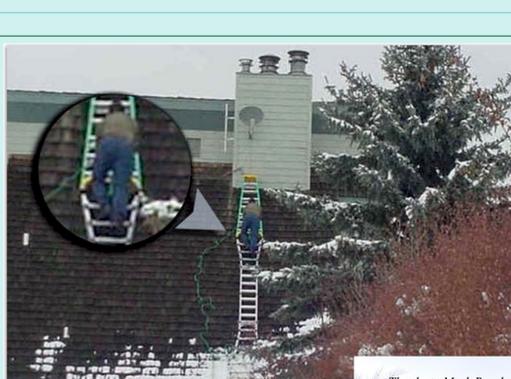


Three Simple Ways to Prevent a Tragedy

- Plan ahead. If you will be drinking, do not drive. Designate a sober driver or arrange another safe way home.
- If you are impaired, find another way home. Use a taxi, call a sober friend or family member, use public transportation, or call your [insert your local sober ride program specifics here].
- Be responsible. If someone you know is drinking, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life.

For more information, visit the "Drive Sober or Get Pulled Over" Campaign Headquarters at [www.nhtsa.gov/drivesober](#).

The "Doh!" Photos of the Month

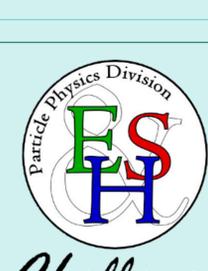


Thanks to Mark Ruschman for submitting this photo.



PPD November Injuries

No injuries reported!



November Winners!!!

November Contest #1

When is an Exhibit A required?

Correct answer: When requesting any construction or service work.

Winner: [No Entries](#)

November Contest #2

Tell us what is wrong in this photo.

Correct answer: Towels are hanging over a space heater, creating a fire hazard.

Winner: [Suzanne Weber](#)

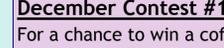
December Contest #1

For a chance to win a coffee certificate for the cafeteria, answer the following question correctly:

What is the required storage distance between oxidizing gases and flammable gases (if not using a fire-resistant barrier)?

December Contest #2

For a chance to win a PPD ES&H acrylic cup, tell us what is wrong in this photo:



Thank you to the Alignment Group for finding this Doh! photo opportunity!!



Please submit your responses/answers to [Angela Sands](#) by December 19th. (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](#), or send comments to Angela Sands, [asands@fnal.gov](#)