



# PPD's News to Live By

ES&H Newsletter  
February 2012

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## Slips and Falls

Each winter, we are concerned about slip and fall injuries. Utilizing the following tips could reduce your risk of incurring an injury:

- Dress warm, and wear boots or shoes with non-skid soles (avoid plastic and leather soles).
- Plan out the best route to your destination (shortest route, with cleared walkways).
- Try not to carry too much; a heavy load can challenge your sense of balance, and you need your hands and arms to help maintain your balance.
- If you must cross a slippery surface, walk leaning forward slightly, and take small steps or shuffle your feet.
- Be prepared to fall, and avoid using your arms to break your fall. Try to fall forward, bending your back. If you fall backward, make an effort to tuck your chin so your head doesn't strike the ground with full force.
- When entering or exiting vehicles, use the vehicle for support. Hang onto railings or other stable objects when available.
- Use floor mats to remove as much moisture as you can from your shoes.



More information is available in the following articles:

- [Learn to avoid slips and falls](#)
- [Don't slip on icy surfaces this winter](#)

## Shoveling Tips

For anyone who will have to do some snow shoveling this year, please take note of the following suggestions to prevent injury:

- Confirm you are physically fit for this difficult physical task (consult with your medical physician prior to beginning snow shoveling).
- Warm up for 5-10 minutes; stretch your lower back and hamstring muscles; loosen your arms and shoulders.
- Drink plenty of water before and after shoveling to prevent dehydration.
- Use a shovel that reduces your lift distance, such as a snow shovel with a curved handle.
- Push snow rather than lift it, as much as possible. Do not twist your upper body to throw snow.



Snow removal workers at the lab are eligible to receive a pair of ice cleats (a.k.a. Stabilicers), available in the [stockroom](#).

You can find more tips and information in the following:

- Article, "[Prevent Snow Shoveling and Snowblowing Injuries](#)"
- Article, "[The Scoop on Snow Shoveling Safety](#)"
- Previous *Fermilab Today* article, "[The Right Stuff in Dealing with the White Stuff](#)"

## Respect the cones

Several parking lots have been marked with bright green cones, similar to the one pictured on the left. Areas marked with the bright green cones are designated as no plow/shovel zones to expedite plowing operations during snow season.

No one should park in these areas when snow is present, and they should be avoided when walking through parking areas. Please do not move these cones either.

Check out this previous [Fermilab Today](#) article.



## Manual Material Handling Injuries

There have been four manual material handling injuries at the lab in the past few months:

January 2012—An employee was walking behind their co-worker, on their way into their office in the morning. The sidewalk had only been about 40% shoveled from the snowfall. The co-worker slipped and fell to the pavement. While assisting the fallen co-worker, the employee strained their groin.

December 2011— Employee strained their back while picking up a box.

November 2011— Employees were unloading items from the back of a pick-up truck. One of the employees slipped in the bed of the pick-up (truck bed was lined with plywood), hitting their head in the fall. The employee lost consciousness, and was transported to the hospital to be treated.

November 2011— An employee tasked with pulling cable through a berm pipe strained their back.

Please use these incidents as a reminder to plan jobs that require manual material handling. Ask yourself:

- Is this going to be too heavy for me to move alone?
- Is there a tool available to help make this task less strenuous?
- Will the surfaces I'm standing on be slippery or non-stable?

For further body mechanics/manual material handling info:

- [Lifting Safety: Take 5 for Safety](#)
- [Fast Facts: Avoid Injury When Lifting and Handling Heavy Materials](#)
- [Reducing the Risk of Manual Materials Handling](#)



## Reminder: Vehicle Idling

During the colder winter months, it is common to see a vehicle running with no driver in it. While some vehicles may need some "warming up," this practice should not be abused... especially when fuel prices are projected to rise even more.

The emissions will also have a negative effect on air quality. The majority of vehicles these days do not require a warm up, and idling the vehicle rather than driving is much slower at warming the vehicle up to begin with.

Keep in mind that the lab rules for fleet vehicles includes a restriction on vehicle idling as well. [BSS Documentation: Fleet Operations: Operating Licensing: Responsibilities: Rules for Operators of Laboratory \(Fermilab and GSA\) Government Vehicles](#) states:

*No person shall cause or allow any engine to be in operation (idle) while the motor vehicle is stationary at a loading zone, parking area or any other off street areas unless special conditions are required for the safety of the operator or the safe operation of the vehicle.*

You can learn more about Vehicle Idling and it's affects at [Argonne's Transportation Technology R&D Center website](#).



## Beware: Icicles



Be on the lookout for icicles in your work areas. If you find some icicles that present a danger to yourself or others, contact your building manager to have the icicles removed.

## National Burn Awareness Week



February 5-11, 2012 is National Burn Awareness Week. This year's campaign is Be Burn Aware, and encourages teaching children safety tips to protect them from burn injuries.

The Shriners Hospital is offering educational information to promote this campaign. You can find [Scald Prevention](#), [Gasoline Safety](#), and [Home Safety](#) information at their [website](#).

## February is American Heart Month



Heart disease is the leading cause of death in the U.S.; and every 25 seconds, an American has some type of coronary event (the most common is heart attack). To promote heart health, the [American Heart Association](#) has designated February as American Heart Month.

Those with a greater risk of heart disease include:

- Women, age 55 or older
- Men, age 45 or older
- A person with a family history of early heart disease.

Know the signs of a heart attack, and do not wait too long to get help. The [Center for Disease Control](#) (CDC) lists the following as signs of a heart attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

Heart disease prevention includes:

- Maintaining a healthy weight.
- Quitting smoking and avoiding secondhand smoke.
- Controlling your cholesterol and blood pressure.
- Being active and eating healthy.
- Limiting alcohol consumption.
- Discussing an aspirin regimen with your doctor if you are at a greater risk of heart disease (see above).
- Managing stress.

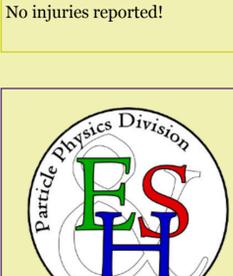
You may find additional useful healthy lifestyle information on the American Heart Association's [HeartHub for Patients](#) website, and the [Go Red for Women](#) site.

## The "Doh!" Photos of the Month



## PPD January Injuries

No injuries reported!



## January Winners!!!



Mike Utes

Winning Caption:  
"Okay, send up the ladder!"



No entries

Question: What is the NFPA flammability rating of Raid Wasp & Hornet Killer?

Correct Response: 2

## February Contest #1

For a chance to win your choice of a PPD ES&H acrylic cup or a coffee certificate for the cafeteria, please provide a *humorous* caption for the following picture:



## February Contest #2

For a chance to win your choice of a PPD ES&H acrylic cup or a coffee certificate for the cafeteria, please answer the following correctly:

Which individuals are at a greater risk for heart disease?

Please submit your responses/answers to [Angela Sands](#) by February 24<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](mailto:asands@fnal.gov)