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PPD's News to Live By

ES&H Newsletter
March 2012



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Severe Weather Awareness Week

March 4-10, 2012 has been declared Severe Weather Awareness Week in Illinois. Fermilab will use this week to practice our tornado drills. Wilson Hall, as well as many other locations, is planning their drill during the typical monthly Sitewide Emergency Warning System test, scheduled for Tuesday, March 6th.

At 10 a.m., the test message issued by the Comm Center will state: *"This is a test, this is a test. The National Weather Service has issued a simulated tornado warning for the area including Fermilab. This is a test. At this time move to your designated shelter locations. This is a test. EOC Personnel in Wilson Hall report to the Emergency Operations Center. This is a test."* If your area is participating in a functional drill (going through the motions of an actual emergency), you should move to the area's designated emergency shelter. PPD building shelters can be found on [this page](#).

At 10:10 a.m., a follow-up message will announce the end of the simulated tornado warning. At that time, everyone may leave the shelter.

If you are unsure whether your group is participating in this drill, please contact your area [emergency warden](#) and/or department manager for clarification.

For severe weather preparedness information, check out the following resources:

- <http://ready.illinois.gov/during/weather.htm>
- <http://www.iema.illinois.gov/planning/HazardInfo.asp>
- <http://www.nws.noaa.gov/om/severeweather/index.shtml>



Goose Attacks

Goose nesting season has begun, and the females will soon be laying eggs. Just like many other animals, the geese will be very protective of their nest. Unfortunately, they may build their nests near entrances to our buildings, and they will find any person entering their nesting territory a threat. That person will likely be chased out by the male goose. To avoid a conflict with a goose, use the following tips:

- If you know where a goose pair has nested, try to avoid the area if possible.
- Do not feed the geese.
- Contact your building manager if there is a pair of nesting geese near high foot-traffic areas.
- If a goose does attack:
 - * Maintain direct eye contact and keep your chest and face pointed at the goose.
 - * If the goose acts aggressively, calmly and slowly back away, watching for obstacles.
 - * Maintain a neutral demeanor. Do not act hostile (e.g. yell, swing or kick at the goose) or show fear (e.g. hide your face, turn your back, run away from the goose).



You can read more about goose conflicts in:

- [this literature](#) from the USDA Wildlife Services,
- [this brochure](#) from the Ohio DNR, or
- [this ES&H Update](#)

Snow Removal Safety

For building managers and other workers that arrive here early in the morning for snow removal, they are often working in the dark. There was concern that drivers may not be able to see those folks out performing snow removal, and one of the building managers requested that they be provided with reflective outerwear to ensure drivers will be able to see them.

Reflective coats and vests were selected and ordered. Thanks Wayne for observing the hazard and suggesting the reflective coats to increase worker visibility!



AT&T Offers New Mobile App to Help Prevent Sending Texts While Driving

AT&T's new DriveMode app is designed to prevent sending texts while driving by automatically sending a auto response to incoming texts, notifying the sender that the user is driving and unable to respond.

The app is free to AT&T customers, and is currently available for Blackberry and Android phones. Additional operating systems should be added soon.



March is Save Your Vision Month

The American Optometric Association celebrates March as Save Your Vision Month and this year they are promoting [Healthy Vision at the Computer](#). A common repetitive injury that is often overlooked is Computer Vision Syndrome. It occurs when doing the same motion over and over, like working at a computer for extended periods of time.

Symptoms of Computer Vision Syndrome (CVS) include:

- Headache
- Eye strain
- Blurred vision
- Double vision
- Dry, red eyes
- Neck and shoulder pain



You can try the following to reduce occurrence of CVS symptoms:

- Cut the glare on your screen by moving the monitor away from a window, or closing the shades when the sun is brightest in your office.
- Rearrange your computer monitor so that it is slightly below eye level and keep the monitor within 20-28 inches from your face.
- Give your eyes a break and look away from your screen periodically. Look outside or around the room.
- Change you computer screen settings, such as brightness, contrast or font size until you find your favorite setting.

Learn more about the symptoms of Computer Vision Syndrome, and what measures you can take to prevent it. If you believe you may be experiencing symptoms of [Computer Vision Syndrome](#), contact PPD's Ergonomic Subcommittee member, [Rob Bushek](#), for a review of your workstation.

Microwave Safety

All microwave manufacturers must certify that their ovens meet FDA radiation emission limits. There are extremely rare occurrences of radiation injury from improper use/maintenance of microwaves. The majority of microwave injuries are thermal burns from hot containers or overheated foods, and in some cases, exploding liquids.

Following the safety tips below can help prevent microwave oven injuries:

- Read any warning messages, operating procedures, safety precautions, etc. Not all microwave ovens are alike.
- Only use the microwave to heat food or beverages. Do not heat clothing, shoes, etc. in the microwave.
- Use only microwave-safe containers (they will be labeled as safe for microwave oven use).
Some plastics will leach harmful chemicals into your food when heated. The jury is still out on just how harmful these chemicals are, but it is best to use a product recommended for microwave use (e.g. glass).
- Do not heat sealed containers. Allow containers to vent. If using plastic wrap, cut slits in the wrap.
- Do not use microwave ovens with damaged doors, door seals or door interlocks. These ovens may emit microwave radiation.
- Do not use any metals in the microwave oven.
- If food inside the oven ignites or sparks, immediately turn it off, leave the door closed, and unplug it. Do not continue to use this microwave. Report the damage to your supervisor or building manager.
- Avoid "superheating" water in the microwave.
- Open containers slowly and away from your face to avoid the escaping steam.



More information regarding Microwave Safety can be found here:

- FDA's ["Use Your Microwave Safely"](#)
- USDA's ["Microwave Ovens and Food Safety"](#)

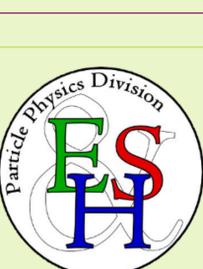
The "Doh!" Photos of the Month



PPD February Injuries

No injuries reported!

February Winners!!!



Challenge

David Butler



Winning Caption:
"Can I borrow your hard hat before you swing that hammer?"



Wayne Johnson

Question: Which individuals are at a greater risk for heart disease?

Correct Response: Women age 55 or older, men age 45 or older, and persons with a family history of early heart disease.

March Contest

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



Please submit your responses/answers to [Angela Sands](#) by March 23rd.
(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