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PPD's News to Live By

February 2013

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When Should You Replace Your Safety Footwear?

How do you know when you should replace your safety footwear? Should your impact-resistant safety shoe sustain an impact, the protective toe cap could be compromised. Therefore, it is recommended that the shoes be replaced, especially if the cap is dented. Also, if the shoes are tattered and worn (e.g. the steel toe is visible through the leather, or the tread design is no longer visible), it is time to replace those shoes.



To extend the life of your safety footwear, it is recommended to replace the insole on a 6-month cycle. This can often help reduce muscle fatigue and pain. Make sure you get the right replacement insole that is contoured and shock-absorbing.

If you find that you wear out the leather that covers the steel toe, a cap can be purchased to protect the front of your shoe, extending the life of the footwear (products available are the Boot Saver Toe Guards or Red Wing Boot Bumper).

If you wear leather safety shoes, make sure to keep the leather supple by applying a shoe grease or oil. If the leather dries out, it is more likely to crack and wear faster.

High Levels of Flu Cases in Illinois

As of mid-January, Illinois has reported 50 deaths and 476 intensive care unit hospitalizations due to influenza. While it seems like the flu season has peaked, it is still possible to catch the flu (typically flu season runs through March or later), but it's not too late to get a flu shot.



The Use of Multiple Outlet Strips for Major Appliances



All employees please take note that appliances (such as refrigerators, microwaves, space heaters and window air conditioners) shall not be plugged into a multiple outlet strip (a.k.a. power strip or surge protector). All major appliances need to be plugged directly into a wall receptacle.

Recent safety walk-throughs have found that multiple outlet strips are still being used for powering major appliances. Review your work areas to ensure that this is not the case. Should you find a major appliance plugged into a multiple outlet strip, every effort should be made to locate a wall receptacle to plug the item into. If the appliance cannot be relocated closer to a wall receptacle, it may be possible to attach a longer appliance cord (read the ESS determination referenced below for guidance).

Review the two [Electrical Safety Subcommittee's Determinations](#) below for further details:

- Guidelines for Powering Appliances Through "Multiple Outlet Strips"
- Guidelines for Powering Appliances Through "Major Appliance Cords"

Additional guidance is available in this [Safety Share](#) from the Health, Safety & Security Office of DOE.

If you have any questions about this policy, you may contact [PPD ES&H](#) or the [PPD Electrical Coordinator](#) for more information.

FESHM Chapter Spotlight—FESHM 8025: Wastewater Discharge to Sanitary Sewers

This [FESHM Chapter](#) is in place to ensure we meet the Illinois Environmental Protection Agency (IEPA) and U.S. Environmental Protection Agency's (EPA) standards within the Clean Water Act (CWA). Every user of a sewerage system has to meet these regulations.

Each municipality with publicly owned treatment works (POTW) facilities can have their own set of discharge limits, which can be stricter than the federal or state limits. Fermilab effluents to POTW facilities in Batavia and Warrenville/Naperville.

Any discharge of wastewater from processes occurring at Fermilab should be analyzed and reviewed by the D/S/C Environmental Officer prior to discharge. The chapter also contains a list of materials that are prohibited from discharge to the sanitary sewers.

Material Move Request Form Reminder

Just a reminder that you must use the [new Material Move Request Forms](#). If you try to use the old version, it will be rejected.

The Office Coffee Pot

The office coffee pot brings along with it [office politics](#). Who's responsible for making coffee, for cleaning the pot, for shutting it off at the end of the day? That is something to work out amongst your co-workers, but have you ever come across an empty coffee pot sitting on a heated burner? Hopefully you at least shut it off, but did you ever wonder: What are the consequences that could arise from this situation?



- Most coffeemaker manufacturers recommend replacing the coffee pot if boiled dry/heated while empty. If heated empty, the pot could weaken and possibly shatter.
- If there was a small amount of coffee left in the pot, it would eventually boil off and the residue would burn to the bottom of the pot.
- This is a waste of electricity.
- If left on too long, any combustibles left too close to the hot burner could catch on fire.

If you have a coffee pot in your work area, make sure it is off when you leave for the day, especially if you are the last one to leave.

The same practice should be followed for your home coffee maker. You may even want to make it a routine to unplug the appliance before

American Heart Disease Awareness Month

Despite the steps Americans have made to be healthier, we are still not exercising enough or eating right, and cardiovascular disease still kills one American every 40 seconds.



The Department of Health and Human Services is promoting the Million Hearts program, during the month of February to help people learn how to prevent heart disease and stroke. The goal is to prevent 1 million heart attacks and strokes by 2017. Individuals can participate in the program by signing up at [this site](#).

You can help meet this goal by being physically active for at least 30 minutes a day on most days of the week. If you currently smoke, get help to quit. Eat a heart-healthy diet that is high in fruits and vegetables, low in sodium and trans fats. If you have high blood pressure or cholesterol, determine a treatment plan with your physician.

Learn more about heart disease and prevention measures at the following sites:

- [American Heart Association](#)
- [HeartHub for Patients](#)
- [Centers for Disease Control and Prevention](#)

Seasonal Affective Disorder



Seasonal Affective Disorder (SAD) is a type of depression that typically occurs in the winter months, and affects up to 5% of the population. SAD can sometimes turn into long-term depression. Symptoms are usually the same as other forms of depression, such as: a feeling of hopelessness, increased appetite with weight gain, oversleeping, less energy, loss of interest in work or other activities, social withdrawal, etc. Symptoms of SAD will often come back year after year, and usually come and go at the same time every year.

It is completely normal to have some days when you just feel down, but if you feel down for multiple days at a time, you should see your doctor. While there are no tests for SAD, your doctor should be able to make a diagnosis based on your symptom history.

Treatment for winter-onset SAD could include light therapy (either spending time outside, or using a special light box), psychotherapy and medication.

You can learn more about SAD from the following organizations:

- [Mayo Clinic](#)
- [Mental Health America](#)
- [U.S. National Library of Medicine](#)

Severe Storm and Tornado Spotter Training from the National Weather Service



The National Weather Service in Romeoville has posted their preliminary Storm and Tornado Spotter Training schedule for 2013. Check it out [here](#) if you are interested.

Distracted Driving Video—Graphic!

Watch [this video](#) of a driver who appears to be distracted, and what can happen. Keep an eye on the vehicle directly in front of the car with the dash cam.

The "Doh!" Photos of the Month



PPD January Injuries

No injuries reported!

January Winners!!!

January Contest #1

Approximately how many people die each year in the U.S. due to carbon monoxide exposure?

Correct answer: 500

Winner: [Ingrid Fang](#)

January Contest #2

Tell us what is wrong in this photo.

Correct answer: There should be some warning (e.g. safety cones and caution tape) for the pedestrians to keep them out of the work zone. Also, since the ladder is positioned in front of the shop door, the door should be blocked from use.

Winner: [Rich Krull](#)



Challenge



February Contest

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



Please submit your responses/answers to [Eric McHugh](#) by February 22nd.

(If there are multiple correct answers/entries, a drawing is held.)