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PPD's News to Live By

January 2013

[PPD ESH Newsletter Archives](#)

Cut-Resistant Gloves Available

Just another reminder that [cut-resistant gloves](#) are available in the stockroom. A recent incident likely could have been prevented had cut-resistant gloves been worn during the task.



The incident occurred in a mechanical shop located in the Cross Gallery. The employee was attempting to cut a rubber hose (1/2" outer diameter) with a "Kwikcut" hand-operated hose cutter. He was holding the cutter in his right hand and holding the hose with his left hand. As he was positioning the hose in the jaws of the cutter, his left index finger slid across the sharp cutting edge of the blade, resulting in a laceration of the finger. He reported to the Medical Office where the wound was cleaned and 3 sutures were used to close the wound. The employee was not wearing gloves while using the hose cutting tool.

If you are performing work that involves sharp tools or objects, pick up some cut-resistant gloves from the [stockroom](#) to protect yourself.

FESHM Chapters Recently Updated

[FESHM Chapter 5042](#): AC Electrical Power Distribution Safety addresses all AC electrical systems that operate between 50 and 600 VAC (includes 480 and 120 VAC systems). Installation, maintenance and repair of these systems can only be performed by qualified electricians.

Updates to the chapter include electrical equipment labeling information in the Technical Appendix; and when a D/S/C Electrical Coordinator should be consulted.

[FESHM Chapter 5120](#): Fermilab Energy Control Program (Lockout/Tagout) is in place to provide procedures that will control hazardous energy (e.g. electrical, hydraulic, pressurized liquids, etc.) so work on equipment can be performed safely.

Changes made were updates to the LOTO level 2 training requirements. Initial training must be classroom-based, re-training will be required every two-years, and can be completed online.

Shoveling Safety

More snow should be coming soon, and for those of us stuck shoveling, we should take the following precautions:

- Confirm you are physically fit for this difficult physical task (consult with your medical physician prior to the snow shoveling season).
- 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.
- Pace yourself and take frequent breaks to gently stretch your arms, legs and back.



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](#)"

Radiation Safety Policies for Personal Situations

Pregnancy and medical procedures involving radioactive materials are two specific circumstances which combine the realms of Fermilab radiation safety policy and personal privacy. Personal privacy is taken seriously by the Fermilab Radiological Control Organization. Both of these circumstances are detailed within [FRCM, Chapter 9](#).



If a Radiological Worker becomes pregnant, she has a variety of options when it comes to working with or around radioactive materials. Each of these options are based on the worker's privacy and choice regarding disclosure of the pregnancy.



Medical procedures involving radioactive materials are similar in that a worker is not required by policy to divulge medical information. However, due to potential effects of the procedure on dosimetry and radiation detection instrumentation, it is recommended that Radiological Workers who will undergo or have undergone medical procedures with radioactive material contact the PPD RSO directly, who will discreetly discuss work assignments and other details one-on-one with the worker. Any questions on either of these situations should be directed to the [PPD RSO](#).

The Importance of Ladder Inspections

An incident that occurred at a private company involving two roofing technicians. The technicians were preparing to perform an inspection and repair on a flat roof. The first technician set up a 30-foot extension ladder. The ladder was a Type IA Fiberglass ladder rated for a load capacity of 300 pounds. (The technician weighed around 160 pounds.) The ladder had been inspected and was less than 2 months old. It had not been damaged or subjected to harsh conditions.

After setting up the ladder, the technician began climbing. As he was climbing, he felt the ladder start to give from underneath him. He was able to reach and grab onto the roof edge as the ladder collapsed. A second technician was there and was able to get another ladder from their truck to help get the first technician down safely.

Following the incident, the company immediately brought in all of their fiberglass ladders and they were closely examined for possible defects/damage. On nearly 20% of their fiberglass ladders, they found small cracks in the fiberglass on the side rails immediately next to the rungs. It is believed the fiberglass may have been damaged or fatigued during the manufacturing process.

The small cracks around the rungs were not easily detected by a quick visual inspection. During your ladder inspection, you should feel with your fingertips for any raised spots to check for cracks/splits on both the inside and outside of the rail.

Any fiberglass ladder found with these small cracks should be removed from service.



Appliance Fires



You may have experienced or heard of [appliance fires](#) (e.g. refrigerators, dishwashers, microwaves, etc.) in the past. Many of these appliances have electrical/electronic failures, and can even occur while the product is not in use; although human error is often the case with cooking appliances and clothes makers. When you do run your appliances (such as the dishwasher, clothes dryer or coffee maker), remain home while they are running in case something should happen. Keep a fire extinguisher handy as well. (It is recommended that every home have a fire extinguisher on each level, and an additional extinguisher kept in the kitchen. Extinguishers should also be checked regularly to ensure they are still charged.)

To protect yourself, [Consumer Reports](#) offers the following tips:



- Register your new appliances, so you will be notified of any recalls.
- Check for recalls at [Recalls.gov](#) or [SaferProducts.gov](#). Should you experience any problems with your appliances, you can report them through [SaferProducts.gov](#).
- Install fire prevention equipment, including smoke alarms and fire extinguishers.
- Inspect the power cords of your appliances.
- Have your home's wiring inspected by a qualified electrician; the wiring in older homes may not be able to handle the demands of our modern appliances.
- Practice kitchen safety by never leaving your cooking unattended. Unplug your small appliances when not in use.
- Clean grease buildup out of range hoods, and clean the vents regularly.
- Keep your dryer vents clear. Clean the lint screen often to prevent buildup. Check dryer ducts often and remove any lint buildup.



Carbon Monoxide Poisoning Prevention

Winter heating brings with it increased risk of carbon monoxide poisoning if you use gas-powered furnaces or other heating/power sources (portable generators, propane stoves/grills, wood-burning stoves, etc.). Each year in the U.S., approximately 15,000 people experience carbon monoxide poisoning, and nearly 500 people die from it.

Symptoms of CO poisoning: headaches, nausea, vomiting or weakness in a certain area that will clear up when you leave that location. If several people in your household are experiencing similar symptoms, carbon monoxide may be the culprit and everyone experiencing symptoms should seek medical attention immediately.

To prevent exposure to carbon monoxide:

- Make sure you have carbon monoxide detectors installed on each floor level of your home. If the detector should alarm, leave your home immediately and contact emergency services (911).
- Test your CO detectors once every month.
- Have your oil/gas/coal furnace (and water heaters) inspected once a year.
- If you have a fireplace, have it inspected before each heating season.
- Do not leave a vehicle engine running inside a garage, even if the garage door is open.
- Do not use a gas oven to heat your home.
- Do not use generators, grills or other gasoline or charcoal-burning devices in your home, basement, or garage.

If you would like additional information about carbon monoxide poisoning, check out the following resources:

- CDC's Carbon Monoxide Poisoning [Frequently Asked Questions](#)
- [CDC and CPSC Warn of Winter Home Heating Hazards](#)

The "Doh!" Photos of the Month



PPD December Injuries

No injuries reported!

December Winners!!!



Challenge

December Contest #1

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

Correct answer: 20 feet

Winner: [Harvey Bruch](#)

December Contest #2

Tell us what is wrong in this photo.

Correct answer: Tripod light is mounted improperly, with legs folded and held with a Zip-tie.

Winner: [none](#)



January Contest #1

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

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

January Contest #2

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 [Angela Sands](#) by January 25th.

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