



One Night In A Bar...

That sounds like the beginning of a bad joke, doesn't it? Well this time it's not - it turns out that even brief exposure to secondhand smoke in bars and restaurants can result in measurable levels of a toxin in workers' bodies that is known to cause lung cancer, U.S. researchers said on Thursday. They found nonsmoking workers in Oregon who worked a single shift in a bar or restaurant that allowed smoking were more likely to have a detectable level of NNK — a carcinogen linked with lung cancer — in their bodies than those who worked in nonsmoking establishments.

"NNK is only found in the body as a result of either smoking or breathing other people's smoke," said Michael Stark of the Multnomah County Health Department in Portland. The study appears in the American Journal of Public Health.

Stark and colleagues studied 52 nonsmoking bar and restaurant workers who were exposed to smoke at work, and compared them to 32 similar nonsmoking workers from communities that prohibited smoking in such places.



For the study, participants, mainly young, uninsured women, gave urine samples before and after working at least four hours.

"As a group, four out of five of the nonsmokers who worked in a smoking environment had some detectable level of this deadly chemical in their body, and as a group, for every hour that they worked, that level increased by 6 percent," Stark said in a telephone interview. Other studies have shown that nonsmokers exposed to secondhand smoke have about a 20 percent higher risk of lung cancer. They are also at higher risks of asthma and complications such as sudden infant death syndrome.

"This adds to the very strong and growing body of evidence that second-hand smoke exposure is dangerous and people need to be protected," Stark said.

According to Stark, clean indoor air acts protect about 70 percent of workers from exposure to tobacco smoke.

Secondhand smoke causes about 3,400 lung cancer deaths and 46,000 heart disease deaths in adult nonsmokers in the United States each year, according to the American Lung Association.

Levels of environmental smoke in restaurants and bars are two to five times higher than in homes with smokers, they said.

Truckers Issue Warning About 'Drafting'

The American Trucking Association (ATA) is urging drivers to avoid the dangerous practice of tailgating heavy trucks in an effort to increase fuel economy. The industry trade group is also advising fleet safety directors to warn their drivers and owners-operators about the resurgence of this dangerous practice.

Known as "drafting," it involves driving a car very close behind a truck to use the reduction of wind resistance to lessen the amount of energy needed to propel the vehicle.

"Few driving behaviors are more dangerous on our highways than drafting," said ATA President and CEO Bill Graves. He explains that drivers who do this are beyond the field of vision of the truck driver and are unable to see around the truck.

"Drafting is unsafe, illegal, and significantly increases the chances of injury and death. This practice compromises the safety of everyone on the nation's highways and must not be considered a viable means of extending fuel mileage," Graves added.

2006 Dates:

January:

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February:

Child Passenger Safety Week

March:

Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
Intl Building Safety Week
Work Zone Aware. Week
Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
National EMS Week
Poison Prevention Week

June:

National Safety Month

July:

EYE INJURY PREV. MONTH

August:

Prepare Your Winter Safety Training!

September:

Farm Safety /Health Week

October:

Nat. Fire Prevention Week
Drive Safely Work Week
Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

"3D Month" - National Drunk & Drugged Driving Prevention Month



A Different Kind of Air Sickness (adapted from MSNBC.com)

Feeling a little achy, lightheaded or short of breath on a long plane flight? A new study suggests that you might be suffering from a mild form of altitude sickness. Until now, such symptoms had been attributed to jet lag, dehydration, air contamination or being stuck in a cramped seat for hours. Researchers report that true altitude sickness — with its nausea, vomiting and sleep disturbances — was no more likely in volunteers in simulated airplane cabins where the pressure was equivalent to 8,000 feet above sea level than it was when the pressure was closer to sea level.

But after three hours of exposure to cabin pressures equivalent to 7,000 to 8,000 feet, the simulated fliers were more likely than others to report backaches, headaches, shortness of breath, light-headedness and impaired coordination. Women and younger people were the most likely to experience symptoms, the researchers report in the New England Journal of Medicine.

“On the basis of our findings, we conclude that maintaining a cabin altitude of 6,000 feet or lower on long-duration commercial flights will reduce the discomfort among passengers,” wrote Michael Muhm and colleagues at the Boeing Company, which financed the study.



Flying may make you more than just tired!

Just over 500 people volunteered for the study. They were placed, up to a dozen people at a time, in a pressure chamber, in coach seats, for 20 hours. They were even given airline food. No alcohol was allowed, but they could watch five movies in the pressure chamber.

Most aircraft are designed to have cabin pressures no lower than what is found at 8,000 feet above sea level, even as the plane flies much higher. Flying at lower altitudes makes the cabin pressure higher, but that also requires more fuel and makes the aluminum planes wear out faster.

Typically the pressure in the cabin is equivalent to 5,500 to 7,500 feet above sea level and designing an aircraft to withstand a cabin pressure equivalent to a lower altitude would add to the cost of the plane.

Jeanne Yu, Boeing’s director of environmental performance, said the Muhm study prompted the company to set the cabin pressure on its new 787 planes, to be rolled out next week, for 6,000 feet. That is possible in these planes, she said, because the fuselage is made up of a composite structure instead of aluminum.

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Safety Resource Center

Did You Know:

There is still an entire page on the Cambridge Risk Control Website that contains web links to valuable safety resources.

It's located at:

www.cambridgeriskcontrol.com/safety/links.htm

Jody, is it true?

“My company wants me to stop wearing my back belt – do they work or not?” Stephan S. in CA.

Good question. In simplest terms, no, they do not provide any physical protection from being injured – your company is correct. Back belts can give a false sense of security.

If you take care of yourself and consistently lift properly, you can lift safely without the belt.

Safety Information:

The Cambridge Risk Control website remains a great resource for your safety information needs.

This newsletter, safety handouts, safety videos as well as many other resources can be found at:

www.CambridgeRiskControl.com

Have you tried it ?