



## "National Drunk & Drugged Driving Prevention Month"!

(By Jody Warner, Cambridge Risk Control Supervisor)

Each December is National Drunk & Drugged Driving Prevention Month. Thousands of people lose their lives each year due to a select few that chose to "Drive Under The Influence" of controlled substances, recreational drugs or alcohol. It has become such an epidemic that many employers have implemented programs and procedures to deal with employees that show up to work while "under the influence", or, that drink or abuse drugs on the job. Some shocking statistics<sup>1</sup>:

- In 2000, 16,000+ people were killed and 300,000+ were injured as a result of alcohol-related crashes.
- Impaired driving is a leading cause of death for people under the age of 30.
- Each year, nearly 1.5 million impaired drivers are taken off America's highways by law enforcement agencies.
- Studies have shown that three in ten people will become involved in an alcohol-related crash in their lifetimes.

### What is "BAC"?

BAC is Blood Alcohol Concentration, or the amount of alcohol present in one's blood system. BAC begins when an individual consumes even a minimal amount of alcohol, and increases exponentially with each drink consumed. BAC does not distinguish between "hard" liquor, wine or beer; any alcohol consumed will increase the BAC level within an individual.

### How much is too much?

While individuals rarely possess the tools to determine their own BAC, law enforcement officials do, and will not hesitate to use them if they believe a driver to be impaired. BAC can vary within an individual, due to a number of physical and environmental factors, including, but not limited to, height, weight, previous experience with alcohol and amount of food consumed prior to drinking. Because of the wide variance that exists between individuals, it is wise to make alternate travel plans or designate a driver, when even a minimal amount of alcohol is involved in any given situation.

### At what BAC level does impairment begin?

Studies show that impairment begins at any BAC level over .00, and can affect an individual's judgment and ability to react, factors that are critical to safe driving. While it is true that accepted BAC levels vary from state to state, to ensure the well-being of all those on the road, the only truly safe driving is sober driving. Real change will not take place until the public recognizes that driving under the influence, at any BAC level, endangers the life of the driver, his/her passengers, and all those traveling on the road. The physical, emotional and economic burdens impaired drivers inflict upon the community each year are unparalleled. No matter how you look at it, ***You Drink & Drive. You Lose.***

Community support for National 3D Prevention Month has grown dramatically since 1982 when President Reagan signed the first proclamation designating December 9-15 as 3D Awareness Week. Since that time, the National 3D Prevention Month Coalition has witnessed increased resolve among communities to expand existing programs and launch new initiatives.

Enter "3D Month" into any web search engine for more information.

Ref.: 1. National Commission Against Drunk Driving website, September, 2003

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Remember -



**Arrive Alive**  
**Don't Drink & Drive!**



## Machine Guarding Basics – Fool Proof Protection for the Worker (By Javier Rivera, Cambridge Risk Control Consultant)

**Do my machines have sufficient guarding to protect my employees?** Because of the variety of machinery each machine must be viewed individually to determine the most effective and user-friendly means of guarding. Here are a few guidelines that can be used to determine if guarding is required:

- **Are points of operation (nip points, rotating parts, flying chips, sparks) exposed?** If the answer is yes, guarding is required for that particular machine. Examples of guarding methods that can be used are; barrier guards, two-hand tripping devices, electronic safety devices, and safe distances. One, or a combination of these methods, must be used to eliminate the hazard.
- **Which guarding option is best for my machine?** Answering this question is where machine guarding becomes complex. Consider contacting a professional to evaluate your machines and the typical operations they perform might be the best option. A professional will likely be familiar with the brand and/or type of machines that you use. He/she may have ready made solutions to your machine guarding concerns.

In an effort to help determine which type of guarding is best for your specific machines, a list of details about the basic types of guarding is listed here:

**Light Curtains:** Light curtains are the most effective form machine guarding as long as they are maintained properly. Light curtains allow the operator to use his/her hands freely and operate the machine with a foot pedal or other remote device. Certain models can also allow for user programming to account for the swing radius of the part being machined.

**Restraint and Pull Back Devices:** Restraint and pull back devices are a tethering device that keep the operators hands/arms out of the point of operation during the machines' cycle. This is accomplished by adjusting the restraint cord to a keep the operators arms, hands and fingers just out of the point of operation. The advantage of using this system over light curtains or restraint devices is the cost and they do not have to be adjusted between each setup or operator change. A disadvantage to this system is that it significantly limits the operator's movement.

**Two Hand Control and Two-Hand Trip Devices:** Two-hand control devices are a system with 2 separate, electronic operation controls designed to keep the operators hands away from the machine as it cycles. The difference between two-hand control and two-hand trip devices is that two-hand control devices allow the operator to release the buttons after the initial activation. A disadvantage of this control device is that it must be placed at a safe distance from the point of operation, based on the "stop time" of the machines operational point.

**Barrier Guarding:** This system uses physical barriers to prevent the operator from having access to the point of operation when using the press. The advantage to using this method is flexibility. The downside to this guarding system is the constant adjustments needed between each setup and operators tend to defeat this guarding system by adjusting the guarding to make their job easier.

As you can see there are many options and considerations for machine guarding. Machine guarding can also be quite expensive and can interfere with production.

For further information and guidance, contact one of the Risk Control Departments' Machine Guarding Specialists. Or, contact Javier Rivera directly at 312-381-8384.

Cambridge Risk Control Dept.  
175 West Jackson, Suite 1000  
Chicago, IL 60604  
phone 312-381-8072  
facsimile 312-381-9811

Mark Almburg,  
Risk Control Manager  
312-381-8240  
[mark\\_almburg@cisgi.com](mailto:mark_almburg@cisgi.com)

John Tahlner  
Risk Control Supervisor, Midwest  
608-837-7602  
[john\\_tahlner@cisgi.com](mailto:john_tahlner@cisgi.com)

Steve Rusicka  
Loss Control Supervisor, East  
800-686-2762 x416  
[steve\\_rusicka@cisgi.com](mailto:steve_rusicka@cisgi.com)

Charles Martinek  
Risk Control Supervisor, West  
515-224-6805 x272  
[charles\\_martinek@cisgi.com](mailto:charles_martinek@cisgi.com)

Jody Warner  
Risk Control Supervisor  
Training & Technical Services  
(Web & Newsletter Editor)  
312-381-8208  
[jody\\_warner@cisgi.com](mailto:jody_warner@cisgi.com)

# Safety Resource Center

### It's Good To Know:

**"New Safety Handouts" !**

"Machine Guarding – Amputation Prevention"

"Machine Guarding – Machine Guarding Basics"

**PLUS! Four All New Machine Guarding Safety Signs!**

### Helpful Websites:

**The National Safety Council**  
[www.nsc.org/osh/machine.htm](http://www.nsc.org/osh/machine.htm)

**Occupational Health & Safety Administration (OSHA)**  
[www.osha.gov](http://www.osha.gov)

### Home Safety Tip:

**"A December To Remember"**

**December is:**  
**"3D Month" - Nation Drunk & Drugged Driving Prevention Month**