

Does Your Company Employ Healthy Drivers?

December, 2004 - Volume 1, Number 17, Page 1

(By Jody Warner, CSP, CFPS Cambridge Risk Control)

Since 1981, every President of the United States has demonstrated commitment to preventing impaired driving by proclaiming December 3D Month – *National Drunk and Drugged Driving Prevention Month* (enter “3D month” into any web search engine). We at Cambridge Risk Control also support every effort to eliminate all forms of impaired driving and the impaired operation of any machines, equipment or tools in the work place.

However, did you know that it's possible that some of your employees may be “impaired” through traditionally legal and normally unquestioned means – through medications, ailments and/or lifestyle? This article will help give you the basic information needed to be aware of this not-often-thought-of safety issue.

Alcohol Impaired Driving Statistics You Should Know

- An alcohol-related motor vehicle crash kills someone every 30 minutes (NHTA 2003).
- Each year, alcohol-related crashes in the United States cost about \$51 billion (Blincoe et al. 2002).
- In 2001, more than 1.4 million drivers were arrested for driving under the influence (FBI 2001).
- Since 1999, impaired driving rates have increased slightly by 4 percent to 10 percent for all age groups except for ages 16 to 17 years (Elder et al. 2002).
- Since the mid-1990's, nearly 17,000 Americans have been killed and more than 700,000 have been injured in alcohol related accidents (NCADD).
- 80% of occupants killed in alcohol related crashes were not wearing seat belts (NCADD).

“It’s possible that some of your employees may be impaired through traditionally legal and normally unquestioned means...”

MEDICATIONS: Among the common over-the-counter and prescription medications that can impair driving ability: sedating antihistamines, tricyclic antidepressants, anti-anxiety medications, painkillers containing codeine, muscle relaxants, anti-psychotics, blood pressure medications, glaucoma agents, seasickness patches and even accutane (an acne medication).

AILMENTS: Medical conditions that may interfere with safe driving include: heart disease, stroke, arthritis or other joint problems, sleep disorders, Alzheimer’s disease and dementia, diabetes, vision problems including cataracts and glaucoma, impaired hearing, chronic pain, foot abnormalities such as painful bunions, neurological disorders such as Parkinson’s disease, asthma and other lung diseases, epilepsy (drivers must be seizure-free for two years), injuries or disabilities that limit movement.

LIFESTYLE: Unhealthy behaviors can impair driving. Among them: lack of sleep, alcohol or drug abuse, driving late at night, lack of exercise, getting behind the wheel when upset - overly stressed or exhausted, not drinking enough water - dehydration can impair your thinking skills, driving long distances without rest stops, not wearing appropriate eyeglasses or contact lenses.

2004 Dates:

January:

Plan Your Safety Training Now!
Call Cambridge For Ideas!
312-381-8208

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

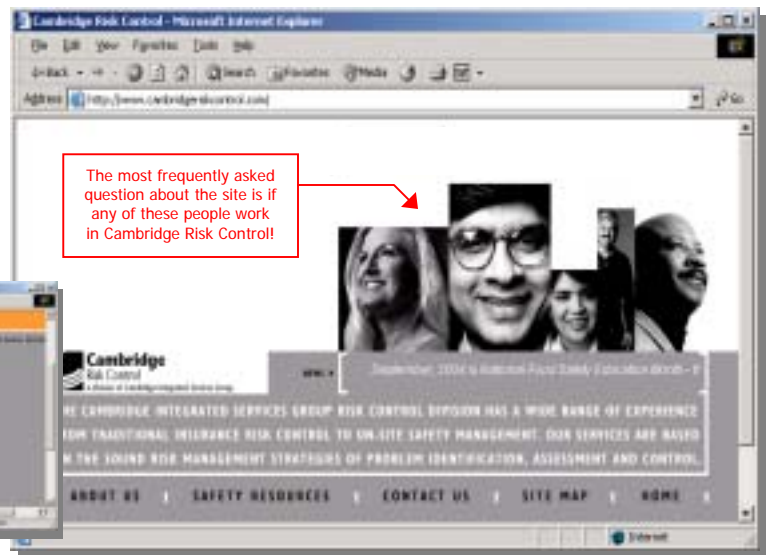
Explore CambridgeRiskControl.com

The Cambridge Risk Control website is updated each week with new handouts, links, resources and the most current edition of the safety newsletter. If you haven't checked it out yet – give it a try. There are hundreds of resources at your fingertips that can help any company control and eliminate insurable losses – workers compensation, property protection and liability advise - all can be found at www.CambridgeRiskControl.com.

The site is divided into several sections that are easy to investigate. You can learn all “About Us”. You can peruse and download safety resources including: safety ideas, newsletters, handouts, web links, sample training programs, sample safety management policies and procedures. You can even download the current safety video list from our video borrow program and request a video directly from the web site!

It's a great tool for your safety tool belt and, best of all, it's free! You heard correctly, there's no cost and you won't need a password to get in.

Here's a few “grabs” from the site to show you how easy it is to use. At the immediate left is the video request screen in “safety resources.”



December is National Drunk & Drugged Driving Prevention Month!

NIOSH Warns of Flood Cleanup Dangers

December, 2004 - Volume 1, Number 17, Page 2

Unfortunately the danger of a flood does not end when the rains cease. The National Institute for Occupational Safety and Health (www.cdc.gov/niosh) has recently warned flood cleanup workers that when the seemingly endless rain tapers off and the flood waters recede, they will continue to face a number of hazards associated with cleanup activities. Some of the hazards are serious and life threatening.

Workers and volunteers involved with flood cleanup should be aware of the potential dangers involved and the proper safety precautions. Because the level of experience varies among these workers, cleanup crews must work together and look out for one another to ensure safety. NIOSH urgently requests everyone's assistance in disseminating the following warnings to all those involved in flood cleanup. The work-related hazards can be any of the following: Electrical Hazards – from water caused electrical shorts and power lines, Carbon Monoxide – from heavy equipment or generators, Musculoskeletal Hazards – from repeated lifting and vibrating equipment, Thermal Stresses – from the dramatic changes in weather, Heavy Equipment – inexperienced operators and low visibility, Structural Instability – from surging flood waters and heavy floating debris, Hazardous Materials – from ruptured and unearthed storage tanks and supply lines, Fire - from hazardous materials and electrical short circuits, Drowning – flood waters, Confined Spaces – created by surging flood waters, Agricultural Hazards – molded/fermented agricultural products, Stress and Fatigue – from long work hours.

More information on all these flood cleanup risk factors can be obtained by contacting your Cambridge Risk Control Representative, visiting the NIOSH website or by visiting www.CambridgeRiskControl.com.

Evaluate Your Hearing Conservation Program

Noise isn't a new hazard. It's been a constant threat since the industrial revolution. Too much noise exposure may cause a temporary change in hearing (your ears may feel stuffed up) or a temporary ringing in your ears (tinnitus). These short-term problems usually go away within a few minutes or hours after leaving the noise. However, repeated exposures to loud noise can lead to permanent, incurable hearing loss or tinnitus. NIOSH recommends removing hazardous noise from the workplace whenever possible and using hearing protection in those situations where dangerous noise exposures have not yet been controlled or eliminated.

NIOSH has an online evaluation tool that allows any company to evaluate their hearing conservation program through a checklist format. The checklist can be found by entering "<http://www.cdc.gov/niosh/topics/noise/workplacesolutions/hearingchecklist.html>" into your web browser or by [clicking here](#) if you're viewing this newsletter via computer.

Use The Correct Ladder

Ladder size is certainly a safety consideration.

Use a ladder of proper length to reach the working height you need. Inside, that could mean a low stepladder; outside, you may need a taller stepladder, and for some projects, an even taller single or extension ladder. Use a ladder according to use and working load—the combined weight of the climber and the load being carried.

TYPE	DUTY RATING	WORKING LOAD
IA	Industrial	extra heavy 300 lbs. maximum
I	Industrial	heavy 250 lbs. maximum
II	Commercial	medium 225 lbs. maximum
III	Household	light 200 lbs. maximum

Cambridge Integrated Services
Risk Control Department
175 West Jackson, Suite 1000
Chicago, IL 60604
phone 312-381-8072
fax 312-381-9811
www.cambridgeriskcontrol.com

Mark Almburg
Risk Control Manager
312-381-8240
mark_almburg@cisqi.com

Steve Rusicka, CHSP
Risk Control Supervisor, East
800-686-2762 x416
steve_rusicka@cisqi.com

John Tahlier, MS
Risk Control Supervisor, West
608-837-7602
john_tahlier@cisqi.com

Jody Warner, CSP, CFPS
Senior Risk Control Consultant
Training & Technical Services
Web & Newsletter Editor
312-381-8208
jody_warner@cisqi.com

COLD WEATHER REMINDER

When it gets cold outside and the streets, sidewalks, walkways and building entrances get slick – REMEMBER – shovel snow off the entire walkway (not just a small path), break-up and remove all the ice and put down cinders and/or salt. This process will need to be repeated frequently when the weather gets colder – so stay vigilant!

Safety Resource Center

It's Good To Know:

Recent OSHA Grants Support Safety Training for Nonprofits

The Occupational Safety and Health Administration (OSHA) recently awarded more than \$10.5 million in Susan Harwood Training Grants to 69 nonprofit organizations for safety and health training and educational programs. For more information visit OSHA's website at:

www.osha.gov

Safety Web Check :

Construction Safety Council

The Construction Safety Council states that its mission "...is to reduce the tragic and costly accidents, injuries and illnesses that take the lives of six construction men and women in the United States every day."

Their website and resources can be found at:

www.buildsafe.org

Home Safety Tip:

Holiday Safety Tip

If you're planning on having a Christmas tree this year – consider having an artificial one. *I know* – I can hear you from here, "That's not Christmas!". Artificial Christmas trees are cleaner, safer and they last for years. It's a fact.

However, if you're going to have a natural tree – make sure that you keep it watered properly!