Cambridge Integrated Services Group, Inc.

Risk Control Division

www.CambridgeRiskControl.com

Safety Newsletter

Workers Comp, Liability, Property, Compliance, Tips

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LOUD NOISE & BLOOD PRESSURE?

A new study by University of Michigan researchers suggests that working in loud places can raise blood pressure levels.

More Issues about hearing loss?

Sally Lusk of the university's School of Nursing explains the importance of the findings: "The literature suggests bringing down your blood pressure will help prevent heart disease and stroke, so understanding the relationship between noise and blood pressure is important." The research conclusions, published in a recent issue of the *Archives of Environmental Health*, were based on a study in a Midwest auto-assembly plant.

Lusk and colleagues studied different types of noise in the factory setting. While others have looked at blood pressure in production workplaces before, the team took a new approach--outfitting participants with mobile monitors to take blood pressure readings and record noise levels throughout the day. Noise readings were taken every minute, while heart rate and blood pressure were recorded every 10 minutes. The researchers found that blood pressure was more affected by overall noise exposure, while peaks in noise affected heart rate. An increase of 10 decibels in average noise exposure resulted in a systolic blood pressure increase of 2 millimeters. Lusk noted that a long-term reduction of 6 millimeters in diastolic blood pressure has been associated with a 35 percent to 40 percent reduction in strokes and a 20 percent to 25 percent drop in coronary disease.

2006 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

ADVICE REGARDING YOUNG DRIVERS

Charm Pools of Waverly, New York, is facing $12,320 in fines after a Department of Labor investigation into the death of a 17-yearold employee. The department's Wage and Hour Division accused the company of violating federal youth employment regulations.

According to Michael Fitzgerald, assistant district director in Wage and Hour's Buffalo office, the young worker was on the job driving a pickup truck owned by Charm Pools August 29 when he and a fellow worker were killed in a traffic accident. "Our investigation determined that the young employee was driving the truck in violation of a hazardous order regulation under the Fair Labor Standards Act (FLSA) that prohibits 17-year-old employees from driving a vehicle for their employer beyond a 30-mile radius from their place of employment," says Fitzgerald.

The company is appealing the penalty. Federal law allows workers 17 years old and older to drive during daylight hours in a vehicle of 6,000 pounds or less, but there are restrictions. For example, the worker is prohibited from driving beyond a 30-mile radius from the workplace; and the driving must be "occasional and incidental" to the minor's employment (i.e., constituting no more than one-third of the employee's working time in a day and 20 percent of working time in a week).

Cambridge Risk Control recommends that you check your states requirements and/or regulations regarding "under age drivers". The interpretation of the term "under age" should also be identified. In some states there are significant regulations regarding what those under the age of 18 can and cannot do. For example, in some states those under the age of 18 cannot operate motorized equipment in the coarse of their employment – lawn mowers, weed eaters, company vehicles, etc.

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THE BENEFITS OF VACATION!

Women who take vacations frequently are less likely to become tense, depressed, or tired and are more satisfied with their marriages. In a NIOSH-funded study published in the Wisconsin Medical Journal, the principal investigator said, "This study proves vacations are good for your mental health and may help you do a better job at work. Employers should be supportive of time off because they benefit from having relaxed, happy employees."

The investigators analyzed research conducted between 1996 and 2001 involving 1,500 women in central Wisconsin. They compared psychological stress, quality of marital life, and home-life disruptions due to work among women who take vacations twice or more per year, with those findings among women who took off only once in 2 years.

ADDITIONAL WINTER SAFETY TIPS

Restrictive Winter Clothing:

During cold weather, warm clothing is not only comfortable, it's necessary. The body must be kept warm to work correctly. Muscles and mental capacity can both become sluggish when blood flow slows down. Eventually hypothermia sets in as the body core cools and begins to shut down.

However, wearing winter clothing can bring its own set of concerns. Clothing such as hooded jackets and parkas, hats with ear coverings, heavy coats and pants can restrict movement. Your sight, hearing and agility can also be affected while wearing winter clothing. It is important to be aware of the limitations introduced by the clothing and to make allowances. It's a really good increase our margin of safety.

Watch your Vision:

Vision may also be a concern in winter. Vision can be affected by glare off the snow, as well as frost on lenses. Make sure your tinted safety glasses are in good order. Also be aware of sudden and intense light changes, for instance, when directing a shove and moving from the glare outside into a dim building, such as a shop or industry spot. Your eyes need time to adjust themselves to the light change. It's not a good idea to continue shoveling when this is occurring. Instead, slow or stop the move entirely until vision is equalized you can see accurately.

In short – use additional caution during the winter months due to the cold, ice & snow.

Cambridge
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@cambridge-na.com

Steve Rusicka, CHSP
Risk Control Supervisor, East
800-686-2762 x416
steve.rusicka@cambridge-na.com

John Tahlier, MS
Risk Control Supervisor, West
608-837-7602
john.tahlier@cambridge-na.com

Jody Warner, CSP, CFPS
Senior Risk Control Consultant
Training & Technical Services
Web & Newsletter Editor
312-381-8208
jody.warner@cambridge-na.com

Safety Resource Center

Safety Resources On The Web:

www.OSHA.gov

We frequently recommend the OSHA website as a great online safety resource. However, a few employers have indicated that they don't want to use the site for fear that they might be audited as a result. We know of no situation where this is true - use it as much as you want!

Thanks!

"Jody, is it really true that…"

Thank you for all of the emails that you've sent since we've started this particular section of the newsletter!

If you would like a safety question answered by Jody or another safety professional, send an email to: jody.warner@cambridge-na.com

We'll respond with an answer as soon as possible and maybe even feature the question here in the newsletter!

Jody, why…?

"Jody, I know that gasoline is dangerous, why?" T.G., in CT

Very good safety question! In a nutshell, gasoline is so dangerous because of it's basic flammable nature. More specifically, gas has a flash point (the lowest temperature at which it will flash when exposed to an ignition source) of **-45 degrees** Fahrenheit. Furthermore, the vapors that come off of gas are heavier than air. They'll stay low to the ground where they could find an ignition source and ignite!