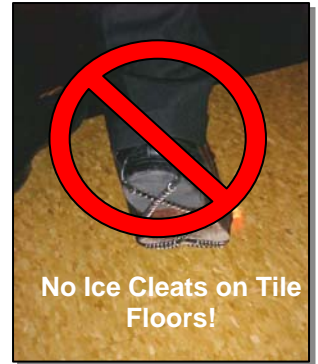




WINTER SLIP & FALL HELP!

While conducting a regular visit to one of the many CLIC members, I was asked about ice cleats and their applicability to the educational work. I even had the ability to look at a pair that someone had purchased because they wanted to be safer on ice and snow in the parking lot. In short – I think that they can be a great addition to a slip and fall prevention program. However, they must be used with extreme caution – more on that below.

Our goal here is not to “test” these products, but to simply let you know that they’re out there and that they can be a benefit to your overall slip, trip and fall prevention program(s). Simply passing these out to your employee base without training and guidance may not be as beneficial as you would hope.



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

Some manufacturers of ice cleats can be found on the internet at:

www.YakTrax.com – Yaktrax Walker and Yaktrax Pro.

www.32North.com – Stabilicers of various designs.

www.SureFoot.net – Get-A-Grip (sample was not available for this article)

www.jordandavid.com – (sample was not available for this article)

Different manufacturers use different types of anti-slip media – find the one that works best for you and your employees.

Caution!

Like any other piece of personal protective equipment (PPE), if ice cleats are issued by the employer, they must be used with extreme caution.

They must be correctly fit and consistent training must accompany their distribution. The training must cover the use of the product and its limitations – i.e. they should not be used on smooth surfaces like tile, concrete, polished granite, steel, etc. You'll find that each manufacturer of ice cleats has similar warnings that accompany their products.



Possible Good News For Women Coffee Drinkers

Results of a study recently published in the *Journal of the American Medical Association* suggest that women who drink large amounts of caffeinated soda may be increasing their risk of heart attack and stroke, compared with those who drink caffeinated coffee.

The study, which ran for 12 years and included more than 150,000 women, found that coffee drinking did not increase the participants' risk of high blood pressure. Dr. Wolfgang Winkelmayr, an author of the study, stated "If anything, coffee drinking was associated with a preventive effect, in that women who drank more coffee were less likely to have high blood pressure."

He and his colleagues found that even those women who consumed six or more cups of java per day did not have a higher risk of elevated blood pressure. However, "We found that drinking soda beverages that contained caffeine, regular or diet cola, was associated with a greater risk of high blood pressure." Winkelmayr said more research is needed, although the findings of the study are clear.



ASSE President Responds To Aging Workforce Concerns

Jack Dobson, president of the American Society of Safety Engineers (ASSE) recently stated that employers must do more to serve the aging workforce and strive to reduce fatality rates, says.

"Businesses must act now to accommodate and provide a safer work environment for the aging worker, a valuable and experienced group, or their bottom line will be impacted negatively." He pointed to several easy and economical ways to achieve this:

- Improve illumination and add color contrast to the workplace.
- Eliminate heavy lifts, elevated work from ladders, and long reaches.
- Reduce static standing time.
- Reduce noise levels.
- Guard against falls by installing skid-resistant material for flooring and stair treads.
- Provide opportunities for practice and time to develop familiarity with tasks.

Such changes would not only help older workers, but would also benefit all employees, says Dobson.

CDC Bans Smoking In All Facilities, Ground & Vehicles

The Centers for Disease Control and Prevention marked the 29th annual Great American Smokeout by implementing a tobacco free campus policy.

The policy bans the use of all tobacco products at CDC-owned facilities and grounds, and in government vehicles. "The tobacco-free initiative fits with one of CDC's public health goals, to achieve healthy workplaces by promoting and protecting the health and safety of people who work by preventing workplace-related fatalities, illnesses, injuries, and personal health risks," says CDC Director Julie Gerberding. "This includes preventing exposure to tobacco and promoting physical education programs."

The American Cancer Society's Great American Smokeout took place on November 17, 2005.



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

The percentage of U.S. adults who smoke cigarettes continues to decline and more adults have successfully quit smoking than remain current smokers, according to a study by the agency. The study estimates that 20.9 percent--44.5 million people—are current smokers, down from 21.6 percent in 2003 and 22.5 percent in 2002.

Safety Resource Center

Ice Cleats & Shoes:

Think a little bit about safety when choosing your work shoes and your ice cleats!

Ice cleats are not designed to work with high heels, sandals or flip-flops!

It's Safe To Know:

DuPont™ has developed a Self-Charging Smoke Alarm that connects directly into ceiling mounted light sockets and automatically recharges whenever the light is on.



Jody, Is It True?

"Jody, is it really true that rock salt is less effective on ice when it's gets colder?" M.A, Dallas, TX

Yes – let me explain further. Surface temperature of a material does help determine deicing chemical amounts and melting rates. More specifically, as the temperature decreases, the amount of deicer needed to melt a given quantity of ice increases significantly. Salt can melt five times as much ice at 30o F than it can at 20o F. Calcium Chloride or calcium magnesium acetate (CMA) are often used as a substitute. Good question!