



Winter Safety Preparations!

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(adapted from the OSHA Compliance Adviser)

As the mercury keeps dropping and snow falls here and there across the country, it is to be hoped that employers have already prepared to provide their people with safe and healthy workplaces. They will have:

- Checked out their heating and ventilation systems and made any necessary repairs or adjustments.
- Attended to company cars, making sure tires, brakes, batteries, heaters, windshield wipers, and exhaust systems are up to par and anti-freeze in place.
- Planned to schedule outdoor work on the least-frigid parts of the day so far as possible, ensuring that protective wear is available and in good condition.
- Conducted refresher training on the hazards of cold, including reminders to supervisors of the need to be alert to first-aid needs.
- **Arranged for the clearing of snow and ice off parking lots, sidewalks, and entryways-- whether by contractors or facility personnel (and in the latter case stocking necessary tools and melting materials).**
- Established and communicated to employees the policy on when the facility will be closed due to weather (and which staff will be required to be on hand or readily available).

Management will also show sensible and caring concern for employees by providing information that will help them and their families weather the cold while off-duty. Here are some examples:

- Urge them to get flu shots for themselves and any age-appropriate family members.
- Make sure their personal automobiles are in good condition and repair--as mentioned above.
- Keep driveway, pathway, and entryway clear of snow and ice.
- Avoid overexertion while shoveling, stopping to rest before getting really tired.
- Provide, and insisting on the use of, warm clothing, footwear, gloves, and head coverings.
- Have furnaces and chimneys checked out for safe use.
- Check for any unattended lighted candles or fireplaces in use.
- Keep electric heaters well away from anything flammable--e.g., curtains tablecloths, upholstered furniture.
- Owning a home fire extinguisher and keeping it in ready-for-use condition.
- Having smoke alerts and carbon monoxide detectors and making sure batteries are fresh.

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

Cell Phones Don't Cause Cancer

A huge study from Denmark offers the latest reassurance that cell phones don't trigger cancer.

Scientists tracked 420,000 Danish cell phone users, including 52,000 who had gabbed on the gadgets for 10 years or more, and some who started using them 21 years ago.

They matched phone records to the famed Danish Cancer Registry that records every citizen who gets the disease — and reported Tuesday that cell-phone callers are no more likely than anyone else to suffer a range of cancer types.

The study, published in the Journal of the National Cancer Institute, is the largest yet to find no bad news about the safety of cell phones and the radiofrequency energy they emit.

But even the lead researcher doubts it will end the debate.



Hearing Protection – 7 Steps To Success

Using proactive terms in your safety program like *hearing loss prevention* and *hearing conservation* is a great way to increase awareness of this important topic at your company. That was just one tip from the speakers at a recent BLR audio conference on hearing protection.

Although documenting an occupational hearing injury on the OSHA Form 300 is required, it is not a hearing conservation measure. An effective, compliant program has several elements. The speakers discussed these elements of a successful hearing loss prevention program.

1. **Noise Measurement** - OSHA and MSHA require you to implement an effective hearing loss prevention program if your employees experience noise levels in an excess of 85-decibel (dB) time weighted average (TWA). If this is the case at your facility, determine which employees need to be involved in the program and what is necessary for the program to provide.
2. **Noise Control** - This element is your first approach to decreasing hearing hazards to your employees. Decide what, if any, things you are currently doing to reduce or eliminate hazards. The speakers suggest surveying employees to get their input on possible exposures.
3. **Audiometric Testing** - The purpose of the testing is to identify a small temporary change in hearing to prevent permanent hearing loss in the future. The speakers said to look for a change in the measure of a baseline test, one that is administered before an employee is exposed to a noise, against an annual test, one that is administered yearly. (*Tip:* For the most accurate measurement of hearing loss, conduct the annual test in the *middle of the work shift*, after the employee has somewhat been exposed to the noise, and not at the beginning when he or she has not been exposed that day.) When conducting audiometric testing at your facility, make sure the testers are qualified, there is proper testing equipment, and the tests are given in a stable environment with no background noise.
4. **Hearing Protection Devices** - The most important thing to know about these devices is that they are only effective when used correctly and routinely. These devices must attenuate to 85 dBA at the ear and OSHA considers the employer responsible for proper selection and fitting of the equipment. Can you overprotect your employees? Yes. If the equipment you select for your employee completely impairs the hearing that person is a safety risk because they are unable to hear communications and alarms. Also, this employee is more likely to remove the hearing protection equipment so he or she can hear what they need to hear, leaving them exposed to the noise.
5. **Training and Motivation** - Training can vary depending on the types of noise and equipment used. Design your training to inspire your employees to take care of themselves. Make it personal. The most effective programs are the ones in which employees take the initiative because they care about their health. Hearing conservation training is required annually, but the speakers recommended that it be done more than annually.
6. **Recordkeeping** - Use the testing data collected to drive the decisions about the management of your hearing loss prevention program.
7. **Program Evaluation** - The speakers suggested using surveys, an annual inventory, and program checklist to look back over the entire course of the program to determine if you are preventing hearing loss at your facility.

For more information on becoming certified to conduct audiometric testing see the Council for Accreditation in Occupational Hearing Conservation's website at <http://www.caohc.org>.

Cambridge

Risk Control Department
175 West Jackson, Suite 2000
Chicago, IL 60604
phone 312-381-8072
fax 312-381-8992

www.cambridgeriskcontrol.com

Mark Almburg
Vice President Risk Control
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



"Clearing Sadie"
What?

Safety Resource Center

Safety Website:

Based on the article above, we would again like to spotlight the Council for Accreditation in Occupational Hearing Conservation's website at:

www.caohc.org

Hearing conservation is one of many important parts of a good safety program!

Did You Know?

Your chance of death or serious injury in a crash doubles for every ten miles per hour over 50 miles per hour your vehicle travels.

Also, each December is:

"National Drunk & Drugged Driving Prevention Month".

Or, "3D" month.

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 ?