



## June Brings The Heat!

As June nears, it's a good time to review some basic heat safety issues. It's a well known fact that over-exposure to excessive heat can kill you. However, there are still quite a few people that are seriously injured, or even killed, each year from over-exposure to heat – hundreds of workers are killed each year due to over-exposure to heat!

Here are some basic rules for working in elevated temperatures:

- Take frequent breaks in shaded and/or air-conditioned areas (buildings, vehicles, beneath trees, etc.)
- When possible, work in shaded areas. Many heavy equipment manufacturers distribute large umbrella shades for this purpose.

### 2006 Dates:

#### January:

Plan Your Safety Training Now!  
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#### 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

- Drink increased quantities of water, or similar substitute, (sports drinks, etc.). Make sure that it's always available to employees. Employees should be encouraged by Supervisors to drink large quantities of these liquids.
- Eat smaller meals before and during work. Also, avoid caffeine and alcohol.
- Employees should wear lightweight, light colored (white) clothing.
- Employ "Work Staggering" - employees that normally have jobs that are not subject to heat stress can be rotated into these jobs every few days. Obviously, at-risk employees can be rotated out every few days or hours.
- Supervisors should make frequent, superficial employee evaluations for the standard signs of heat related problems (sweating stops, flushed or ashen colored skin, labored breathing, disorientation, slurred speech, etc.)

Realize that PPE such as respirators, protective suits (Kevlar, plastic, Tivek, gloves, aprons, etc) can increase the bodies temperature.

### A Step In The Right Direction – New State Regulation Bans Cell Phone Use

The state of Washington has passed legislation that prohibits individuals from using handheld mobile phones while operating a motor vehicle.

Governor Chris Gregoire signed Senate Bill 5037 late last week. The legislation states that "a person operating a moving motor vehicle while holding a wireless communications device to his or her ear is guilty of a traffic infraction."

The legislation, which goes into effect July 1, 2008, allows drivers to use mobile phones in hands-free mode (such as with speaker phone, headset, or earpiece). The legislation supersedes any local ordinance.

Washington joins California, Connecticut, the District of Columbia, New Jersey, New York, and some local jurisdictions in prohibiting the use of handheld mobile phones while driving.

Cambridge Risk Control recommends that employees not use cell phones use while driving on the job.



***Fall Hazards On Construction Site = OSHA Fines***

An Indiana-based steel erection contractor's failure to provide fall protection for its employees at a Pembroke, New Hampshire, jobsite has resulted in \$79,500 in proposed fines from OSHA. National Store Fixtures Division of United Fixtures was cited for alleged willful and serious safety hazards following an OSHA inspection that began after OSHA was informed about fall hazards at the site. OSHA found employees working without fall protection at heights greater than 15 feet while installing steel walls on the side of a steel frame storage building.

OSHA issued one willful citation, carrying the maximum proposed fine of \$70,000, for the lack of fall protection.

"This employer knew fall protection was required for these employees yet did not require them to use it, even though falls are the number 1 killer in construction work," said Rosemarie Ohar, OSHA's area director in New Hampshire. "Effective fall protection is absolutely essential for safeguarding employees against death or crippling injuries."

The inspection also determined that the employees lacked a ladder to provide safe access to their work area and were not provided fall protection training that would have allowed them to identify fall hazards and protective measures. In addition, employees working beneath the steel erection activity did not wear head protection.

These conditions resulted in the issuance of three serious citations, with \$9,500 in proposed fines.

***"But, we don't use any chemicals at all".***

Do your employees work with hazardous chemicals? Did you, by chance, say that they *don't*? What about your cleaning fluids and copier toner cartridges? What about - White Out\*? Windex\*? Pledge\*? Paint? Roofing tar? Floor wax? Engine oil? Transmission fluid?

The truth is that we all, almost all of us, work with hazardous chemicals every day. Various day to day things like toner cartridges for your copier and common cleaning fluids can be, in reality, dangerous to your health. They may be harmful to your eyes, skin or even poisonous!

In response to this workplace danger, the Federal Government enacted, as a part of the Occupational Safety & Health Act (OSHA), a standard called "The Right To Know Standard" or, "29 CFR 1910.1200 Hazard Communication" as it is formally known. "Haz Com" (for short) is the OSHA standard that requires **ALL** employers to educate their employees on the dangers of the chemicals that they use each day.

It's a long and detailed governmental document and you would be wise to take a look at it by going to [www.osha.gov](http://www.osha.gov). It's a good policy to have, especially when you regularly deal with various types of work place chemicals.

**Cambridge**  
Risk Control Department  
175 West Jackson, Suite 1000  
Chicago, IL 60604  
phone 312-381-8072  
fax 312-381-8992  
[www.cambridgeriskcontrol.com](http://www.cambridgeriskcontrol.com)

Mark Almburg  
Vice President Risk Control  
312-381-8240  
[mark.almburg@cambridge-na.com](mailto:mark.almburg@cambridge-na.com)

Steve Rusicka, CHSP  
Risk Control Supervisor, East  
800-686-2762 x416  
[steve.rusicka@cambridge-na.com](mailto:steve.rusicka@cambridge-na.com)

John Tahlier, MS  
Risk Control Supervisor, West  
608-837-7602  
[john.tahlier@cambridge-na.com](mailto: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](mailto:jody.warner@cambridge-na.com)

***Safety Resource Center***

*Did You Know:*

In 2005, there were 255,750 injuries involving falls.

Additional safety statistics like this can be found at:

[www.bls.gov](http://www.bls.gov)

The US Bureau of Labor Statistics

Check it out!

*Jody, is it true?*

*"In your last newsletter, you said that we shouldn't wear shorts when it's hot. Were you serious? It gets really hot here!" Mike W., SC*

Mike, I understand - I've even done the work myself. But, please realize that the majority of injuries to employees like yourself are not heat stroke. It's injuries like bumps, bruises, scratches, cuts, sun burn, etc.

*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](http://www.CambridgeRiskControl.com)

Have you tried it ?