

news & notes

CONVEYOR FASHION

What not to wear:

- Loose clothing
- Long hair that is not covered or tied back

What to wear:

- Sturdy shoes and a hard hat
- Safety glasses and a dust mask

Conveyors are designed to make operations more efficient. By taking precautions, you benefit from the conveyor's efficiencies and minimize its potential hazards. Remember the safety rules and follow them every time.

ASSE WORK ZONE SAFETY

In one recent year, 835 deaths resulted from motor vehicle crashes in road construction work zones in the United States. The American Society of Safety Engineers (ASSE) published a list of safety tips for preventing deaths and injuries in road work zones. Among them:

- Pay attention to orange warning signs or electronic message boards posted in advance of a construction project.
- Minimize distractions such as using a cell phone when in a work zone.
- Expect the unexpected.
- Use extra caution when driving through a site at night.
- Don't speed up or slow down significantly while in a work zone.
- Don't tailgate; most work zone accidents are rear-end collisions.

ASSE's Work Zone Safety for Highway Construction standard is A10.47-2009.

EMPLOYEE SAFETY NEWSLETTER

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Provided by Hierl Insurance, Inc

Conveyor Safety

Efficient and effective when used properly

A conveyor is often the most efficient method for moving material, because it can carry material from one operation to another without it being loaded onto a forklift or handcart by workers at each step of the process. Unfortunately, large moving machinery, like a conveyor, can present serious hazards for anyone working close to it.

Follow these important safety rules for working around conveyors:

- **Know where the “start” and “stop” buttons are.** Are they clearly marked? Keep the area around them clear at all times, because in case of an emergency, it is vital to get to them immediately. Most conveyors have extra emergency pull cords that run the length of the conveyor.
- **Know about any extra safety devices** in your facility.
- **Know the warning signal** when the conveyor is being started.
—Ensure no workers are too close to the conveyor before starting it up.
—Obey all signs warning of danger areas.
- **Never climb, step, walk, or ride on a conveyor.**
- **Ensure all guards are in place**—they are there to protect you.
- **Don't start equipment if a visual inspection shows any problems.**
- **Know the load limit** for the conveyor and never exceed it.
- **Practice good housekeeping around the conveyor**—loose pieces of scrap or dust and dirt can cause a clog or jam.
- **NEVER try to clear a jam when the conveyor is running!** Doing so is a recipe for disaster—maybe a deadly one.
—Stop the conveyor, turn off the power, and clear the jam only if it is obvious how to do so and your supervisor permits it.
—Sound the warning signal before restarting the conveyor.
- **If in doubt about how to proceed, call your supervisor or a repairman.** Following lockout/tagout procedures may be necessary to clear the jam and prevent it from happening again. Only authorized employees who have had special training are allowed to perform lockout/tagout procedures.



“Brad, that is an inappropriate use of the conveyor belt. Also, those shorts are too revealing.”

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POWER WORKER SAFETY ETOOL

OSHA says recent deaths have shown the dangers of working with electric power: One worker installing decorative lights on a tree was electrocuted after touching a high-powered overhead electrical line. Another was electrocuted after contacting an overhead high-voltage line with a portable light tower while working on a water main repair.

In fact, OSHA says around 80 workers die from electrical shock each year while working on electrical equipment or related utility operations. To help prevent such fatalities, the agency has published the **Electric Power Generation, Transmission, and Distribution Standard eTool**.

The eTool addresses the standard and explains measures to protect workers, which include using PPE and lockout/tagout procedures, and following safety requirements when working on or near power lines. Visit the eTool at www.osha.gov. Click Top Links, then Safety/Health Topics.

MACHINE SAFETY PRACTICES

Follow good practices to stay safe.

- Feed material into the machine with push sticks, not your hands.
- Find a comfortable working position to minimize fatigue.
- Do not rush.
- Follow lockout/tagout procedures.
- Check machines after repair or maintenance to ensure that all guards are back in their proper places.

Machinery can cause injuries, amputations, or even death. Guards can help protect you if you follow safety rules.



Saving Energy at Work

Steps you can take

You can start saving energy on your commute. Each 5 mph over 60 mph you drive is like paying an additional 26¢ per gallon for gas. Don't be an aggressive driver, because it can lower gas mileage by as much as 40 percent. Also, don't idle unnecessarily because it wastes fuel and dollars.

At the computer station, you may be surprised to discover that screen savers don't save energy. A screen saver that displays moving images causes the monitor to consume as much electricity as it does when in active use. A blank screen saver is slightly better, but even that only reduces monitor energy consumption by a small percent. You save energy only if the monitor goes dark, so shut it off when you'll be away from the computer for more than 5 minutes.

There are many other ways to save energy in the workplace. Most of them are fairly common-sense tips, such as:

- Turn off computers, monitors, printers, copiers, and other equipment nightly and on weekends.
- Enable energy saving settings on your computer and other equipment to sleep and hibernate when inactive.
- Use less paper and print less.
- Turn off lights when not in use.
- Encourage co-workers to take energy-saving steps.

Bicycle Benefits

Cycle your way to wellness

Do you think of bicycles as being "just for kids?" Think again. Bicycling provides many benefits to riders of all ages. According to the Pedestrian and Bicycle Information Center (PBIC – www.bicyclinginfo.org), bicycling benefits us in the following areas: health, transportation, environmental/energy, economic, and quality of life. Let's look at each one:

1. **Health** - Too many Americans are overweight or obese. To help America lose weight, experts recommend at least 30 minutes of exercise 4 to 5 days a week. Bicycling is a low-impact aerobic workout that strengthens your legs and knees. And it's fun, especially with family and friends riding alongside.
2. **Transportation**-Cycling to work or errands saves wear and tear on your vehicle and creates less congestion on the roads.
3. **Environmental/Energy**-Bicycles produce no emissions so the more trips you can make on your bike instead of in your car cuts down on pollution. And you provide the energy to move bikes, so using them cuts down on energy use.
4. **Economic**-Cycling helps your finances by saving money on gas as well as by keeping low mileage on your vehicle so you may be able to keep it longer.
5. **Quality of life** - Riding bikes is a fun and social activity that families can enjoy together. It's also a wonderful way to get outdoors in the sunshine and fresh air. And it's an activity you can enjoy well into retirement.