

Safety Matters

ASCENSION®
Benefits & Insurance Solutions
OF FLORIDA



JULY 2013

EMPLOYEE SAFETY NEWSLETTER



Chain saws don't know the difference between tree limbs and your limbs

INSIDE THIS ISSUE:

Part Two 2

Rip Signs 2

Kayaks 2

Rip Currents 3

No Brainers 4

Buckets 4

Breaks 4

What's
Wrong? 5

Safety After The Storm

Be aware of the risk of chain saw injury during tree removal.

Each year, approximately **36,000** people are treated in hospital emergency departments for injuries from using chain saws.

The potential risk of injury increases **after hurricanes** and other natural disasters, when chain saws are widely used to remove fallen or partially fallen trees and tree branches.

Safeguards against injury while using a chain saw:

Operate, adjust, and maintain the saw according to manufacturer's instructions.

Properly sharpen chain saw blades and properly **lubricate** the blade with bar and chain oil.

Periodically **check** and adjust the **tension** of the chain saw blade to ensure good cutting action.



Choose the proper **size** of chain saw to match the job, and **include safety features** such as a chain brake, front and rear hand guards, stop switch, chain catcher and a spark arrester.

Wear the appropriate protective equipment, including hard hat, safety glasses, hearing protection, heavy work gloves, cut-resistant legwear (chain saw chaps) that extend from the waist to the top of the foot, and boots which cover the ankle.

Avoid contact with power lines until the lines are verified as being de-energized.

Always **cut at waist level** or below to ensure that you maintain secure control.

Bystanders or coworkers should remain at least **2 tree lengths (at least 150 feet)** away from anyone felling a tree and at least **30 feet** from anyone cutting up debris on the ground.

Take extra care in cutting "**spring poles**": branches or trees that have gotten bent, twisted, hung up on, or caught under another object.



Diabetes And Travel

- Pack **twice** the diabetic **supplies** you need, in case of delays.
- Keep snacks, glucose gel, or tablets **with you**.
- **Take** prescriptions & health ID card and carry an emergency contact number.
- Keep **time zone** changes in mind.
- Have all syringes and insulin delivery systems (including insulin vials) **marked** with the label that identifies the medications.
- Keep it in the **original** pharmacy labeled packaging.
- Find out **where** to get medical care if needed when **away** from home.
- **Reduce** your **risk** for blood clots by moving around every hour or two.
- **Carry** medical identification that says you have diabetes.

First Aid Kit Update



First Aid Kits should be checked regularly to make sure they are stocked with the proper contents

- The new required items are:
- One** First Aid Guide
 - One** Absorbent Compress 4 x 8" minimum
 - 16** 1 x 3" Adhesive Bandages
 - One** Adhesive Tape 2.5 yard roll
 - Ten** Antiseptic Treatment Applications 0.9 Gram each
 - Six** Burn Treatment Applications 0.9 Gram each
 - Four** 3 x 3" Sterile Gauze Pads
 - Two** Pair Medical Exam Gloves
 - One** Triangular Bandage 40 x 40 x 56" min.
 - Six** Antibiotic Ointment Applications 0.5 Gram each.

- There are **also** now **ten** items listed as Recommended Supplies. The **recommended** items are:
- Analgesic** (oral, non-drowsy formula)
 - Bandage** Compress, 2 x 2" min.
 - Breathing Barrier**, single use
 - Burn Dressing**, 12 square inches
 - Cold Pack**, 4 x 5" min.
 - Eye Covering**, 1/4" thick min.
 - Eye/Face Wash** Sterile, 4 oz. min.
 - Roller Bandage**, 2 x 4 yards min.
 - Hand Sanitizer**

The new standard also calls for the kits to be labeled with specific wordage as follows:

Caution! This kit meets ANSI/ISEA Z308.1-2009 only when required minimum fill is maintained with first aid products marked "ANSI/ISEA Z308." The required kit may be suitable for some businesses. However, the adequacy of the contents for hazards of each work environment should always be evaluated by competent personnel.

Rip Signs



"It's best to always swim where there's a lifeguard on duty"



Remember it's easier to stay out of trouble than to get out of trouble

Signs that a rip current is present are **very subtle** and difficult for the average beachgoer to identify.

Look for differences in the water color, water motion, incoming wave shape or breaking point compared to adjacent conditions.

Look for any of these **clues** (which may be hard to see):

- Channel of churning, choppy water;

- Area having a notable difference in water color;

- Line of foam, seaweed, or debris moving steadily seaward;

- Break in the incoming wave pattern.

To be safe, **always** swim where a lifeguard is on duty.



Kayak Safety Essentials

Rules of the road for kayaks:

Wear a **life jacket** with a whistle;

Be a competent **swimmer**;

Boating **alone** is discouraged;

Know how to **self-rescue**;

FILE A FLOAT PLAN;

Have proper **equipment**;

Match your abilities to the venue;

Practice "Leave No Trace" outdoor ethics;

Paddle Safe, Paddle Smart, and **Know Your Limit**.

Obtain the knowledge and learn essential information and practice paddling and rescue

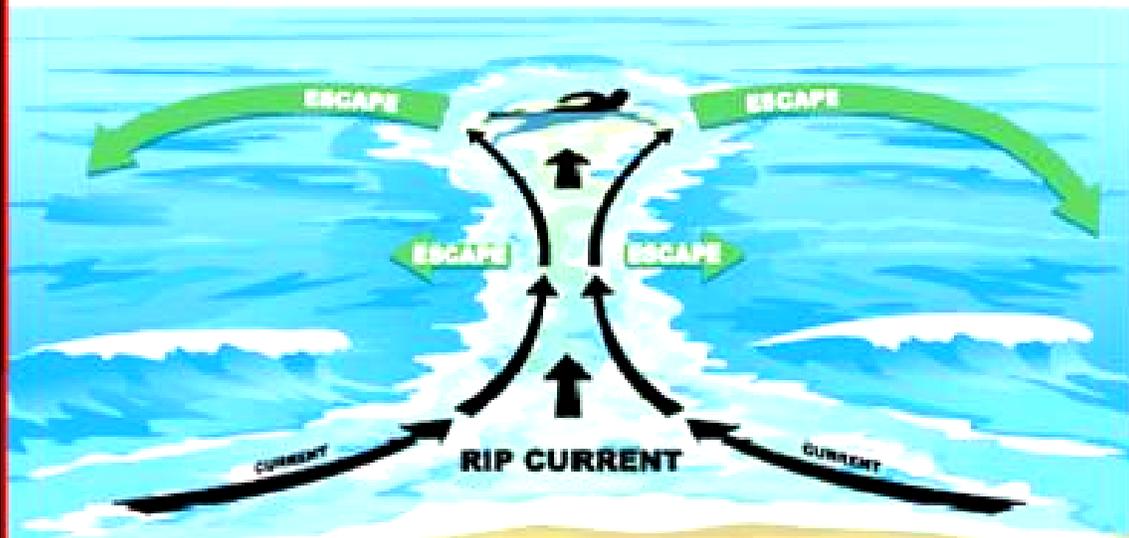
skills by **taking an on-the-water class** from an ACA certified kayak instructor.

A life jacket, towline, aerial flares, paddle float, VHF radio, whistle, white light, and even your cell phone **can aid** in your on-water safety, **self rescue**, and **rescue** of others.

This information was produced under a grant from the Sport Fish Restoration and Boating Trust Fund administered by the U.S. Coast Guard.

RIP CURRENTS

Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usia.org



Click on the page for more information or go to: www.ripcurrents.noaa.gov

No Brainers



Uplifting Safety



Aerial lifts are vehicle-mounted, boom-supported aerial platforms, such as **cherry pickers** or **bucket trucks**, used to access utility lines and other above ground job-sites.

Major causes of fatalities: falls, electrocutions, and collapses or tip-overs.

Safe Work Practices

Make sure that workers who operate aerial lifts are **properly trained**.

Never override hydraulic, mechanical, or electrical safety devices.

Maintain and operate elevating work platforms according to the manufacturer's instructions.

Never move the equipment with workers in an elevated platform unless this is permitted by the manufacturer.

Do not allow workers to position themselves **between** overhead hazards, such as joists and beams, and the rails of the basket.

Maintain a minimum clearance of at least 10 feet, or 3 meters, away from the nearest energized overhead lines.

Always treat power lines and wires as if they are **energized**, even if they are down or appear to be insulated.

Always use a body **harness** or restraining belt with a lanyard attached to the basket.

Set the **brakes** and use wheel **chocks** when on an incline.

Use **outriggers**, if provided.

Do not exceed the load limits of the equipment. **Allow for** the combined weight of the worker, tools and all materials.



Give Yourself A Break



When you take a long trip in your car, **doesn't it feel great to get out and stretch** when you finally stop?

The same principle applies when doing work at the computer.

Sometimes we get so absorbed in work that we lose track of time.

Try to remember to **give your body a break**.

Try the 20-20-20 Rule:

Every **20** minutes, stand for **20** seconds and look at something **20** feet away.

This gives your eyes a chance to **focus at a different range**.

And, it lets you **replenish the moisture by blinking** a few extra times (we blink less when using the computer and our eyes get dry).

Standing up while you do this also gives your **muscles** a chance to **change position and stretch**.

This **helps with fatigue** and excessive strain on your muscles from maintaining the same position for a long time.

Remaining in one position is called "**static exertion**" and can be very tiring on your body.

Give your body a break for 20 seconds every 20 minutes



Ascension
700 Central Parkway
Stuart, FL 34994

772-287-7650 800-431-2221

Fax: 772-220-1637

Editor: Keith T. Nelson

Comments or questions? Email Kevin

Cothron at : kcothron@ascensionins.com

The information presented in *Safety Matters* has been compiled from various sources. Every effort is made to provide accurate information. Ascension does not warrant that the information or materials are error free.

www.ascensionfl.com



It's a fact. Shift workers often nod off during their drive home. And this is when some of the most serious and fatal traffic crashes occur. The most effective thing you can do to keep this from happening is to get better sleep on a regular basis. By doing so, you'll also improve your life, and that can be an eye-opening experience.

Wake Up And Get Some Sleep.

Sleep Tips: During your breaks, try exercising, walking or even napping if possible. Know the side effects of medications—sleepiness is a commonly overlooked one. If you're sleepy at the end of your shift, take a short nap and/or drink two cups of coffee before driving home.



What's Wrong With This Picture?

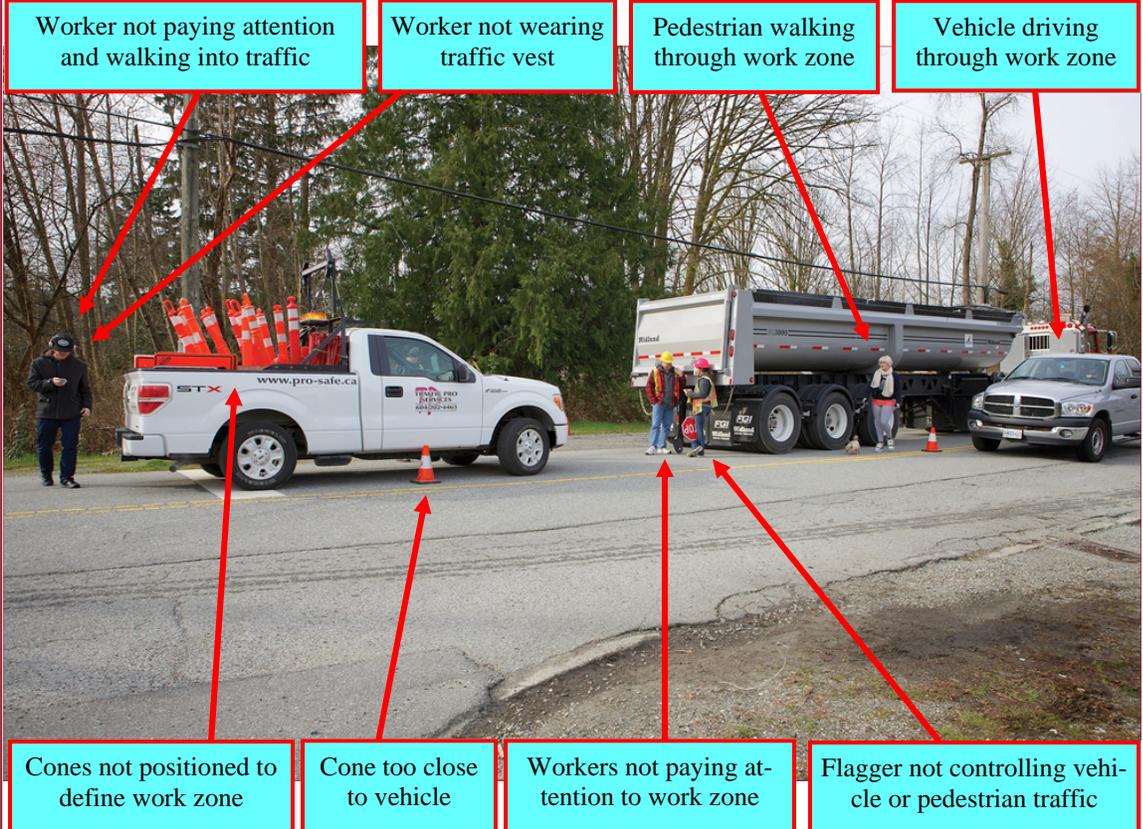
Here are some of the safety issues from last month's "What's Wrong With This Picture?".

Some other problems many of you found included:

- Worker on left unable to hear traffic or fellow workers due to headset or ear muffs;
- Vehicles are parked on the wrong side of the road, facing traffic;
- Worker on left not wearing hard hat;
- The other workers are not wearing their vests properly so they can be seen.

Thanks to all of you who took the time to respond!

Congratulations to all those sharp eyes!



Worker not paying attention and walking into traffic

Worker not wearing traffic vest

Pedestrian walking through work zone

Vehicle driving through work zone

Cones not positioned to define work zone

Cone too close to vehicle

Workers not paying attention to work zone

Flagger not controlling vehicle or pedestrian traffic

Be sure to look for next month's issue for a new photo in our "What's Wrong With This Picture?" feature.