

NABLC Safety Advisor

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Ergo Tips on Do-it-yourself Moving and Packing

Military personnel experience the pains of moving usually every three years. During this process, personnel are often at risk for injury with strains, lacerations and, in worse cases, fractures. The strains occur from improper lifting and carrying methods, and lifting heavy and/or awkward loads. Lacerations are often the result of broken glass, box cutters, and sharp edges. Fractures occur from falling down stairs/steps, heavy loads tipping over, and boxes falling from heights. Below are some things to remember about moving:

? Housing located on floors above or below ground level pose a risk for falls. Always carry light loads and ensure you can see over the load. Make sure you have a clear path free of boxes, furniture, and other items. Items placed on dollies, trucks and other carrying equipment should be tightly secured to prevent tipping.

? Pack heavy items in small boxes. The boxes should be double or triple taped to ensure the bottom does not break open. Mark on the outside of the box the name (s) of the item and, if possible, estimate and label the weight of the load. Large boxes should be used for lightweight items.

? Protect mirrors, glass-framed pictures and artwork with protective glass tape and bubble wrap. This will protect you and item from breakage. Items such as cutters and scissors should be secured when not in use and put away. Never use double sided razor blades to open boxes or cut tape.

? Pack glassware in a carton specifically designed for that purpose. Pack plates on their edges, not flat. Make sure all available space in the box is used to prevent items from moving and causing the weight to shift.

? Label all boxes clearly. Using large and legible letters, mark breakable items "Fragile". This will reduce your risk of breakage and lacerations.

? Dispose unnecessary or hard to move items before you move. This will eliminate all unnecessary packing, lifting, and carrying.

? Get help when moving. Enlist friends and family (if available) to help with the moving. Take frequent breaks and avoid consuming alcoholic beverages, especially when moving large furniture or utilizing stairways.

Avoiding Slips and Falls in Winter Snow and Ice

The winter months are usually accompanied by a rash of slips and falls. Nearly two-thirds of these mishaps occur on snow, ice or wet surfaces near entrances or on parking lots. Here are some tips to help you prevent falls:

- Wear shoes that provide good traction.
- Dress warmly. Being cold may cause you to hurry or tense your muscles -- both of which can affect your balance.
- Give yourself plenty of time. Take short steps with your feet pointed slightly outward. This will help keep your center of balance under you and provide a stable base for support.
- Be extremely careful getting out of your vehicle. If possible, swing your legs around and place both feet on the pavement before you attempt to stand. Steady yourself on the door frame until you have gained your balance. Avoid reaching beyond your center of balance to take hold of the door, because this may cause a fall.
- Don't take shortcuts. Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Be especially careful when stepping to different levels -- down or up steps or from curbs (don't step on curbs). And remember, grassy slopes can be as dangerous as snowy steps.
- Pay attention to the walking surface. It may become wetter or slicker ahead of you. Look down, however, only with your eyes. If you bow your head, it could propel you forward.
- When walking after sunset or in shadowed areas, be alert for black ice -- particularly in the days following a storm. Once parking lots, sidewalks and steps have been cleared, a thin layer of water remains and refreezes when the temperature drops.
- Carry only those items necessary. Carrying weighted or bulky packages is also risky.

IMPORTANCE OF SAFETY TRAINING

You may not always recognize the importance of safety training or even think it's necessary. After all you're a seasoned worker and you've "been doing it this way for years" and nothing really bad has happened, YET! But, when work becomes routine alertness dulls and a relaxed attitude replaces the caution you once had when the job was new and interesting. Work performed with little conscious thought actually increases the odds of an accident occurring.

Periodic safety training is a reminder that danger while at work will always exist and it doesn't matter if you're been doing your type of work for just a day or twenty years no-one is immune to an accident. Accident's do not discriminate and will ruin your life if you allow it. Remember, safety training can only be effective if you use what you've learned.

Toy Recall: WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the manufacturer named below, announced voluntary recalls of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed. (For photos of the recalled products, see CPSC's Web site at <http://www.cpsc.gov/cpscpub/prerel/prhtml04/04064.html>.)



Name of product: Bumble Bee Toys with blue antennae sold with certain Graco high chairs and Graco mobile entertainers, and also sold separately as an accessory and replacement part.

Units: 398,000

Manufacturer: Graco Children's Products, Inc. of Exton, Pa.

Hazard: The blue antennae on the Bumble Bee toy can break, posing a choking hazard to young children.

Incidents/Injuries: Graco has received 26 reports of the antennae breaking off of the Bumble Bee toys, including five reports of children who started to choke on the broken antennae. One child's throat was scratched when the child's mother removed the broken antenna from the child's mouth.

Description: All Bumble Bee toys with blue antennae distributed by Graco are included in this recall. Specifically, Bumble Bee toys with blue antennae were distributed with Graco High Chair model numbers 3656CUB, 3658FKB, 3659KER, 3659NGS, 3660WNN and 35605 manufactured between July 22, 2002 and March 9, 2003, and Graco Tot Wheels Mobile Entertainer models 4522OTM, 4522TOTM, 4521ALP,



35628 and 4512FUN manufactured between November 8, 2001 and March 9, 2003. Bumble Bee toys with blue antennae were also distributed separately as an accessory and a replacement part with model number 548094S. Bumble Bee toys with yellow or black antennae are not affected.

Sold at: Discount, department and juvenile product stores from October 2001 through March 2003 on high chairs and mobile entertainers for between \$39 and \$89, and individually, as accessories, for \$5.

Manufactured in: Toy made in China

Remedy: Consumers should discard immediately any Bumble Bee toys with blue antennae in their possession and contact Graco to receive a free replacement toy.

Consumer Contact: Graco at (800) 258-3213 anytime to receive a free replacement toy.

<http://www.cpsc.gov/cpscpub/prerel/prhtml04/04064.html>

Lockout-Tagout Awareness

Controlling hazardous energy... that's what OSHA calls its Lockout Tagout Standard. Basically, the Lockout - Tagout Program is designed to ensure that machinery or equipment is turned off and disconnected from the energy source, and that the energy source is "Locked" ... this provides a safe equipment condition for repairs.

Hazardous Energy

There are several classifications of hazardous energy which could present a safety hazard to employees:

Electrical - electric shock hazards exist if the electrical sources are not interrupted

Kinetic - this is energy of moving parts.

Potential - or "stored" energy, can take many forms, either from equipment parts that may fall or "cycle" under the force of gravity or stored electrical energy in capacitors or stored fluid pressure.

Chemical - uncontrolled release of some chemicals from equipment or pipes can cause fire hazards and skin burns or other health hazards.

Thermal - high or low temperature surfaces can cause injury when touched. Allow equipment to reach a safe temperature before starting.

Hydraulic - energy of fluids, including air and compressed gases. Uncontrolled release can cause impact injuries or equipment motion.

Authorized employee - only an employee who performs servicing or maintenance on machines and equipment and who has been **specifically trained** may use the Lockout-Tagout procedure. Lockout or tagout is used by these employees for their own protection.

Affected employees are those who work in an area where a Lockout control procedure is used for servicing or maintenance operations. Affected employees must be notified before equipment is locked-out and before the equipment is restored to operating condition.

Servicing or Maintenance

If a servicing activity - such as lubricating, cleaning, or unjamming equipment is required, the employee performing the servicing may be subjected to hazards that are not encountered as part of the production operation itself. Workers engaged in these operations must use Lockout-Tagout when any of the following conditions occurs:

- removal or bypass of machine guards or other safety devices, resulting in exposure to hazards at the point of operation;
- placing any part of the body in contact with the point of operation of the operational machine or piece of equipment
- placing any part of the body into a danger zone associated with a machine operating cycle.