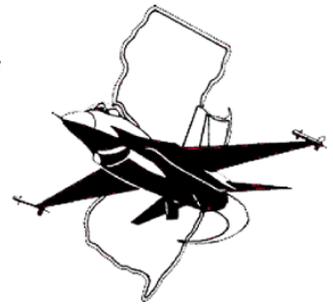




177th FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

APRIL 2004

A **BAD** ATTITUDE *For Safety Is. . .*

Complacent: on "automatic pilot" because a job has been done so often

Emotional: angry or upset by something that has happened at home or at work

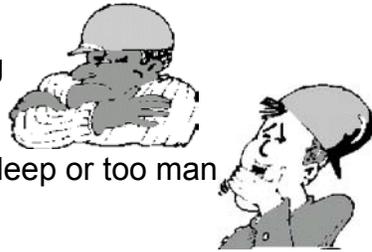
Tired: worn out from too little sleep or too many hours on the job

Risk-taking: does a job without enough training, doesn't pay enough attention to training, or takes shortcuts

Reckless: thinks that safety rules aren't important or don't apply to **ME**

Selfish: thinks that no one else is affected by **MY** actions

Careless: Eats or smokes in work areas with hazardous materials or combustibles



177TH FIGHTER WING SAFETY STAFF

MAJOR TIM HASSEL
CHIEF OF SAFETY

CMST ROBERT FUSCO
GROUND SAFETY MANAGER

SMSGT WILLIAM SCHROER
EXPLOSIVE SAFETY

MSGT STEPHEN RUDOWSKI
SAFETY TECHNICIAN

Do you have any safety related topics you would like to see in our publication or have questions, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.af.mil

A **GOOD** ATTITUDE *For Safety Means Being...*

Attentive to safety training and standup safety meetings

Eager to understand workplace procedures and **asking questions** about anything not understood

Alert for anything that doesn't "feel" right and anything that could go wrong....**before** a job is started

Careful, taking precautions, and wearing protective clothing and equipment

Focused on the job

Team-oriented and using the buddy system for hazardous tasks

Serious about safety—never fooling around on the job



If you have any questions on safety practices or procedures please do not hesitate to call the Wing Safety Office at X6013.

POWER AND HAND TOOL SAFETY

Almost all of us use hand tools either at work or at home. It's estimated that about 8% of industrial accidents involve the unsafe use of hand tools. These accidents result from using the wrong tool for the job (or using the right tool incorrectly), failing to wear personal protective equipment, or failing to follow approved safety guidelines. The following checklist provides some basic rules for the safe use of hand tools. Take a moment to review the list, and use the tips here whenever you use a hand tool –on or off the job.

HAND TOOLS

- Know the purpose of each tool and use them for the specific task for which they were designed
- Never use any tool unless you are trained to do so
- Inspect tools before each use and replace if worn or defective.
- Keep cutting edges sharp
- Select the right size tool for the job, don't use cheaters
- When working on ladders or scaffolds, be sure that you and your tools are secure. (A falling tool can seriously injure a coworker or bystander)
- Carry tools correctly- never put sharp or pointed tools in your pocket
- Wear **P**ersonal **P**rotective **E**quipment (PPE), such as safety goggles, face shields, gloves, etc. as required

POWER TOOLS

- Use your tool only for the specific task for which it was designed
- Read the owners manual before use
- Never use any tool unless trained to do so
- Inspect tool before each use and repair or replace worn or damaged parts. Turn all damaged tools into toolcrib or supervisor.
- Inspect screws, nuts, bolts and movable parts to make sure they are tightened
- Before plugging or unplugging tools, be sure they are turned to "OFF"
- Never disconnect power by pulling on cord-remove the plug from the outlet
- Never clean, repair or adjust a tool unless power is disconnected
- Use a ground fault circuit interrupter when working with power tools
- Do not wear rings, jewelry, or loose fitting clothing when operating power tools
- Wear **P**ersonal **P**rotective **E**quipment (PPE), such as safety goggles, face shields, gloves, etc. as required

The Occupational Safety and Health Administration (OSHA), has a 32-page handbook titled **Power and Hand Tools** available for download in pdf format. The publication number is OSHA 3080 and is available at: <http://www.osha.gov/pls/publications/pubindex.list>.

Introducing..... "Bucketman," the self-proclaimed archenemy of every sturdy step-ladder in the business. Cursed with a low stature, he is forced to travel the globe painting crown molding with little more than a spray paint machine and a trio of five-gallon paint buckets.

This guy even walked the buckets around the entire room, painting as he went, and it was obvious he had been doing it that way for a long time. First thoughts.....boy, I'd sure like to know how he got up there, and how on earth he walked the buckets around.

Well, friends, before you start to admire our nimble nincompoop for his circus-like feat, consider the precarious position he's placed himself in. If he loses his balance or if one of the plastic bucket tops caves in, he's in for a world of hurt.

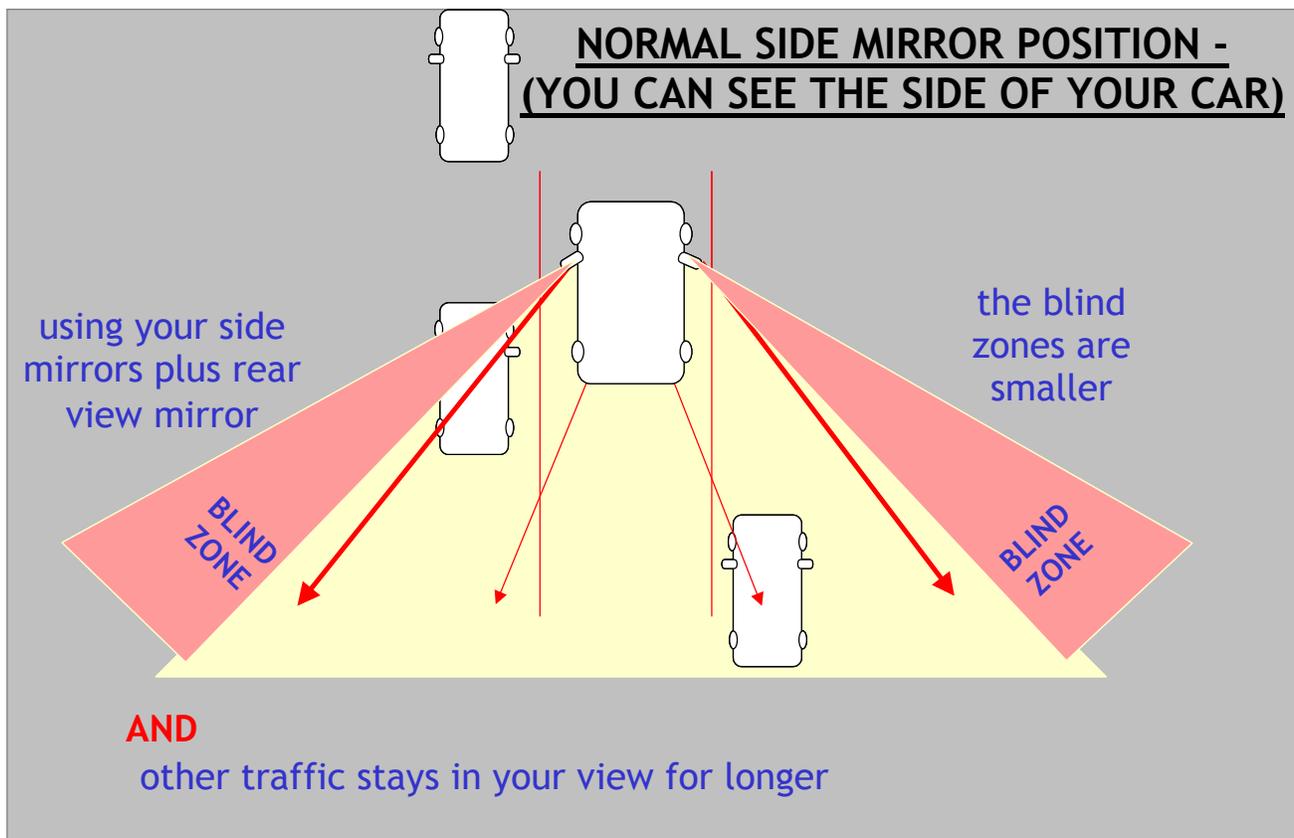
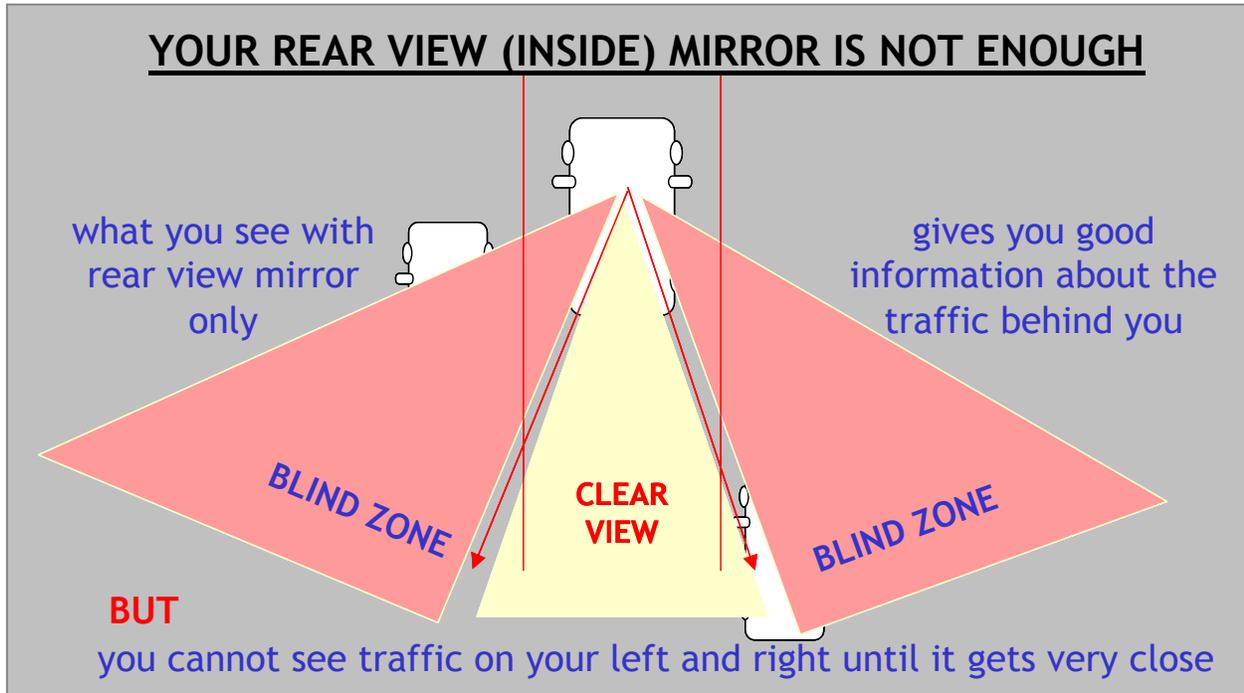
Make sure you use the right tool for the job. Take the time to do your job safe and right the first time.



BLIND ZONES

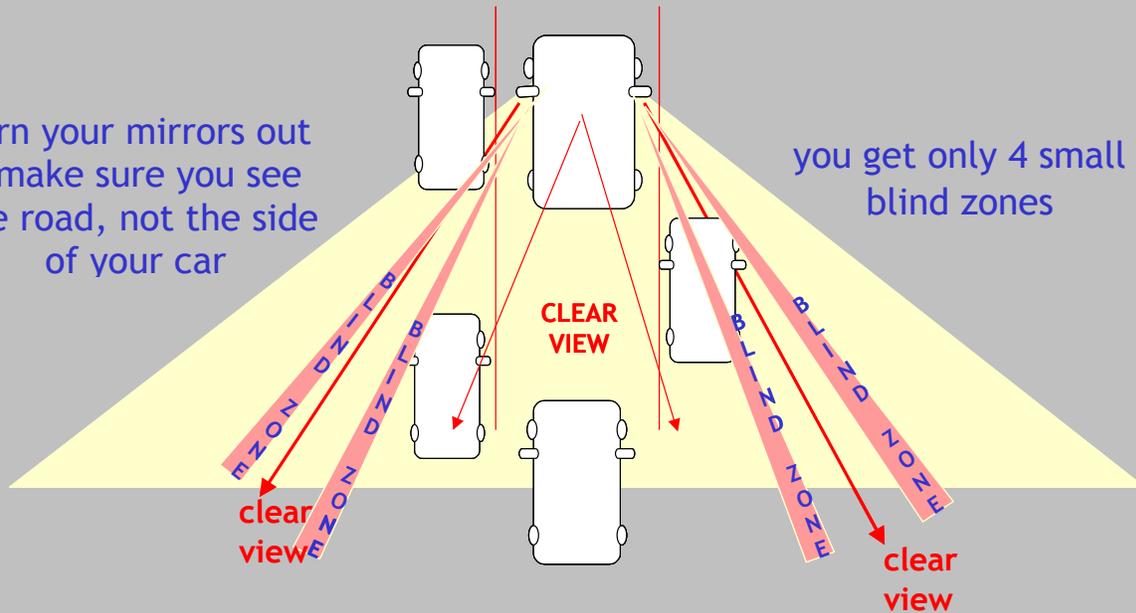
There are **more than 600,000** lane change/ merge **accidents** in the United States each year. More than **200 people die** each year in these accidents. 60% of drivers causing the crash say **they didn't see the other vehicle**.

Avoid lane change / merge accidents ... **turn out your side mirrors** to reduce **Blind Zones**



NEW SIDE MIRROR POSITION -
(YOU LOOK ALONG THE ROAD, NOT THE SIDE OF YOUR CAR)

turn your mirrors out
- make sure you see
the road, not the side
of your car



you can see other traffic sooner and for longer

**FIVE GOOD REASONS TO
TURN OUT YOUR MIRRORS**

- you don't need to look over your shoulder so often (but it's not a bad idea to do so)
- you need only a brief glance at the mirror to view the blind zone - at highway speeds, turning your head means 30m traveled
- glancing at the mirror leaves the forward scene in your view
- blind zones can be included in your visual scanning (which we're all doing, of course)
- at night, no more glare from headlights into your mirrors

**GOOD VISIBILITY IS
NO ACCIDENT**

As with anything new, it will take time to change your habits and to get used to the new mirror position. But stick with it and you will be rewarded with a new view in driving that will improve your safety and comfort.

**TRY THE NEW MIRROR POSITION TODAY
AND DRIVE SAFELY**

HAZARD ALERT

CPSC, Brand Imports, LLC Announce Recall of Children's Rings



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: Children's Rings

Units: 1 Million

Manufacturer: Brand Imports LLC, Scottsdale, Ariz.

Hazard: The rings contain high levels of lead, posing a risk of lead poisoning to young children.

Incidents/Injuries: None reported.

Description: The metal rings are silver in color with shapes including hearts and stars, with slashes of colored paint.

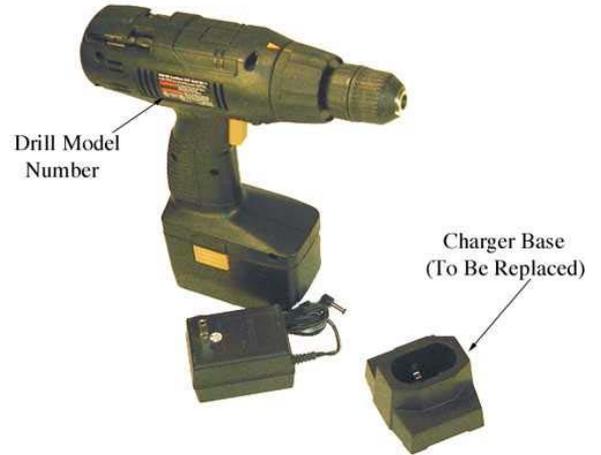
Sold at: Vending machines in malls, discount department and grocery stores nationwide from December 2002 through August 2003 for about 25 cents.

Manufactured in: India

Remedy: Consumers should throw the ring away or contact the company for more information.

Consumer Contact: Brand Imports LLC at (800) 967-3048 between 8:30 a.m. and 4:30 p.m. CT Monday through Friday.

CPSC, Wagner Spray Tech Corporation Announce Recall of Drill Charger Base



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: Wagner cordless drill charger base

Units: 180,000

Manufacturer: Wagner Spray Tech Corp., of Plymouth, Minn.

Hazard: A defective battery can cause the charger base to overheat, causing the base to melt and possibly burn nearby objects.

Incidents/Injuries: Wagner Spray Tech has received 11 reports of the charger base melting, causing minor property damage. No injuries have been reported.

Description: This recall includes 9.6-volt, 10.8-volt, 12-volt, 14.4-volt and 18-volt Wagner drill charger bases. The drills were sold in black and grey, and have the name "Wagner" printed on them. Model numbers involved in the recall are: W96DK, W108DK, W120DK, WB96, WB120, WB144, and WB180K. The model numbers are located on a label on the side of the drill.

Sold at: Department and hardware stores and through mail-order sales from January 1996 through December 2003 from between \$40 and \$100.

Manufactured in: China

Remedy: Stop using the charger base and contact Wagner Spray Tech for information on receiving a replacement charger base.

Consumer Contact: Call Wagner Spray Tech toll-free at (800) 214-0585 anytime or visit the firm's Web site at www.wagnerspraytech.com



Let me ask you...



- ⇒ Do you look away from the road while dialing a number?
- ⇒ Are you sometimes startled by a ringing phone?
- ⇒ Ever swerve while reaching for the phone?
- ⇒ Ever kiss a bumper while gabbing in gridlock?
- ⇒ Slow down while dialing?
- ⇒ Wander into another lane?
- ⇒ Ever focus on the conversation & forget the traffic?

Let me ask you ...
... do you want to become a statistic?

Is This Call Necessary?

Back Injury Prevention

Why Protect Your Back?

POINTS ABOUT BACK INJURY

- ⇒ Twice as many back injuries can occur at home then in the workplace.
- ⇒ Back Pain is one of the most common health problems in America.
- ⇒ Around 80 percent of the population can expect to have back Pain at some time in their lives.
- ⇒ Remember, back problems can bring more pain and life-style change than almost any other form of injury. **Protecting your back is a 24-hour-a-day job.**

Causes of Back Pain

- ⇒ Poor body mechanics, the way your entire body adjusts to keep its balance as you move and rest. You upset your body mechanics if you move or lift heavy objects incorrectly, carry or lift something too heavy, sit or stand in an unnatural position, or twist your body abruptly or awkwardly.
- ⇒ Weak, under-exercised muscles rob the back of support. Poor muscle tone also makes the muscles more likely to be injured when they are stressed.
- ⇒ Extra body weight often settles in abdomen and hips, and strains the back by exaggerating the curve of the lower spine. The more weight, the deeper the curve: just 10 pounds of extra weight in the abdomen, even pregnancy, can equal 100 pounds of pressure on the spine.
- ⇒ Wearing high heels affects posture and can cause back pain. Standing or walking in high heels deepens the curve in the lower back, forcing the bottom of the pelvis to tilt backward to keep the body in balance.
- ⇒ Improper diet makes the back more vulnerable to injury, especially if you don't get enough calcium (for strong bones in the spine) and protein (for strong muscles and ligaments). Lack of sleep can rob strength from every part of your body, including your back.