



# 177th FIGHTER WING JERSEY DEVILS



## SAFETY AND HEALTH NEWSLETTER

JANUARY 2003

### SAFETY TIPS FOR SNOW SHOVELING

Shoveling snow can help burn the calories, but it can also put people at risk for a heart attack or back injury. Men and women 45 or over with a history of heart problems or symptoms should not shovel snow. Also, smokers and overweight people, or those who are inactive, have high blood pressure or high cholesterol are at increased risk.

Proper snow shoveling techniques can reduce back injury or lower your risk of a heart attack. You should face the snow you're about to shovel. Always keep your back straight, your knees bent, and throw the snow forward. Avoid throwing snow over your shoulder. Twisting while throwing snow behind you can cause back strain. In fact, experts recommend that you push the shovel to move the snow and avoid lifting whenever possible.

There are many things you can do to help reduce and injury or lower the risk of having a health problem arise. Below is a few more tips for snow shoveling to keep in mind. If you already suffer from health problems, always consult you physician before doing anything strenuous. (This includes snow shoveling)

#### More precautions:

If you **must** shovel snow,

- ⇒ Before shoveling, warm up with a few stretching exercises.
- ⇒ Don't smoke or eat a large meal before shoveling.
- ⇒ Dress warmly in layers with a hat. Cover your neck.
- ⇒ Use arms and legs to lift.
- ⇒ Tackle heavy snow in two stages. Begin by skimming off the snow from the top, then remove the bottom layer. Avoid overloading the shovel.
- ⇒ Drink water during breaks. Breathing cold air dehydrates the body.
- ⇒ Pace yourself. Work, but rest often. Don't try to shovel too much too quickly. Allow yourself enough time to do the work so you don't feel rushed. Follow a slow and steady pace. Take frequent breaks to stand up and stretch.

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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at [Robert.Fusco@njatla.ang.af.mil](mailto:Robert.Fusco@njatla.ang.af.mil)

**Remember always think Safety first.  
Your safety and health is more important than shoveling snow!**

# FALL PREVENTION FOR OFFICE WORKERS

## AVOIDING SLIPS AND FALLS AT THE OFFICE

It may come as a surprise that falls are the most common type of office injury. Yet almost all falls can be prevented by using common safety sense and learning how to recognize and correct typical fall hazards in the office environment.

### UNDERSTANDING BALANCE

A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (or a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

### COMMON FALL HAZARDS

One of the most common causes of office falls is tripping over an open desk or file drawer. Bending while seated is an unstable chair and tripping over electrical cords or wires are other common hazards. Office falls are frequently caused by using makeshift "ladders" (such as a chair, or a stack of boxes) and by slipping on wet floors (by the water cooler or coffee machine, for example.) Loose carpeting, objects stored in halls or walkways, and inadequate lighting are other hazards that invite accidental falls. Fortunately, all of these fall hazards are preventable. The following checklist can help you stop a fall before it happens.

### FALL PREVENTION CHECKLIST

- Look before you walk, make sure your pathway is clear.
- Close drawers after every use.
- Avoid bending, twist, and leaning backwards while seated.
- Secure electrical cords and wires away from walkways.
- Always use an appropriate stepladder for over head reaching.
- Clean up spills immediately.
- If you see anything on the floor, a pen, a paper clip, etc.....**pick it up**. Don't leave it thinking "someone else will get it".
- Report any loose carpeting or damaged floor to appropriate manager.
- Make sure walkways are well-lighted.
- Walk, do not run!!



**One of the most common causes of office falls is tripping over an open drawer.**

**If you see or know of a **safety hazard** in your area notify your supervisor or the Wing safety office at X6013 immediately.**

# FALL PREVENTION FOR INDUSTRIAL WORKERS

## AVOIDING SLIPS AND FALLS AT THE WORKSITE

Each year, hundreds of workers die (and thousands more are left disabled) from falls on the job. The statistics are alarming, but you can change them. The fact is almost all falls can be prevented. All it takes is learning how to recognize fall hazards and how to prevent them.

### UNDERSTANDING BALANCE

A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (or a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

### COMMON FALL HAZARDS



Once on the most common causes of fall hazards at the worksite is the unsafe use of ladders, using ladders incorrectly or using the wrong ladder for a particular job. Unsafe vehicle practices, failure to use safety cages, jumping on or off lift gates, and so on, also invite accidental injury. Slippery surfaces and inappropriate footwear can also lead to slips and falls. Poor lighting, obstacles in walkways, inattention and hurrying are other common causes of fall related injuries. The following checklist can help you prevent falls before they happen.

### FALL PREVENTION CHECKLIST

- Use the 4-1 ladder rule (set the base of your ladder on foot away from the wall for every 4 feet of ladder height).
- Make sure extension ladders have safety shoes.
- Tie off ladder or have someone support the base.
- Never use the top 2 rungs of a ladder.
- Secure wires, cords and cables away from walkways.
- Use safety cages and fall restraint devices when available.
- Wear slip resistant footwear.
- Clean up debris after each job, and report accidental spills immediately.
- Pay attention to your surroundings.
- Look before you walk, make sure your pathway is clear.
- Walk, don't run. Slow down and do the job right.



**If you see or know of a **safety hazard** in your area notify your supervisor or the Wing safety office at X6013 immediately.**

## **AGGRESSIVE DRIVING AND ROAD RAGE: THEY AREN'T THE SAME**

Over the past several years, there appears to have been an increase in rude, obnoxious, self-centered drivers on our roadways.

The media has dubbed this behavior "road rage."

Naturally this quickly grabs the public's attention.

The terms aggressive driving and road rage are often used interchangeably, but they are not the same. There is a major difference between the two.

### **Aggressive driving**

Aggressive driving is a traffic offense or combination of offenses such as following too closely, speeding, unsafe lane changes, failing to signal intent to change lanes, and other forms of negligent or inconsiderate driving. The trigger for the aggressive driver is usually traffic congestion coupled with a schedule that is almost impossible to meet. As a result, the aggressive driver generally commits multiple violations in an attempt to make up time. Unfortunately, these actions put the rest of us at risk. For example, an aggressive driver who resorts to using a roadway shoulder to pass may startle other drivers and cause them to take an evasive action that results in more risk or even a crash. Meanwhile, the offending aggressive driver continues on his or her way, perhaps oblivious of what he or she has caused. Rush hour crashes, which are frequently caused by aggressive drivers, are a major contributor to congestion and 10 percent of these rush hour crashes contribute to a second crash.

### **Road rage**

Road rage, on the other hand, is a criminal offense. This occurs when a traffic incident escalates into a far more serious situation. For example, a person may become so angry over an aggressive driving incident that he or she overreacts and retaliates with some type of violence. These violent acts may range from a physical confrontation to an assault with a motor vehicle or possibly a weapon. Often, the roadway incident that caused the person to become enraged may have been something quite simple and even trivial.

Some incidents, by their very nature, are intentional acts, such as when a motorist switches from lane to lane in an effort to go around other vehicles. But others may have been committed unintentionally, such as when a motorist makes an abrupt exit from a roadway without properly signaling his or her intent. Perhaps you have seen this maneuver or even done it yourself when you suddenly realized you were at your exit.

### **Public's concern**

Throughout the country, the public's concern over aggressive driving continues to grow. Some studies indicate the public is actually more fearful of aggressive drivers than it is of impaired drivers. Aggressive driving is truly dangerous and cannot be tolerated. Several states are considering legislation to deal specifically with the aggressive driving issue.

The media should make a conscious effort to report traffic incidents as aggressive driving and not attempt to sensationalize them as road rage. Law enforcement officers also have a responsibility to educate the media on the differences in these two terms. The public will then begin to understand that the majority of reported road rage incidents are really examples of careless, negligent, or impudent vehicle operation and not violent criminal acts.

The public also plays a role in making roadways safer. The public should report aggressive driving incidents to the appropriate law enforcement authorities. In many parts of the country, motorists can easily report aggressive drivers, impaired drivers, or other unsafe highway incidents over their cellular telephone by using simple numbers, such as #77. If this is the case in your community, remind motorists that they should use their cellular phone safely and let a passenger make the call, use hands-free operation, or pull off the road when making the call. They should not be distracted from the task of driving.

Many road rage incidents have resulted from drivers overreacting and allowing their egos to stand in the way of common sense and good judgment rather than safely reporting aggressive driving incidents. A simple display of common courtesy will often be appreciated and may even become contagious. Try it! It might work.

## CPSC, Milwaukee Tool Corp. Announce Recall of Electric Grinders

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Milwaukee Electric Tool Corp., of Brookfield, Wis., is voluntarily recalling about 24,000 electric grinders. The grinder's switch can stick in the "on" position, which could pose an injury hazard to consumers.



CPSC and Milwaukee Electric Tool have received 12 reports of grinder switches sticking in the "on" position; however, no injuries have been reported.

The recall includes the 15 Amp grinders that have a seven or nine inch disc and have the following catalog and serial numbers, which can be found on a nameplate on the top of the grinder:

Catalog Numbers	Serial Numbers
6086-20	Serial Prefix 991A and 991B only
6088-20	Serial Prefix 994A and 994B only
6089-20	Serial Prefix 992A

The grinders were manufactured in the United States.

Home centers, hardware stores and industrial distributors nationwide sold these grinders from June 2001 through November 2002 for between \$165 and \$175.

Consumers should stop using the grinders immediately and return them to their nearest Milwaukee factory service center or authorized power tool service center for a free repair. For more information, consumers can contact Milwaukee Electric Tool at (800) 414-6527 between 6 a.m. and 6:30 p.m. CT Monday through Friday. Consumers can locate the nearest service center by visiting the firm's web site at [www.heavydutytool.com](http://www.heavydutytool.com) (the recall announcement on their site can be found at [www.milwaukeetools.com/pdfs/15-amp-grinder-recall.pdf](http://www.milwaukeetools.com/pdfs/15-amp-grinder-recall.pdf)).

## CPSC, Kohl's Department Stores Inc. Announce Recall of Children's Fleece Pant Sets

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Kohl's Department Stores Inc., of Menomonee Falls, Wis., is voluntarily recalling about 9,600 children's fleece, two-piece pant sets. Small pieces of fabric at the end of



the sleeves, along the hem and on the pockets of the tops can be torn off easily, posing a choking hazard.

Kohl's Department Stores Inc. has received two reports of young children putting torn pieces of fabric in their mouths. One child reportedly began to choke on a piece of material.

The recall includes the First Moments- or Second Step-brand two-piece pants set. The brand name is written on a label inside the tops of the set. The set's pink fleece top has two patch pockets and the cotton pants have a pink floral print. The set came in sizes 3 months to 24 months. The set has a cut-out floral pattern in the fabric at the end of the sleeves, along the hem of the top and along the top of each pocket. The part of the fabric subject to the cutting has been weakened and tears easily from the rest of the garment.

Kohl's Department Stores sold the pant set nationwide from September 2002 through early November 2002 for about \$18.

Consumers should stop using the set immediately and return it to the store where purchased for a refund. For more information, call Kohl's toll-free at (800) 694-2647 between 8:30 a.m. and 5:00 p.m. CT Monday through Friday or visit the firm's web site at [www.Kohls.com](http://www.Kohls.com).

**For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>**

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