



177th FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

JUNE 2003

Things You Should Know About Hand and Wrist Pain

(also called Cumulative Trauma Disorders (CTDs))

Some of the rules of thumb for preventing CTD's are:

✦ Relax. Don't use your muscles to hold your hands or shoulders in a particular position. Keep your limbs and shoulders limp as much as possible, even during short pauses.



- ✦ Break up exposures to vibration.
- ✦ Break up repetitious work.
- ✦ Use moderate postures for individual joints. Stay away from positions near the extremes of your joints' range of motion --- the most neutral joint position is about halfway.
- ✦ Minimize contact with hard or sharp surfaces. This is especially important at the wrists and elbows.

✦ Don't use too much force. Notice any exertions you have to make and see if they can be eliminated. "Exertions" don't have to involve breaking into a sweat. They can be subtle, such as pulling a hard-to-reach drawer or lifting a heavy file.

✦ Move with an even motion. Avoid snapping the wrist or jerking against outside forces.

✦ Keep your hands and fingers warm. Consider gloves or even fingerless gloves.

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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.af.mil

AVOID EYESTRAIN

- ✦ Take breaks frequently
- ✦ Try to blink intentionally and frequently
- ✦ Make sure you have adequate lighting in your work area
- ✦ Eliminate reflections and glare from windows or other sources
- ✦ Clean your monitor often. A little water on a clean cloth will work fine
- ✦ Adjust your monitor to reduce eyestrain
- ✦ Use larger fonts and magnify letter on the programs you are working with
- ✦ Adjust pixel settings. The more pixels on the screen, the better
- ✦ On conventional monitors, the refresh rate should be set at least 75 hertz (cycles/second)
- ✦ Position your screen at a distance of 20 to 26 inches
- ✦ The brightness of your display should match the brightness of your environment



HURRICANE AWARENESS

HURRICANE SEASON IS JUNE 1 - NOVEMBER 30

A wide range of natural disasters occurs within the United States every year.

Strong winds, heavy rains, thunder, lightning and tornadoes accompany hurricane storms. A hurricane's most deadly force is usually the storm surge. Ocean tides rise dramatically, creating large waves which hit the shore with great force and far beyond the reach of the normal waves. Most hurricane deaths can be attributed to storm surge.



The National Hurricane Center in Miami, Florida constantly watches the North Atlantic, Caribbean and Gulf of Mexico ocean water for tropical disturbances. They will track and predict and update when a storm threatens.

Don't wait until it is too late! Make a checklist of actions you can take before, during and after a hurricane.

STOCK YOUR HOME

It is a good idea to stock a supply of food, water and first aid supplies for any emergency. **Keep an emergency stock all year long.** (Just try going to the grocery store the day before a forecasted snowstorm, it is impossible to find bread or milk!). Remember, any season can bring a disaster. Summer heat wave or winter storms can affect your ability to get to a shopping center and let's not forget the "T" word, terrorism.

Here is a list of supplies to keep on hand for an emergency:

WATER. The average person needs at least one quart of drinking water per day. Also, keep a couple of gallons on hand for sanitary purposes. Store water in plastic, airtight containers and replace every two months to be sure it is pure.

FOOD. Supplies should include enough nonperishable, high-energy foods to feed you and your entire family for up to four days.

SUPPLIES AND EQUIPMENT. Keep the following items in one place so you can get them easily:

- ⇒ A battery-operated radio (with extra batteries)
- ⇒ A flashlight (with extra batteries)
- ⇒ Blankets or sleeping bags
- ⇒ Paper plates and utensils, including a bottle and can opener
- ⇒ Candles and matches (in a waterproof container) or an oil kerosene lantern
- ⇒ Toilet articles and sanitary needs

MEDICINES. It is very important to keep an adequate supply of any medicines you take.

Although you have emergency supplies, do not make the mistake of trying to "ride out" a hurricane at your home.

EVACUATE if local authorities tell you to do so.
Especially, if you live in low-lying areas, which can easily become flooded.

Remember to plan for an evacuation. Stay aware of weather conditions.

When stocking up your emergency supplies make sure you do not forget the pet food

VALUABLE INFORMATION ABOUT SURGE PROTECTORS

21 March 2003: Surge Protectors

An employee arrived at a Yard in Houston this morning to find the field office full of smoke. Investigation led him to a melted down surge protector. An office-by-office search revealed another surge protector, of the same brand and model as above, that was starting to melt down (see photos below). IT WAS READY TO BLOW!



The manufacturer, Newpoint, was contacted to see if similar incidents

have occurred with this product. Newpoint stated that the surge protector had absorbed all of the energy it was capable of absorbing and melted down as a result. The surge protectors involved were not on a recall list.

IMPORTANT INFORMATION ABOUT SURGE PROTECTORS

Most modern businesses and homes are supplied with 220-volt power systems. Heavy draw appliances such as air conditioners, dryers, and electric stoves operate on 220-volts and are not protected by surge protectors. Other appliances operate on 110-volts. These include computers, microwaves, stereo equipment and TV sets. These items are often used with surge protectors. The normal voltage flow will range from 110-117 volts. Surge Protectors are designed to trap the voltage that exceeds those limits. Excessive voltage occurs due to power spikes. When these spikes occur for a sufficient duration, this activates the trapping device, a Metal Oxide Varistor (MOV), located in the surge protector. The MOV is the heart of surge suppressors. The role of the MOV is to divert surge current. However, MOVs wear out with use. As more surges are diverted, the MOVs life span shortens, and failure becomes imminent. There is no forewarning or visual indications given - just failure. And while failing, they can reach very high temperatures, and actually start fires.

Most surge protectors will continue to function as a power strip, even though the surge trap mechanism may have been destroyed by the power spike. This presents two possible dangers: 1) If another power surge should occur, it can damage the equipment or appliances that are plugged into this surge protector, and 2) If sufficient voltage passes through the surge protector due to a second power spike, a resistant short may have been formed, allowing heating to occur and a fire to ignite.

When buying this equipment, look for a surge protector with an indicator light that tells you if the protection components are functioning. Without an indicator light, you have no way of knowing if your protector is still functioning properly. Unfortunately due to manufacturing differences, the light may be "on" or "off" during proper operation. It is important to review the operating instructions provided with the surge protector. Every year, thousands of fires result from surge protectors, power strips and electrical cords. Listed below are some suggestions to help prevent a possible fire from igniting.

- * USE ONLY SURGE PROTECTORS OR POWER STRIPS THAT HAVE AN INTERNAL CIRCUIT BREAKER. These units will trip the breaker if the power strip is over loaded or shorted to prevent overheating and fire.
- * Any surge protector or power strip that has frayed wires, or has a unit that is not working properly, replace them immediately.
- * **Surge protectors, power strips, or extension cords are not a substitute for permanent wiring.**
- * If at any time the surge protector or power strip is hot to the touch remove and replace the unit.
- * Do not plug a surge protector or power strip into an existing surge protector or power strip.
- * The Underwriters Laboratory (UL) label must never be removed from the unit. On the underside of the casing, there should be the manufacturer's name and the name of the testing lab where the unit was tested.
- * Do not locate a surge protector or power strip in any area where the unit would be covered with carpet, furniture, or any other item that will limit or prevent air circulation.
- * Do not locate a surge protector in a moist environment.

Visually inspect all surge protectors or power strips on a regular basis to ensure that they are not damaged or showing signs of wear or damage. During the visual inspection, ensure that the plug is fully engaged in their respective outlets. The surge protector or power strips should always have either a polarized plug with one of the blades being larger than the other one or a three-prong grounded plug. **Never use a three to two prong adapter to power the unit.** Surge protectors or power strips should have a cord of no more than 6 feet in length.

SUMMER SAFETY TIPS

Unfortunately, safety is not always the first thing that comes to mind.

We know..... you are tired of reading those yearly redundant summer safety tips and reminders.

But, the more you read them, the more likely these tips and reminders will stick with you and just become habit.

So please, just take a few minutes and read all of the tips and reminders that we publish during the summer months

Amusement parks are popular summer destinations, especially for families with children. Haunted houses and roller coasters are scary enough without the terror of losing your kids. The National Safety Council suggests parents carry photos of their children, select a meeting place ahead of time in case someone gets lost, instruct children to go to a park employee if they are in trouble, and make sure kids know their parents' names. Teach children never to go with a stranger who is trying to lure them away.

Biking is a great way to get exercise in the summer. Unfortunately, as the number of bikes sold each year increases, so do the concerns for bicycle safety. No matter what your age, wear a helmet — it can reduce the risk of head injury by 85 percent. Unfortunately, of those bicyclists killed in 1999, only 2 percent were wearing helmets. A recent survey revealed that 43 percent of bicyclists never wear a helmet; 7 percent wear a helmet less than half the time; and 50 percent wear a helmet most or all of the time. Bicycle helmets can prevent up to 88 percent of cyclists' brain injuries, says the Bicycle Helmet Safety Institute. Helmets should be positioned correctly and should fit snugly with the straps properly buckled. Parents should lead by example and insist that kids wear helmets.

Cookouts and picnics can be carefree as long as you handle food properly. Pack well-wrapped food in an insulated cooler. Keep your cooler in the shade with the lid on. When barbecuing, cook burgers until they're no longer pink in the center, and cook poultry until the juices run clear from the thickest part of the meat. Eat everything within a two-hour time period and return leftovers to the cooler.

Diving and swimming: swimming is probably the most popular outdoor summer activity. Yet thousands of people are killed each year in swimming and diving accidents. Oftentimes, alcohol and other "risky behaviors" play a role in these accidents. Don't become a statistic. Put safety first and be cautious when swimming and follow these simple rules:

- ✎ Never dive in unclear or murky water.
- ✎ Always swim with another person.
- ✎ Never body surf on sloped beaches or near sandbars.
- ✎ Never body surf in waves bigger than three feet
- ✎ Always dive off a diving board to avoid shallow or sloped areas of a pool.

Heat Related Emergencies

Heat injuries can be immediately life threatening and as we enter the summer season it becomes important that you become aware of what heat injuries are and how you can prevent becoming a victim of a heat related injury. Heat illnesses are the result of elevated body temperatures due to an inability to dissipate the body's heat and/or a decreased fluid level. Always remember that mild heat illnesses have the potential of becoming severe life threatening emergencies if not treated properly.

Daily activities from walking to yard work can become very hazardous if an individual does not maintain their hydration, through drinking water frequently. Heat related emergencies are equivalent to a car losing all of its oil and therefore the engine will overheat and become damaged, this in turn is what occurs in the human body, we lose our "oil", which is water, and our body become unable to cool our body efficiently and our body begins to become damaged from the heat from our brain to our heart.

Signs and symptoms of heat related injuries include:

- ☺ Sweating
- ☺ Respiration - Increased
- ☺ Temperature - normal/ slightly elevated
- ☺ Nausea and vomiting (from decreased circulation in the stomach)
- ☺ Skin - Pale, clammy (from peripheral vasoconstriction)
- ☺ Pulse - Increased
- ☺ Urine Output - Decreased
- ☺ Patient feels weak, dizzy, thirsty, "sick," anxious

Signs and symptoms vary from person to person. Always, drink plenty of water and do not work in outside environments in which temperature and humidity are high. Treatment of heat related emergencies include simply replacing the fluids in the individual. Heat related emergencies can be life threatening, prevention is the best method in avoiding this serious injury. In all heat related emergencies call 9 1 1.

For further information visit the following website: <http://www.outdoorplaces.com/Features/Hiking/heat/>

CPSC, International Playthings Inc. Announce Recall of Toy Vehicles

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: Toy Vehicles

Units: 126,000

Manufacturer: International Playthings Inc., of Parsippany, N.J.

Hazard: Small parts on the vehicles can detach, posing a choking hazard to young children.

Incidents/Injuries: International Playthings has received one report of small parts detaching. No injuries have been reported.

Description: The Viking Mini Chubbies are toy wagons, tractors, helicopters, cars, airplanes, and jeeps. The toys measure about 3-inches long and were sold in red, blue and yellow. Model numbers are printed on the bottom of the toy. Models included in the recall are AW01119, AW41111, AW61005 and AW81119.

Sold at: Specialty toy stores nationwide sold these toys from April 2002 through March 2003 for about \$1.

Manufactured in: Thailand

Remedy: Consumers should contact the company for information on receiving a replacement toy.

Consumer Contact: International Playthings toll-free at (800) 445-8347 anytime or visit the firm's Web site at www.intplay.com/recall.htm

Media Contact: Sue Tice at (973) 316-2500 ext. 232 or sue.tice@intplay.com.

CPSC, Homelite Announce Recall of Chainsaws

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: Chainsaws

Units: 6,900

Distributor: Homelite Consumer Products, Inc., of Anderson, S.C.

Hazard: These saws can operate while the engine is at the "idle" setting, posing a risk of serious lacerations to the operator and bystanders.

Incidents/Injuries: None reported.

Description: These Homelite brand chainsaws have model number UT10946 and manufacture dates of 11-02 (November 2002) or 12-02 (December 2002). The model numbers and manufacture dates are printed on the lower corners of a black data label located on back side of the chainsaw's engine housing, opposite the on/off trigger. They have a red housing with black trim and are sold in a rectangular black plastic case.

Sold at: Home and hardware stores nationwide sold these chainsaws from December 2002 through February 2003 for about \$200.

Remedy: Contact Homelite to find the nearest Homelite-authorized service center for a free throttle adjustment. The stores where these chainsaws were purchased do not provide this service.

Consumer Contact: Call Homelite at (800) 776-5191 between 8 a.m. and 5 p.m. ET Monday through Friday or visit the firm's web site at www.homelite.com

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

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