



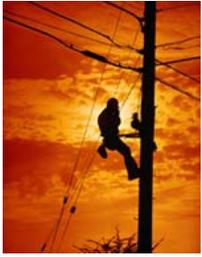
177th FIGHTER WING

JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

March 2004



Electrical Safety

Electrical current exposes workers to a serious, widespread occupational hazard; practically all members of the workforce are exposed to electrical energy during the performance of their daily duties, and electrocutions occur to workers in various job categories. Many workers are unaware of the

potential electrical hazards present in their work environment, which makes them more vulnerable to the danger of electrocution.

Electrical contact injuries consist of four main types:

- ⇒ electrocution (fatal)
- ⇒ electric shock
- ⇒ burns
- ⇒ falls

All workers should receive hazard awareness training so that they will be able to identify existing and potential hazards present in their workplaces and relate the potential seriousness of the injuries associated with each hazard.

Electrical accidents cause thousands of injuries and deaths in industry conditions and unsafe acts are the underlying causes of all of these accidents. Identify and prevent these culprits and you'll make your workplace safer.

Correct Unsafe Conditions

Unsafe working conditions result from faulty equipment or hazards in the environment. Equipment with defective insulation or parts, improper grounding, loose connections or unguarded energized parts is just plain dangerous to work with. Environments containing flammable vapors, liquids or gases; corrosive chemicals, and wet or damp locations can also be dangerous when electrical equipment is in use. Take action to correct the hazards:

- ⇒ Always check equipment, cords and attachments before each use.
- ⇒ Make sure all equipment is properly grounded and plugged into grounded circuits.
- ⇒ Never modify or remove a guard. Guards protect you from energized equipment parts.
- ⇒ Be aware of flammable or corrosive chemicals, and follow your Safety Department procedures for operating electrical equipment in their vicinity.

Prevent Unsafe Acts

The most common unsafe acts include using tools or equipment too close to energized parts, intentionally using tools that are obviously defective or unsafe, and failing to shut off electrical equipment for repairs, servicing or inspections. Don't be a victim of unsafe acts:

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

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

- ⇒ Keep clear of energized parts. Be aware of the conductive materials tools around you, and keep them far from sources of electricity. Remember, steel wool, metallic cleaning cloths and some chemical solutions are conductive.
- ⇒ Never use equipment that you know is damaged. No shortcut is worth an electrical shock. Report any damaged insulation or loose parts or connections that you find.
- ⇒ Be aware of your Safety Department's lockout/tagout program and procedures to ensure that equipment is turned off, and stays off, during maintenance and repairs.
- ⇒ If you must work with energized parts and lockout/tagout is not possible, always use protective equipment, such as rubber gloves, sleeves, blankets and mats, or nonconducting tools rated for the voltage of the parts. Make sure this equipment is maintained so that it does its job.
- ⇒ Avoid using electrical equipment when you or the equipment are wet. If you must work in damp areas, use a ground fault circuit interrupter (GFCI).



How Electricity Reacts With Your Body

Electrical shock kills more than 100 workers each year and injures many more. A heavy electrical shock can stun your muscles and nerves and stop your heart and breathing. A milder shock can cause you to fall, resulting in bruises or broken bones. Knowing how shocks happen can help you protect yourself on the job.

How Shock Occurs

Electricity follows the easiest path to the ground. It will flow through any conductive material, such as water, metal, certain chemical solutions or the human body. If you come in contact with electricity while you are in contact with the ground, you become part of an electrical circuit, and current passes through your body, causing a shock.

Effects on the Body

The effects of an electrical shock depend on the type of circuit, its voltage, the pathway through the body and the duration of contact.

Electricity is a powerful ally in the workplace, but it should never be taken for granted. By exercising caution, getting trained in the lockout/tagout program and using common sense, you can keep electricity working for you, not against you.

An important issue is Personal Protection Equipment or (PPE). Knowing what kind of safety gear to wear and when to wear it may mean the difference between life and death.

The photos below speak for themselves



**277 VOLT SERVICE
METER BLOWS OUT MAN
RECEIVES THERMAL BURNS**

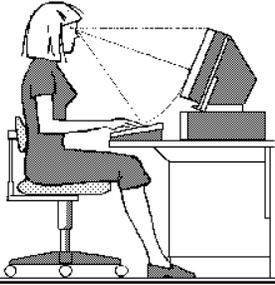
NO SHOCK

PPE

**SAFETY GLASSES
CLASS 00 GLOVES
LEATHER GLOVES
LONG SLEEVE SHIRT**



**ALIVE AND WELL
BECAUSE HE
WAS WEARING
ALL THE PROPER
PPE**



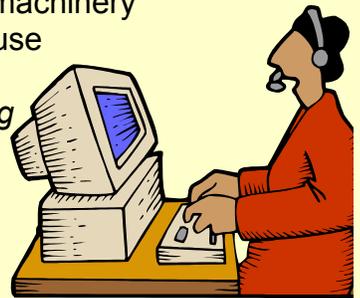
What is "Ergonomics"?

The word "Ergonomics" comes from two Greek words "ergon," meaning work, and "nomos" meaning "laws." Today, however, the word is used to describe the science of "designing the job to fit the worker, not forcing the worker to fit the job." Ergonomics covers all aspects of a job, from the physical stresses it places on joints, muscles, nerves, tendons, bones and the like, to environmental factors which can effect hearing, vision, and general comfort and health.

Physical stressors include *repetitive motions* such as those caused by typing or continual use of a manual screwdriver. Other physical stressors could be tasks involving *vibration* such as using a jackhammer, or tasks which involve using *excessive force*, such as lifting a heavy box of books. *Working in an awkward position*, such as holding a telephone to your ear with your shoulder, can also cause problems. Repetitive motions, vibration, excessive force, and awkward positions are frequently linked to ergonomic disorders; however, the majority of "Cumulative Trauma Disorders" (CTDs) or "Repetitive Strain Injuries" (RSIs), are caused by repetitive motions that would not result in undue stress or harm if only performed once. Carpal tunnel syndrome, tendonitis, tenosynovitis, DeQuarvain's syndrome, thoracic outlet syndrome, many back injuries, and several other conditions may result from repetitive motions.



Environmental factors could include such things as *indoor air quality* or *excessive noise*. "Sick building syndrome," with its accompanying headaches, congestion, fatigue and even rashes, can result from poor air quality in a building or office. Excessive noise around heavy machinery or equipment can cause permanent hearing loss. *Improper lighting* can cause eyestrain and headaches, especially in conjunction with a computer monitor.



It is important to listen to the signals your body gives you. If you suffer pain in the wrists or hands after a long day of typing, examine your work area and work practices to see if they may be causing the problems. Learn to make adjustments. Raise or lower chairs to avoid typing with your wrists at an odd angle. Adjust computer monitors to avoid glare. Take frequent breaks from repetitive tasks to give your body a rest. Always use proper lifting techniques.

As always, feel free to contact the Wing Safety Office at x6013 for ergonomic assistance with any of the above. Sometimes small modifications to work procedures, posture, habits, and/or work station design can make a big difference in the way you feel at the end of a day.

GOOD INDUSTRIAL HOUSEKEEPING

Good housekeeping is one of the surest ways to identify a safe workplace. You can tell how workers' feel about safety just by looking at their housekeeping practices. Good housekeeping isn't the result of cleaning up once a week or even once a day. It's the result of keeping cleaned-up all the time. It's an essential

factor in a good safety program, promoting safety, health, production, and morale. Whose responsibility is housekeeping? It's everyone's. Clean work areas and aisles help eliminate tripping hazards. Respecting "wet floor" signs and immediately cleaning up spills prevents slipping injuries. Keeping storage areas uncluttered reduces the chances of disease and fire as well as slips, trips, and falls. Accumulated debris can cause fires, and clutter slows movement of personnel and equipment during fires.



Other housekeeping practices include keeping tools and equipment clean and in good shape or keeping hoses and cables or wires bundled when not in use. Broken glass should be picked up immediately with a broom and dustpan, never with bare hands. Be aware of open cabinet drawers, electric wires, sharp corners or protruding nails. Either correct the unsafe condition if you are able and it is safe to do so, or notify the person responsible for overall maintenance that something should be done.

How a workplace looks makes an impression on employees and visitors alike. A visitor's first impression of a business is important because that image affects the amount of business it does. Good housekeeping goes hand-in-hand with good public relations. It projects order, care, and pride.



Besides preventing accidents and injuries, good housekeeping saves space, time, and materials. When a workplace is clean, orderly, and free of obstruction; work can get done safely and properly. Workers feel better, think better, do better work, and increase the quantity and quality of their work.

Slips, trips and falls are a major cause of injuries and fatalities in the construction industry. The walking surfaces and ladders on a construction site may pose a potential hazard to the workers moving about the site. Most work sites are dynamic places to work, i.e., the working conditions change on a daily, if not hourly, basis. Therefore, care must be exercised every day as you move about the work site, providing good housekeeping, and identifying hazards that may cause you to trip, slip or fall.

Good housekeeping is the first and most important way of preventing falls due to slips and trips. Other ways to avoid creating slip and trip hazards are to:



- ⇒ Wear work boots with slip resistant soles.
- ⇒ Clean up any liquid spills right away.
- ⇒ Take your time and pay attention to where you are going.
- ⇒ Ensure things you are carrying do not prevent you from seeing obstructions or spills.

CPSC, Mary Meyer Corp. Announce Recall To Replace Plush Spider Baby Toys

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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: "Webster" Activity Spider Toy

Units: 10,000

Distributor: Mary Meyer Corporation, of Townshend, Vt.

Hazard: The round stuffed feet on the spider can detach, posing a choking hazard to young children.

Incidents/Injuries: Mary Meyer Corporation has received five reports of the round stuffed feet of the plush spider toy detaching. No injuries have been reported.

Description: The toy is a plush bug-shaped activity toy, which also can be hung from a crib, carriage or other object. The plush spider toy has eight legs with round stuffed feet that crinkle or rattle and a mirror on the underside that makes a squeaky sound when bounced.

Sold at: Department and specialty stores nationwide from January 2002 through September 2003 for about \$10.

Manufactured in: China

Remedy: Return the toy to Mary Meyer Corp. to receive a replacement product of equal value.

Consumer Contact: Mary Meyer Corporation at (800) 451-4387 between 9 a.m. and 5 p.m. ET Monday through Friday for instructions on returning the spider toy and receiving the replacement product.

CPSC, Ariens Co. Announce Recall of Snow Throwers



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: Ariens 13-Horsepower Sno-Throw™, Model 924506.

Units: 571

Manufacturer: Ariens Co., of Brillion, Wis.

Hazard and Product Description: The blade may not stop when the blade brake control is applied, resulting in continued blade movement. The potential for injury exists if consumers make contact with the rotary blade.

Incidents/Injuries: Ariens Co. has not received any reports of injuries.

Sold at: Home Depot stores from October 7, 2003 to October 24, 2003 for between \$2,500 and \$2,800. Some units were sold elsewhere but Ariens already has notified those consumers.

Manufactured in: U.S.A.

Remedy: Consumers should stop using these snow throwers immediately and return them to Home Depot or a local Ariens dealer for a free inspection and, if needed, repair. To access the serial numbers for the units affected, check the Ariens Web site: www.ariens.com/safety_recall.

Consumer Contact: For more information, call Ariens toll-free at (888) 927-4367 between 7:30 a.m. and 4:30 p.m. CT Monday through Friday. Visit the Ariens Web site: www.ariens.com/safety_recall