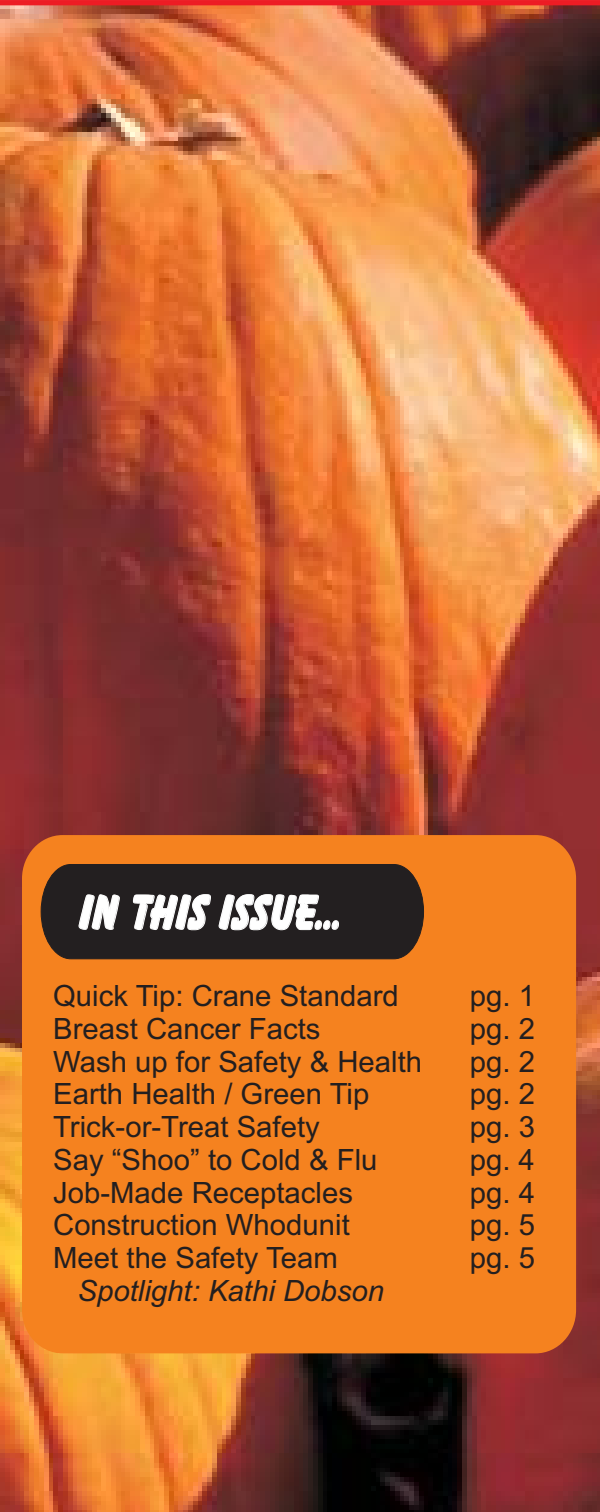




UNDER CONSTRUCTION

Safety & Health MONTHLY



Quick Tip

The US Department of Labor (OSHA) has released its long awaited crane & derrick standard for the construction industry. Crane and derrick use has been associated with numerous fatalities in recent years throughout the construction arena, resulting in a new standard being placed into effect November 8, 2010.

The new standard will address hazards associated with the use of cranes and derricks in construction. In addition, the new standard will include the four primary causes of employee fatalities and injuries: “focus four” falls; struck-by; electrocutions; and caught in between.

Requirements in the new standard include:

- Pre-erection inspection of tower crane parts
- Use of synthetic slings in accordance with the manufacturer’s instructions, during assembly, and disassembly work
- Assessment of ground conditions
- Qualifications or certification of crane operators
- Procedures for working near power lines

This new standard is expected to prevent 22 fatalities and 175 non-fatal injuries each year. For more information, go to www.osha.gov. You may also contact your local area OSHA office and ask to speak with the Compliance Assistant Specialist.

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DID YOU KNOW...?

Did you know? Except for skin cancers, breast cancer is the most frequently diagnosed cancer among women.

Did you know? Breast cancer is second only to lung cancer in cancer deaths among women.

Did you know? Breast cancer death rates have been decreasing since 1990.

Did you know? A woman's chance of developing breast cancer increases with age. In the United States, a woman has about a 12.3% (or 1 in 8) lifetime risk of developing breast cancer.

Did you know? Women should perform monthly self examinations, and see a health care provider at least once a year for an exam.

KEEP THE EARTH HEALTHY

Instead of buying takeout meals every day for lunch, bring your lunch from home in a reusable container. Diet and budget reasons aside, you should avoid takeout meals because of the packaging. Styrofoam cups and containers are not often recyclable and take centuries to decompose in landfills. Your daily takeout meal may give you a severe case of indigestion when you consider your personal contribution to the town dump.



MAKE A CONSCIOUS EFFORT TO REDUCE YOUR DISPOSABLE WASTE. IF YOU MUST BUY TAKEOUT, TAKE IT OUT IN YOUR OWN CONTAINER.

Wash Up for Health & Safety

*Kathi Dobson, CIT, CHST, LEED AP
National Safety & Health Committee Co-Chair*

Many of our regions are well into an early cold and flu season. And what's the best way to avoid colds, flu and gastrointestinal upsets? Hand washing. We all know this, but infection control researchers keep coming to the same conclusion: We don't wash our hands often enough or well enough. So here's a quick primer on this basic, but important, healthy habit.

When to wash:

- Always wash up before eating.
- Wash your hands before preparing food to prevent food poisoning and the spread of disease.
- Wash before you handle each different food. For example, wash between cutting the raw chicken and dicing the vegetables.
- Always wash your hands after using the toilet. If you have been handling chemicals, wash before using the toilet, too.
- Wash your hands before handling contact lenses or applying makeup.

How to wash:

- Take off watches, bracelets and rings.
- Wet your hands and forearms using a stream of warm running water.
- Lather thoroughly with the recommended cleanser such as soap. Plain soap and warm water is good enough for most hand washing, providing it is done properly.
- Rub your hands together vigorously for at least 15 seconds (the time it takes for you to sing the "Happy Birthday" song twice). Scrub your wrists, the front and back of your hands and your fingers. Clean under your fingernails.
- Rinse well under warm running water.
- Repeat the washing and rinsing steps if necessary.
- Dry your hands completely on a one-use towel or under an air dryer.
- Use a paper towel to turn off the faucet and open the door without contaminating your hands again.

Trick-or-Treating Safety

It's Halloween, and our little kiddos are consumed with whether to dress as a Transformer or Spiderman, and wondering if they should carry a plastic pumpkin to collect the delicious candy or a large pillowcase to haul their loot! While they worry about the details, it's up to us to make sure they have a fun & SAFE night.

Make sure your child's costume fits properly so as to not create a tripping hazard when they are running up to the door for their FREE treats! We don't want our princess to ruin her dress on the ground.



Ensure the costume is made of flame retardant material. If it is flammable you don't want your precious butterflies set ablaze by getting their wings too close to the jack-o-lanterns' candles.

For nighttime trick-or-treating, make sure your kids carry a flashlight or wear some sort of light-reflective material on their costumes.



Ensure your child's visibility is not impaired by masks that do not fit correctly. If necessary, cut out larger eye holes to allow better vision.

Remind your kids to NEVER go into a stranger's home.



Always make sure your treats are in the original wrappers and sealed. Remind your kids to wait to eat any candy until they are home and you can inspect it.



Advise your children to be careful when crossing the street, and look both ways first.

If your child is carrying a sword, or some other prop, make sure that it is flexible.

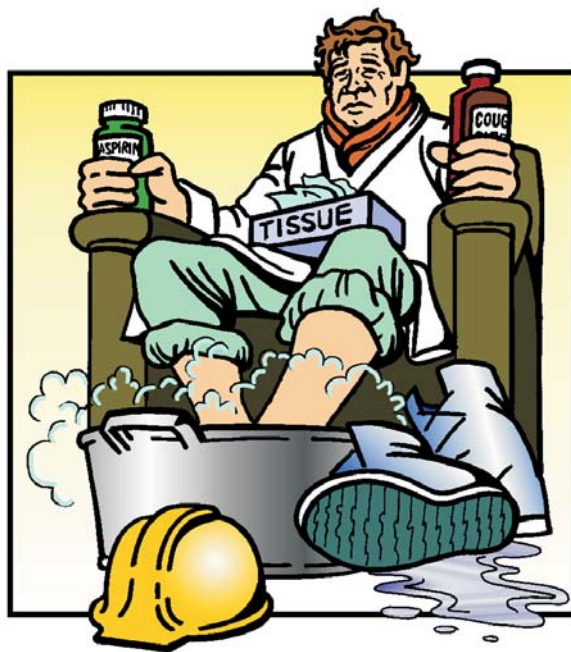


Have a Fa-BOD-lous Halloween!

Say "Shoo" to the Cold & Flu

Colds and flu are common during the winter months. Everyone's had the symptoms such as aching head, fever, shortness of breath, chills, coughing and sneezing. Here are a few suggestions to avoid getting sick and to quickly get over being sick.

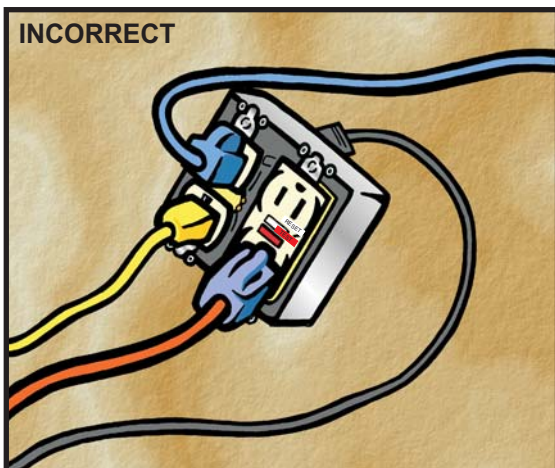
1. Talk to your doctor about a flu shot. He can best recommend if it is right for you.
2. Wash your hands regularly, especially before eating or drinking.
3. Try not to rub your eyes. Always wash your hands first before touching your eyes, mouth or nose. Germs could be on your hands.
4. Drink plenty of water. It is important to everyone's good health. Drink plenty of juices for vitamins.
5. Eat a healthy diet. Add fruit to lunch.
6. Always use a clean cup for water beverages.
7. When you are ill, consider the people around you. You may expose them too.
8. If you are sick, be careful of over the counter medicines. Some may make you sleepy. Always follow directions for proper doses.
9. Get plenty of rest for a fast recovery.
10. Colds happen when we do not protect ourselves from cold weather, so dress accordingly.



Job-Made Receptacles

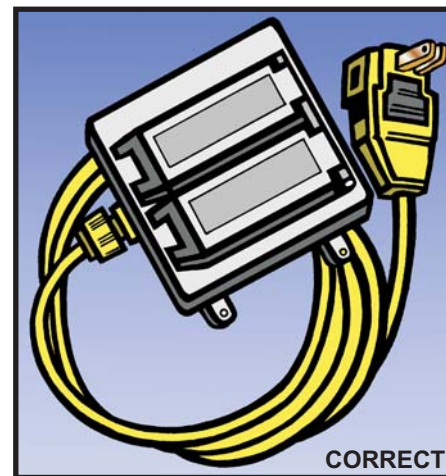
It is all too often that contractors use permanently installed quad boxes as temporary outlets. You cannot use these boxes in place of a manufactured and Underwriters Laboratories (UL) approved outlet. It is not safe and could result in an OSHA violation.

Quad boxes were designed to be installed as part of the permanent wiring off the ground. Individually, the quad box and receptacles may have been UL tested and approved, but a contractor cannot take the receptacles and quad box and manufacture their own outlets.



1926.405(2)(iii) Flexible cords shall be used only in continuous lengths without splice or tap.

1926.405(2)(iv) Flexible cords shall be connected to devices and fittings so that strain relief is provided which will prevent pull from being directly transmitted to joints or terminal screws.





Construction Whodunit

The Electrician was once suspected of wiretapping.... but was never charged.

The Carpenter tried to frame a man. I guess she thought he was a stud.

The Glazier went to great panes to conceal his past. He still claims that he didn't do anything; he, was framed.

The Painter had a brush with the law several years ago. No one knows what he tried to cover up.

The Heating/Ventilation/Air Conditioning Contractor's temper was always a touchy subject. You could never tell if one day he'd be hot and bothered or cold and insensitive. He was known to pack heat. He was arrested, but duct the charges with the help of the sheet metal worker.

The Cement Mason claimed that everybody treats him unfairly.. he was always a suspect because he used to get stoned.

The Cabinet Maker was an accomplished counter fitter.

The autopsy led the police to arrest the Carpenter, who subsequently confessed. The evidence against her was irrefutable, because it was found that the workman, when he died... was hammered!

Meet the Safety Team

Kathi Dobson, CHST, CIT, LEED AP
*National Safety & Health
Committee Co-Chair*



Kathi is the Safety Director for Alberici Constructors, Inc., a large St. Louis-based construction company (ENR top 50 ranked). With a Bachelor's Degree in Nursing and being licensed to practice as a Registered Nurse, Kathi not only brings her safety smarts to this committee, but health tips & facts as well. She invested 15 years in hospital-based nursing before 5 years of Occupational Health & Safety and 11+ years in Construction Safety. She was even appointed by the Governor to serve as Commissioner on the State of Michigan Construction Safety Standards Commission. Kathi's credentials include: CIT, CHST and LEEDAP.

She is a proud member of NAWIC Detroit Chapter, Delta Alpha Chapter of Epsilon Pi Tau, Greater Detroit ASSE and SWE. She is also a member (Vice Chair) of TAUC Safety Committee. Within her NAWIC Detroit Chapter, Kathi is active on the Membership committee, CP&E, WIC Week, Block Kids, and MAGIC Camp.

Kathi loves to travel! She also owns a farm with cattle, turkey, chickens, John Deere Tractors and a 1958 Chevy Pickup truck (which is being restored by her husband of 30+ years), and...she's on the Board of Directors for the German Shorthaired Pointer Club of Michigan and participates in GSP rescue efforts.

"...Oh yeah, and I fish year-round (even on the ice) for walleye, just for fun!" ~Kathi Dobson

