



SAFETY SNAPSHOT

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Safety on the Job...

Injuries & Inexperience Correlation

According to a recent case study of Tennessee construction workers, nearly half of the workers injured in 2014 & 2015 were on the job for less than one year. Based on the report from the Center for Construction Research & Training, 44.5% of work compensation claims in Tennessee during this timeframe were from workers who had less than a year of experience in the industry; 30% were from workers with less than six months

of construction work experience. From a national perspective, the Bureau of Labor Statistics estimates that on average 24% of construction workers are injured during their first year on the job. As we head into the busier months of the year, keep this in mind as you look around your jobsite at the younger and/or less experienced coworkers. Peer check, and always speak up if you see a hazard that may be overlooked by others.

What is SPF?

SPF, or sun protection factor, indicates how long your skin would take to burn if exposed to UV radiation without any sunscreen. For example, an SPF 30 sunscreen protects your skin 30 times more than if you did not wear an SPF. This does not mean that SPF 30 will protect skin for 30 hours. Exposure is dependent upon time, location, and weather conditions. Higher SPF sunscreens still need to be reapplied frequently to prevent harmful exposure to sun. Consider your family history and skin type when selecting a sunscreen. If you are sweating, reapply more often than you otherwise would. Wear a full-brim hardhat to help protect neck and face from sun. For even further protection select sunscreen that is 'broad spectrum' which protects skin from UVA & UVB rays. UVA rays penetrate more deeply, and are associated with long-term exposure results, such as premature aging. UVB rays cause the immediate damage to skin (sunburn).



Hand-Arm Vibration Syndrome (HAVS)

Hand-arm vibration syndrome is defined by NIOSH as a collective term for vibration-induced neurological, vascular and musculoskeletal disorders in the hand-arm system. Simply put, prolonged and frequent use of tools such as chain-saws, drills, grinders and jackhammers can create permanent health issues. HAVS symptoms include tingling, numbness, pain and discoloration in the fingers, and weakening grip. HAVS is irreversible, but can be prevented. To reduce risk of developing this chronic ailment, consider the following tips:

- Wear PPE such as shock-absorbing and anti-vibration gloves.
- Keep tools and machines in proper working order; always maintain and inspect tools before use.
- Take breaks and switch between tools to prevent constant exposure.
- Comfortably (but firmly) grasp tools; the tool should not slide out of your grip, but do not grip more than what is needed.



What are the 10 most dangerous jobs in 2019?

EHS Today Magazine's top 10 countdown of most dangerous jobs is based on the rate of fatal injuries per 100,000 workers in 2017. The most significant change from 2018's most dangerous jobs (2016 data), to 2019's report is the drop-off of construction crew supervisors.

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| #10 ELECTRICAL POWER LINE INSTALLERS AND REPAIRMEN | #5 REFUSE AND RECYCLABLE MATERIAL COLLECTORS |
| #9 GROUND MAINTENANCE WORKERS | #4 ROOFERS |
| #8 FARMERS, RANGERS, AND AGRICULTURAL MANAGERS | #3 AIRCRAFT PILOTS AND FLIGHT ENGINEERS |
| #7 TRUCK DRIVERS | #2 LOGGING WORKERS |
| #6 STRUCTURAL IRON AND STEEL WORKERS | #1 FISHERS AND RELATED FISHING WORKERS |

Never dismiss a Near Miss!

A near miss is proof that all the makings for a serious incident were in place, but the incident was narrowly avoided. A near miss today could be a significant incident tomorrow.

Meet Gabriel Rojas!

If you have not already noticed, there is a new face at 717 E Cass Street! Gabriel is the newest yard employee. Stop by the shop and say hello!

...and off the Job...

July 1, 2019 – Distracted Driving Law Changes

Up until now, texting while driving has been considered a non-moving violation; as of July 1, 2019 texting while driving will evoke harsher punishments as a moving-violation and will appear on a driving record. Drivers will face a \$75 fine for first-time offences, and possibility of suspended license after three offenses

within one year. Governor Pritzker is considering the proposed \$1000.00 fine if the use of a handheld device causes an accident in which there is bodily harm. It is important to note that ANY use of a handheld device – texting, GPS, music – will be included under this law.



Air Quality at Nail Salons

A recent study performed in the Boulder, Colorado area showed that the air quality in nail salons can be hazardous to workers – creating respiratory ailments and potentially heightening their risks of cancer. Hazardous chemicals workers are exposed to include formaldehyde, xylene, and benzene. The researchers found that 70% of the workers studied experienced at least one health issue from exposure to these chemicals – headaches, skin and eye irritation were the most frequently cited issues. For more information, and to find a link to the full report visit: www.safetyandhealthmagazine.com.



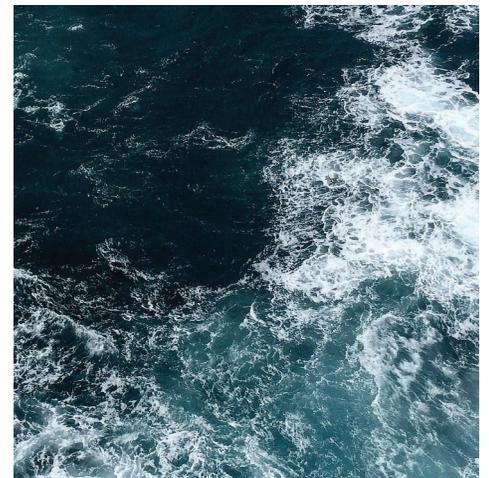
Danger in your home: Radon

Radon is produced when uranium in the soil, rock, and groundwater breaks down. Radon can enter your home through pipes, cracks, and sump pits. Old homes, new homes, and homes with or without basements are at risk. The Environmental Protection Agency (EPA) estimates that nearly 1 out of every 15 homes is impacted by elevated levels of Radon. Radon is a naturally occurring

carcinogen, and the second leading cause of lung cancer. Your potential of getting lung cancer from radon depends on how much radon is present in your home, and where it is; and whether you smoke or have smoked in your life. To determine if your home is safe, consider hiring a professional radon tester or purchasing a radon testing kit.

What to do if you get caught in a rip current?

- Relax; rip currents are powerful currents of water that pull you away from shore, but not under water.
- Do not swim against the current; instead swim out of the current (parallel to the shoreline)
- If you cannot escape, float or tread water, try to yell or wave for assistance on the shore.
- Remember, rip currents can sweep away strong swimmers; do not swim alone and when possible, swim where a lifeguard or rescue equipment is present.



Source: <https://www.weather.gov/wrn/summer-infographics>

Flooded Areas Contribute to Pesky Mosquito Population

Mosquitos are the world's most deadly animal and have caused more deaths throughout history than all wars combined, according to the Illinois Department of Public Health. West Nile virus-carrying mosquitoes have been confirmed in the DuPage County, Illinois in 2019; no human cases have yet to be reported. Mosquitos carry other disease and viruses, and it is in your best interest to wear bug repellent when outside.

Consider property-spraying services and removing equipment/furniture that can catch standing water, such as bird-baths or open garbage receptacles.



Malaria-free Goal Accomplished in China

According to the World Health Organization (WHO), China has completely eliminated malaria, a disease that once ran rampant in the population. By continual support from the government and vigilant medical defenses in place to prevent malaria, China has not seen a malaria case since 2016. In the 1940s, there were an estimated 30 million cases of malaria, and 300,000 deaths annually. The number of cases in China is now zero.

Suggestions for content you want to read about in the September-October 2019 issue?

Contact the Safety Department.