



SAFETY SNAPSHOT

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Safety on the Job...

Line of Fire is ALWAYS a hazard!

On June 12, 2020, a Lindblad worker received a laceration to his finger. The employee was moving a floor grinder through a doorway when his finger was caught between the equipment and the millwork of the doorway. The injury resulted in sutures, and is an OSHA Recordable. The employee returned to work without restrictions following medical care.

Remember:

Line of Fire hazards take many forms, but the root of the injury is almost always body positioning. Always be cognizant of where you are standing, how you are using your tools, and where you are placing your fingers. Sometimes the most mundane tasks may present hazards that are more difficult to recognize than, for example, working near heavy equipment or in a confined space.

Example Line of Fire Hazard



Summer is in full swing!

Lindblad Safety has stocked bottled water in the Fastenal 'cage', with a key available in locker #44. Water may also be purchased at gas stations using crew leader's non-fuel credit card. Lindblad has also swapped out the heavy FR coveralls for a lighter version; these are available in the Fastenal machines. If you prefer the heavier option, Safety has them in stock. Summer PPE is available in the Fastenal machines; if you would like something we do not currently stock – please let Safety know!



Insect Repellent

When working in shady and/or moist areas, wear insect repellent. Remember, if you are working on a jobsite that requires FR clothing, you must use DEET-free bug spray. Contact Safety if you need assistance finding DEET-free repellent. Wear long sleeved shirts when working in areas where insects are prevalent.



Increased Risk of Heat Stress Due to Face Coverings

With the current working conditions of warm weather and mandated face coverings when working within 6' of others, we need to pay special attention to heat stress. Be aware of even small increases in body temperature when wearing a mask. Take frequent breaks in shady or cool spaces and drink water at least every 15 minutes to stay hydrated. Watch out for one another. If your colleague is behaving in a manner that may signal heat related illness, act fast!

Recognize the signs of Heat Related Illness

Know the signs of heat related illness, and when you need to take action. Never ignore symptoms of heat cramps, exhaustion or stroke. In the event of a medical emergency, call 9-1-1.

Heat cramps symptoms:

- Painful, involuntary muscle spasms

If you experience heat cramps, rest in a cool or shady area. Drink an electrolyte-containing beverage, such as Sqwencher. Gently massage and stretch affected muscles. Contact your crew leader and Lindblad safety.

Heat exhaustion symptoms:

- Headache
- Dizziness
- Irritability
- Heavy sweating
- Nausea
- Weakness
- Decreased urine output
- Thirst

If someone shows signs of heat exhaustion, move the person to a cooler environment and apply cool cloths or water to the body. The affected individual should sip water. Contact your crew leader and Lindblad safety.

Heat stroke symptoms:

- High body temperature
- Hot, dry skin or profuse sweating
- Rapid, strong pulse
- Possible unconsciousness
- Seizure

If someone shows signs of heat stroke, Call 9-1-1. Move the person to a cooler environment and apply a cool cloth or spray/mist water on the affected individual; do not give fluids to drink.



...and off the Job...



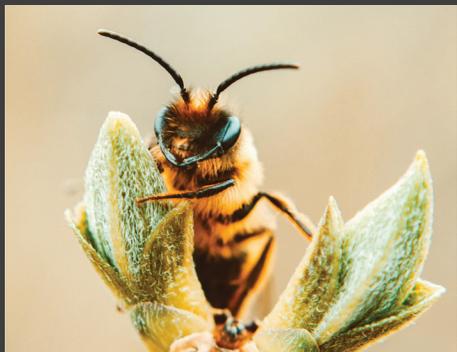
COVID-19 Fears Prevent Adults from Seeking Medical Care

A recent study completed on the behalf of the American College of Emergency Physicians concluded that one in three American adults delayed or avoided medical care during the height of the pandemic (April 2020).

- **80%** worried that they may contract the coronavirus if they were in a situation requiring emergency medical care
- **73%** worried about overloading emergency room doctors
- **74%** worried about extensive wait times and overcrowding

Buzzing Insects

Honey-bees produce over 200 million pounds of honey and pollinate over 50% of the fruit and vegetable crops produced. Wasps prey on the insects that are harmful to these crops. While their contribution to the food we eat is impressive, they oftentimes build nests in inconvenient spaces. If the location of a hive or nest poses a threat to human or pet health, the nest can be destroyed.



Source: dph.illinois.gov/topics-services/environmental-health-protection/structural-pest-control/bees-wasps

Before destroying a nest, consider the following safety precautions:

- ✓ If you are uncomfortable with the process, or allergic to bee-stings, hire a professional pest management service.
- ✓ Destroy the nest at night if possible; all of the bees are contained in the nest and they are much less aggressive. Always approach with caution. Do not hold a flashlight or lantern. Instead, place the light source a safe distance or cover the light source with red cellophane – insects cannot see red light.
- ✓ Use a fast-acting dust, aerosol, or injection method to prevent bee swarms. Read the label on the container to understand the hazards of the chemical if human exposure occurs, and how to properly store/discard the can.
- ✓ Wear heavy clothing or a beekeeper suit if you decided to remove a nest or hive on your own.

Safety Fore! the Golf Course

Heat Stress Prevention

- Wear breathable, light-colored clothing when playing golf to help prevent heat stress.
- Drink plenty of water while on the course. If you choose to have a beer, remember that alcohol does not replace necessary fluids your body needs in the heat. Consider drinking water with added electrolytes.

Avoiding Bodily Injuries

- Stretch before hitting the first tee and intermittently on the golf course. Do not overexert yourself.
- When walking on the golf course, keep your eyes on the path. Golf courses are intended to have challenging landscapes such as berms, water bunkers, sunken sand pits, and hills. Select footwear with stability and support.
- Stay alert – watch for wayward shots by other golfers.



Natural Hazards

- Stop your game if you see lightning and seek shelter, such as at the clubhouse. Do not hide under trees or in a golf-cart.
- If your ball enters a water hazard, leave it. Poisonous plants and animals such as snakes may be lurking.

Traffic Related Deaths Down for Third Consecutive Year

2019 saw an increase of 0.9% more vehicles on American roadways versus 2018. 2019 was the third straight year of declining fatalities due to vehicular accidents – 1.2% fewer in 2019 than in 2018. Unfortunately, despite the widespread shelter-in-place orders in recent months, March 2020 saw a traffic fatality rate increase by 14% when compared to March 2019.



Source: safetyandhealthmagazine.com/articles/19941-traffic-deaths-down-for-3rd-straight-year-preliminary-data-shows

Suggestions for content you want to read about in the September-October 2020 issue?

Contact the Safety Department.