



SAFETY SNAPSHOT

MARCH-APRIL 2020 • VOLUME 13

Safety on the Job...

Lindblad First Quarter Safety Meeting

The first-quarter meeting will be held at Heroes West on March 19, 2020. Doors will open at 4:00PM, food served at 4:30PM and meeting beginning at 5:00PM. The meeting will include a review of safety performance of 2019 and a look ahead to 2020. Please RSVP to Megan or Scott if you cannot attend!

50th Anniversary of OSHA

The Occupational Safety and Health Act (OSH Act) was signed into law by President Nixon on December 29, 1970. Fatalities were reduced by approximately 65% in years following the establishment of OSHA. To commemorate the anniversary, the US Department of Labor has launched a yearlong 'Protecting the American Workforce' Campaign. Plans for 2020 from OSHA include a review and firm enforcement of the Silica standard; amendments to the cranes & derricks standard; and issuance of a proposed rule regarding PPE in construction.



Long Hours & Your Health



According to a recent study published in Safety & Health Magazine, people who work more than 40 hours per week



are more at risk of high blood pressure and masked hypertension than others. Masked hypertension refers to blood pressure that is normal when sampled at the doctor's office, but high at home or elsewhere. Participants in the study who said they worked 49 or more hours a week had a 66% increased risk of sustained hypertension and a 70% greater risk of masked hypertension compared with workers who logged 40 hours a week or less. Those percentages were 51 and 33, respectively, for workers who logged 41 to 48 hours a week. It is estimated that 103 million US adults had high blood pressure in 2018. Consider the hours you work, and what you can do to be proactive against this increased risk. Exercise, diet, and adequate rest – along with routine doctor visits – will assist in preventing complications due to high blood pressure.

The Top Four Construction Health Hazards

The American Industrial Hygiene Association has released the top four health hazards of construction workers. The results:

- ✓ Manual material handling (lifting, pushing, carrying, etc)
- ✓ Noise
- ✓ Air contaminants ranging from dust to chemical fumes
- ✓ Exposure to heat

Due to the clients we have, places we work, and the nature of our craft, our employees are exposed to these hazards all the time. What protections are in place to combat these hazards on your jobsite?

DOT & Drug Testing

Drug & Alcohol Testing Clearinghouse

The FMCSA (government organization that mandates drug & alcohol testing for CDL drivers) has developed an online Clearinghouse. The Clearinghouse is a repository of failed drug test results. If a driver fails a drug or alcohol test, the test will be registered with the Clearinghouse by the lab and visible to potential employers for three years following the date of test beginning on January 6, 2020. The Clearinghouse is requiring existing employees consent to a limited query to be run at least once annually. New CDL drivers are required to register electronically for a full query from the Clearinghouse. If a

current Lindblad driver leaves Lindblad to work/drive for another company, the full query will be required at the start of employment. Additionally, Driver's License facilities now have the option to query the clearinghouse for drug & alcohol testing history when a commercial driver is in need of license-related service. Query at these facilities will be mandatory in January 2023.

Increase in Random Drug Tests

The random drug testing requirement for 2020 has increased from 25% to 50% due to nationwide rises in positive drug tests. This means that 50% of CDL drivers in the random program will be pulled for a random drug test at least once during the calendar year of 2020.



Suggestions for content you want to read about in the May-June 2020 issue?
Contact the Safety Department.

...and off the Job...



March is National Nutrition Month

Consider cleaning out your refrigerator and pantry to commemorate! Toss items that are past their expiration date, wipe down shelves and drawers, and organize. Stock up with healthy options and fresh produce!

Obesity in America

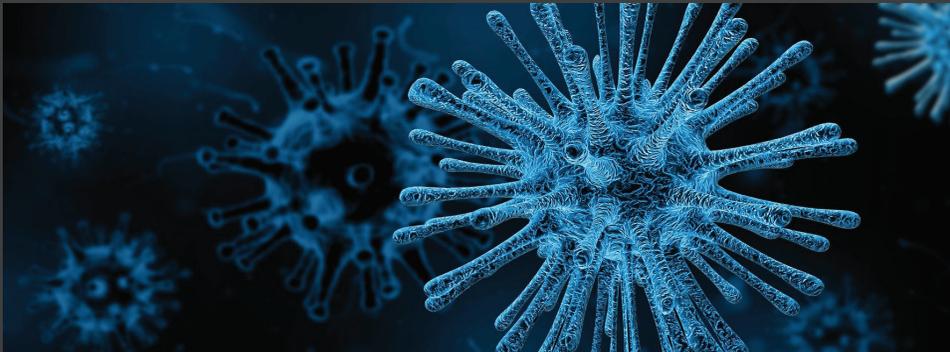
According to a recent study published in Safety & Health Magazine, the obesity rate in American adults is expected to be over 50% by 2030. Obesity is generally based on an individual's Body Mass Index (BMI); a person is considered obese if his or her BMI is greater than 30. A person with a BMI of 35 or more is considered to be severely obese. Based on this study, 29 states will have an average adult obesity rate of 50% or greater, with no state having an average less than 35%. Based on statistics provided by thestateofchildhoodobesity.org, the rate of obesity in Illinois in 2018 was 31.9%.



Ignorance is (Bacterial) Bliss!

Spring is the perfect time to rethink cleaning habits. Based on the research project 'The Dirty Truth', each day we come into contact with an estimated 60,000 different types of bacteria. Bacteria can become antibiotic resistant and in the modern day, can produce superbugs that are responsible for

killing approximately 700,000 people annually around the world. Clean home, office, and vehicle surfaces often – even if they do not look dirty! Wash hands frequently – especially in public places such as airports, restaurants, and while shopping.



Lifting Safety

While practicing good cleaning habits, you may find yourself decluttering the house. Always lift with your legs, not your back. If you think something may be too heavy, big, or awkward to lift alone – ask someone for help. Be cognizant of how heavy boxes and totes are as you pack away winter clothes and supplies and prepare for spring!



March begins 'Tornado Season'

Though tornadoes can occur at any point in the year, tornado season is considered to be March through May in Illinois. To prepare for spring's oftentimes tumultuous weather rollercoaster, include your kids in preparing a Tornado Kit to remain in your home's storm shelter area. Include household items such as a whistle, extra phone charger, first-aid

kit, flashlights, medications, drinking water, and leashes if you have pets. Make sure your kids and teens know how to react to tornado watches, warnings, and sirens. Running family drills is a fun way for kids to practice and understand the appropriate actions to take in an emergency situation.

Suggestions for content you want to read about in the May-June 2020 issue?

Contact the Safety Department.