



# SAFETY SNAPSHOT

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## Safety on the Job...

### CDC Finds that Virus Spreads Past 6' in Some Cases

According to recent information from the Center for Disease Control, in some cases, the virus may spread past the 6' recommended distance. The virus was contracted at a distance greater than 6' from an infected person in instances where the individuals were indoors, in an enclosed space with poor ventilation, and involved in activities requiring heavy breathing or singing. While we do not often find ourselves in these situations, when working in a confined or enclosed space, such as a vault, wear a face covering to protect yourself and others. If you or your crew are in need of face coverings, contact Safety.



Source: [www.ehstoday.com/covid19/article/21143930/cdc-acknowledges-covid19-airborne-transmission](http://www.ehstoday.com/covid19/article/21143930/cdc-acknowledges-covid19-airborne-transmission)

### Cold Weather PPE is available!

Nonslip ice traction boots as well as Yak-Tracks have been ordered and are available. Winter gloves, balaclavas, and hard hat liners are available in the vending machines. If Safety does not have a particular style or item of winter PPE in stock that you would like, please contact a member of the Safety Department. Please remember that if your jobsite requires FR clothing, balaclavas and liners are also required to be FR material.

### Fire Extinguisher Safety

#### Inspecting Your Extinguisher

Remember to routinely inspect your fire extinguisher, mount, and bracket. If you are missing a fire extinguisher on a piece of equipment, truck, or jobsite trailer, please contact safety. When you inspect your extinguisher, verify the extinguisher has been inspected by Integrity Fire in the last calendar year. Ensure there is no rust, the pin is in place, and the gauge reads full.

#### Using Your Fire Extinguisher

Only attempt to put out a fire if it is in its incipient stage, and a clear exit is accessible if the fire begins to spread. Alert others to the fire verbally if in the



immediate area, or by alarm/siren. Never let a fire get between you and your exit route. Only attempt to use a fire extinguisher if you are confident in your ability to do so, and know that you have the appropriate extinguisher for the type of fire you are exposed to. Follow PASS method – Pull, Aim, Squeeze and Sweep.

### Workplace Injuries on the Rise During the Pandemic

The phrase "if you don't use it, you lose it" is very true. According to an article from EHSToday, soft tissue injuries are on the rise because of inactivity at home. The industrial athlete is being deconditioned, resulting in the reduction of cardiovascular fitness, physical endurance, muscle strength, range of

motion as well as weight gain. To combat these potential injury traps, remember to stay active at home, eat right, and stretch before performing strenuous activities at home and on the job.

Source: [www.ehstoday.com/health/article/21143915/covid19-and-workplace-injuries-whats-the-connection](http://www.ehstoday.com/health/article/21143915/covid19-and-workplace-injuries-whats-the-connection)



### Watch for falling ice and snow!

Before entering or exiting a building, check for signs of melting/falling ice & snow where you will walk. Icy water and sludge may puddle on the ground creating slip hazards. Ice & snow can fall onto workers passing through doorways or walking near overhangs, awnings and overhead structures. Scan the ground and conditions above, be aware of your surroundings, and always wear your hard hat!



# ...and off the Job...



## Drink Your Coffee After Breakfast, Not Before

According to a study conducted by Research from the Centre for Nutrition, Exercise & Metabolism at the University of Bath (UK), drinking coffee before eating breakfast in the morning, especially after a night of poor sleep, can negatively impact blood glucose (sugar) control or cause insulin resistance. The study showed that poor sleep on a single night does not have a metabolic reaction, but poor sleep over several nights followed by a strong cup of coffee in the morning can dramatically impact a person's blood sugar & insulin levels.

## Holiday Travel During the Pandemic

As we near the hectic holiday season, family gatherings and travel may differ this year from others. If you are traveling out of state for the holidays, check travel restrictions and requirements that may affect your trip. Follow these safety tips while traveling on publicly accessed transportation such as trains, busses, and airplanes.

- ✓ Try to maintain a six-foot distance from others as much as possible.
- ✓ Wear a cloth face covering.
- ✓ Avoid touching surfaces such as hand rails, buttons, kiosks, and door handles. Wash your hands or use hand sanitizer after touching communal touch points such as these.

## December is Holiday Drunk Driving Awareness Month

The Blood Alcohol Concentration (BAC) of an impaired person is measured by the amount of alcohol that is in a certain volume of blood. Alcohol is quickly absorbed through the walls of the stomach and intestines, hitting the bloodstream within 30 to 70 minutes of having a drink. The type of alcohol you drink does not impact your BAC – one drink is one drink whether it is a 12 ounce beer, a 5 ounce glass of wine, or

one ounce of a spirit. Medications also do not impact the BAC, but may alter your state of consciousness creating more severe impairment when drinking alcohol. Do not risk becoming a statistic this holiday season – plan in advance and do not drink and drive.

*Source: National Highway Traffic Safety Administration*



## Is Your Vehicle Winter-Ready?

Cold weather is upon us, and comes with prepping yards, homes, and vehicles for the impending seasonal changes. Make sure that your family's vehicles are ready for winter.

- Get an oil change if you are nearing your due date; have the technicians verify all fluid levels are adequate, and that the vehicle is in good working order.
- Change out wiper blades and make sure to keep an ice scraper handy inside the vehicle.
- Verify tire traction and pressure.
- Store gloves, extra clothing, and/or a blanket in the vehicle in the event of an emergency.

## Staying Safe During Winter Storms

Early November 2019 saw record low temperatures; it is important to be ready for cold weather before cold weather hits. If your furnace needs tuning, repairs, or inspection – do not wait until the peak time of the year to have a serviceman out to do the work. If you use your fireplace for supplemental heat, have your chimney and fireplace routinely inspected. Ensure the flue is

open before starting a fire and keep the screens closed at all times.

If you choose to use space heaters in your home, use an electric heater with automatic shut-off. Keep heaters away from sources of ignition such as blankets, drapes, and clothing. Inspect the cord for cuts and keep out of the way to prevent tripping hazards.



*Source: [www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html](http://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html)*

Suggestions for content you want to read about in the January-February 2021 issue?

**Contact the Safety Department.**