



# SAFETY SNAPSHOT

SEPTEMBER-OCTOBER 2020 • VOLUME 16

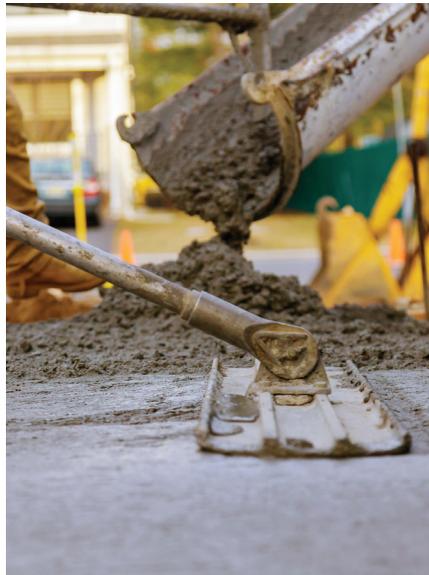
# Safety on the Job...

## Line Of Fire Hazards Strike Again!

On July 9, 2020 a Lindblad employee experienced a Line of Fire injury when his finger was caught between a hammer and metal framework.

### Reminder:

- ✓ Discuss all job steps during the daily brief process; identify Line of Fire hazards before starting your task.
- ✓ Pay attention to your body positioning, and the positioning of others. Be your brother's keeper and alert them if they are putting themselves in a hazardous situation.



## Near Miss: Concrete Chute Becomes Disconnected During Pour

On July 16, 2020 a Lindblad crew was in the early stages of a concrete pour. The concrete chute, which is connected by hooks in two places, became disconnected and flew from its connecting point. Nobody was in the immediate area of the chutes. According to the delivery company, this incident is not common but can occur and it is absolutely an issue to keep in mind. Additionally, the company's safety representative stated that most of their incidents and injuries during the delivery process are from people within the swing radius of the chutes who are not paying attention, and when people walk under the chutes.

## ANONYMOUS Near Miss (Text Message) Hotline

Sometimes it can be challenging to bring up safety issues such as near misses and unsafe actions to management or safety. Workers may not speak up due to social expectations of others, not wanting to slow down a job, or fear of retaliation. For this reason, Lindblad instituted an anonymous reporting hotline. This hotline allows employees to communicate

anonymously with Lindblad Safety. *It is important to remember that the text hotline is truly anonymous; we cannot communicate with you unless you provide your name or phone number.* It is crucial to include specific information that may be helpful in resolving the safety issue that you or others are experiencing.

**Add 779-203-9167 to your contacts.**

## COVID-19 & Working When Sick

According to a recent poll of US workers, many employees will not stay home from work when sick despite the current pandemic. Nearly half say that they feel pressure from supervisor to work when sick. Feeling guilty is the main motivator of working when sick.

### Other findings included:

- 33% of participants said that they would work despite cold or flu symptoms because they would miss the office socialization.
- More than 1/3 stated they do not consider the health of coworkers when deciding whether to go to work when experiencing symptoms of an illness.



Source: [www.safetyandhealthmagazine.com/articles/20136-covid-19-pandemic-wont-stop-some-people-from-going-to-work-sick-survey-shows](http://www.safetyandhealthmagazine.com/articles/20136-covid-19-pandemic-wont-stop-some-people-from-going-to-work-sick-survey-shows)

- A stomachache would not prevent 52%, and a bad cough would not impact 40% of respondents decision to go to work.



## Subcontractor Strikes Buried 12kV Feeder Cable Causing Flash

On August 17, 2020 a subcontractor was performing excavation work when he dug into an identified energized cable causing a flash and an outage. The cable, where struck, was not encased in conduit. There were no injuries.

Remember to always think critically; pay attention to locates and utilities identified on drawings and maps. Identify potential utilities during the daily brief process at the start of the day. When in doubt or unsure, STOP work immediately.

# ...and off the Job...

## Combatting Mosquitos

Commercial insect repellent is most effective and should be applied to exposed skin. Deet-containing repellent is the most reliable; however, deet is flammable. Keep this in mind if sitting around a campfire. Other great mosquito deterrents include candles, traps, and wearing layers of clothing.

Alternative methods to ward off mosquitos:

- ✓ Consider smoking out these pests with coffee grounds; mosquitos are repelled by the smell, whereas humans are largely unbothered by the subtle scent. Use dry, used coffee grounds in a bowl lined with foil; strike a match, and set upwind of the area.
- ✓ Lavender and citronella plants also help to naturally ward off mosquitos.
- ✓ Keep a tidy yard; clear brush and areas that may harbor moisture, such as bird baths or empty flower pots/planters.



Source: [www.everydaycheapskate.com/7-ways-to-wage-war-against-mosquitoes-and-win/](http://www.everydaycheapskate.com/7-ways-to-wage-war-against-mosquitoes-and-win/)

## Call JULIE before you dig.

An Illinois JULIE (or Digger within city of Chicago) is required by law to dig on private property, this includes your backyard. Remember to call JULIE (811) at least two business days before you plan to do any digging around the yard. Keep in mind that your JULIE is only valid if you begin digging within 14 days of the call, and for 28 days total – you need to call in an extension if you plan to dig past the expiring date. Locators are human and can make mistakes, always dig cautiously.

## How To Boost Your Immune System

A healthy diet is crucial to a strong immune system. Vitamin C and Zinc-rich foods can help you ward off colds and illness as kids go back to school and changing weather approaches. Zinc not only assists with preventing illness, it shortens the length of time symptoms are present while you are ill. Foods rich with zinc include crab, lobster, red meat, fortified cereals, and

beans. Probiotics, such as Greek yogurt, and antioxidant-containing teas are also great choices. Consult with your physician about multivitamins if you do not feel that you are obtaining enough vitamins from your diet.

Source: *CIP Solutions WorkSpace Wellness newsletter*



## Safety At School: Remote Or Onsite

This fall brings unfamiliar challenges to families throughout the world. If your kids are continuing to spend most of their time in the home, follow these safety tips from [safekids.org](http://safekids.org):

- Teach kids kitchen safety. If older kids are preparing their own meals, remind them to never leave the kitchen if they are cooking. Teach them which dishes are microwave-safe and how to safely handle hot foods.
- As families continue to stock up on hand sanitizers, cleaning and disinfectant supplies, remember to store these supplies in their original containers and away from areas where small children have access. According to the National Safety Council, poisoning is the #1 preventable cause of death.
- Encourage exercise. Many kids are struggling with sports seasons being cancelled or delayed, encourage kids to play outside and continue healthy activities while at home.



Suggestions for content you want to read about in the November-December 2020 issue?

**Contact the Safety Department.**