



# SAFETY SNAPSHOT

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## Safety on the Job...

### UPDATE: Lindblad COVID-19 Mask & Vaccine Policy

Lindblad Ownership requires that employees who have not provided proof of vaccination against COVID-19 wear face masks when social distancing is not possible. If you have received a vaccine for COVID-19, records may be provided to Lindblad Safety, and you will receive credentials (hard hat sticker or vaccine badge/lanyard) that reflects vaccination status and allows you to work without a mask if preferred. If you have questions regarding this policy, please speak with your supervisor, Project Manager, or Safety.



### Good Catch Reported: Exposed 12kV Cable

A Lindblad employee performing spotting duties noticed an exposed (unprotected) 12kV cable entering the ground at the base of a utility pole. The crew leader and Lindblad safety were notified, and the utility owner was made aware of the hazard.

### Good Catch Reported: Subcontractor Arrives to Site without JULIE

An excavating subcontractor arrived to a Lindblad jobsite prepared to perform excavation duties. The Lindblad crew leader requested to see a copy of the subcontractor's JULIE ticket, the crew did not have one. The sub's office was contacted, and a JULIE had not yet been requested. Excavation activities were halted until the sub could furnish a valid JULIE ticket.

### Most Dangerous Jobs of 2021

1. Fishing & hunting workers
2. Logging workers
3. Aircraft pilots / flight engineers
4. Roofers
5. Construction trades
6. Refuse & recyclable material collectors
7. Drivers – sales workers / truck drivers
8. Structural iron and steel workers
9. Farmers / Agriculture
10. Grounds maintenance workers



Source: <https://www.ehstoday.com/safety/media-gallery/21154744/top-10-most-dangerous-jobs-of-2021>

### Top 10 OSHA Citations in 2020

1. Fall Protection (for tenth consecutive year)
2. HAZCOM
3. Respiratory Protection
4. Scaffolding
5. Ladders
6. Lock-out / Tag-out
7. Powered Industrial Trucks
8. Fall Protection - training requirements
9. PPE – face and eye protection
10. Machine guarding



Consider that four of the ten most prevalent violations resulting in citations are related to falls and working from heights. Falls are the leading cause of workplace fatalities in the US.

Source: [www.safetyandhealthmagazine.com/articles/20956-oshas-top-10-most-cited-violations-for-fy-2020?utm\\_source=april2nd&utm\\_medium=email&utm\\_campaign=inThisIssue](http://www.safetyandhealthmagazine.com/articles/20956-oshas-top-10-most-cited-violations-for-fy-2020?utm_source=april2nd&utm_medium=email&utm_campaign=inThisIssue)

### Do Not Self-Medicate!

If you experience an injury on the job – or at home – do not self-medicate. If you are post-accident drug tested or selected for a random drug test you need to be able to furnish a valid prescription for any medications in your system. Always contact your supervisor and/or safety if you experience a workplace injury – and work with your supervisor if you are injured at home to prevent worsening your condition.

# ...and off the Job...



## Importance of Magnesium

Magnesium is an essential mineral yet deficiency is extremely common. Magnesium aids the body in many ways such as working as a mood elevator, assisting with constipation, heart health, sleep improvement, and offers metabolic benefits. Discuss the benefits of a magnesium supplement with your physician.

**Constipation:** Magnesium may be used to assist with occasional constipation however, continual use over time may dehydrate the body.

**Heart Health:** Quiets arrhythmias and deficiency in magnesium may contribute to heart disease.

**Sleep improvement:** Supplemental magnesium can improve cases of insomnia and improve sleep quality.

**Metabolic Benefits (Type 2 Diabetes):** Some studies have shown that higher levels of magnesium in a person's diet may lessen their risk of developing type 2 diabetes. Magnesium also can assist with insulin getting sugar out of the bloodstream and into muscle cells.

Source: *Meet Magnesium: What Makes this Mineral So Essential?*, [www.tasteforlife.com](http://www.tasteforlife.com)

## Driving in Construction Zones

On average, over 700 fatalities occur in construction work zones each year according to the Federal Motor Carrier Safety Administration (FMCSA). As Illinois gears up for potential infrastructure construction projects over the next few years, it is important to consider driver and construction worker safety while navigating temporary lanes and speed zones.

- ✓ Plan your route: allow extra time for reduced speed zones, road closures, and flaggers halting traffic.
- ✓ Avoid incident by merging into the open lane during work zone traffic shifts at the first opportunity.
- ✓ Increase your following distance to avoid rear-end collisions.
- ✓ Pay attention. Do not become distracted by cell phones, eating, conversations, navigation systems.



Source: [www.fmcsa.dot.gov/ourroads/work-zones-safety-tips](http://www.fmcsa.dot.gov/ourroads/work-zones-safety-tips)

## Safe Disposal of Medications

Unnecessary and expired medications such as pills, inhalants, and syringes should be properly disposed of. Some drugs are dangerous to health, and may be fatal if consumed by someone who is not prescribed. Rid your cabinets of medications to prevent children, pets, and in some cases – persons at-risk of abuse – from coming into contact. Instead of simply throwing in the trash, take medications to a Drug Take-Back

facility as recognized by the US Food and Drug Administration. Many local Walgreen, Meijer, CVS, and medical facilities offer this service.

For a full list of facilities near you, visit: [apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s2](https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s2)

Source: [www.medicalnewstoday.com/articles/327319](http://www.medicalnewstoday.com/articles/327319)

## Insect Stings

### Tips to avoid stinging insects:

- Wear clean, light colored close that cover as much skin as possible.
- Avoid strongly scented soaps, deodorants, cologne and shampoos.
- Maintain a clean jobsite – food may attract insects.
- Do not swat at stinging insects – this may provoke them to sting. If multiple buzzing insects approach, go indoors, in your vehicle, or into a shady area.

### First-aid treatment for insect stings:

- If the employee is allergic and has an EpiPen, assist the employee with applying it if necessary.
- Do not leave the employee who has been stung alone.
- Wash the affected area with soap and water. If the stinger is in the skin, remove by gently wiping with gauze pad or scraping – not scratching – fingernail over the area. Do not squeeze.
- Apply ice to reduce swelling.



Source: [www.safetyandhealthmagazine.com/articles/21359-avoid-the-sting-working-outdoors-with-insects](http://www.safetyandhealthmagazine.com/articles/21359-avoid-the-sting-working-outdoors-with-insects)

Suggestions for content you want to read about in the October-November 2021 issue?

**Contact the Safety Department.**