

# SAFETY SNAPSHOT

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## Safety on the Job...



### Good Catch: Substation Energized Without Notification

On 11/16/2021 a client's substation was energized overnight. The following morning, a Lindblad crew with subcontractors prepared to begin work when it was noticed that the substation had been livened. The crew utilized the two-minute pause, stood down and notified the client's project manager.

### UPDATE: Lindblad COVID-19 Vaccine & Testing Requirements

Lindblad Construction is awaiting guidance from OSHA regarding the Emergency Temporary Standard for COVID-19. Lindblad continues to follow CDC and Illinois Department of Health guidelines regarding masking, testing, and quarantining.

### Reminder: DOT Requirements When Working out of State

If you are driving outside of the state of Illinois, remember that you must have a log book for travel to- and from- the job location (hotel) if staying overnight. For each day's travel to- and from- the site and hotel, you must maintain a time record. For local work driving back- and forth- across state lines (i.e., Gary, IN), a time record is required. Note: these requirements are for trucks with a gross vehicle weight of more than 10,000 lbs (F350 and larger). Contact Safety if you need a log book and/or time record sheets.

If you have a CDL and are assigned out of state work, ensure that your CDL does

not have a 'K' restriction. A 'K' restriction allows only for intrastate driving. In order to reconcile, you must take your current medical card to the DMV and have it linked to your CDL. A new CDL will be issued at that time. From then on, you must turn your medical card into the state when it is renewed. A letter is sent from the Secretary of State to remind you when your medical card is nearing expiration.

Failure to follow these federal laws can result in fines or arrest if pulled over by a police officer.

### Top 10 OSHA Violations of 2021

1. Fall Protection – General Requirements
2. Respiratory protection
3. Ladders
4. Scaffolding
5. Hazard Communication
6. LOTO
7. Fall Protection – Training Requirements
8. Eye/ Face Protection
9. Forklifts / PITs
10. Machine Guarding



Source: <https://www.ehstoday.com/standards/osha/media-gallery/21178753/top-10-osha-violations>

### First Aid Kits

Although we all hope they are not needed, a well-stocked first aid kit must be available on all jobsites. In June 2016, the American National Standards Institute (ANSI) revised their industry recognized standard to determine two separate classes for first-aid kit supplies (Class A & Class B). Class A kits are suitable for wounds, minor burns and eye injuries. Class B kits

are designed to treat injuries that may occur on a more densely populated jobsite.

Inspect your first-aid kit regularly; some items list expiration dates. Class B kits should be available in all jobsite trailers, and Class A kits should be available in all Lindblad trucks. If you are in need of a new first-aid kit, please contact Safety.

Source: <https://www.safetyandhealthmagazine.com/articles/19019-first-aid-requirements>

SUPPLY	MINIMUM QUANTITY		MINIMUM SIZE/VOLUME	
	Class A	Class B	United States	Metric
Adhesive bandages	16	50	1 x 3 in.	2.5 x 7.5 cm
Adhesive tape	1	2	2.5 yds. (total)	2.3 m
Antibiotic application	10	25	1/57 oz.	0.5 g
Antiseptic	10	50	1/57 oz.	0.5 g
Breathing barrier	1	1	N/A	N/A
Burn dressing (gel soaked)	1	2	4 x 4 in.	10 x 10 cm
Burn treatment	10	25	1/32 oz.	0.9 g
Cold pack	1	2	4 x 5 in.	10 x 12.5 cm
Eye coverings (w/means of attachment)	2	2	29 sq. in.	19 sq. cm
Eye/skin wash	1 fl. oz. total			29.6 ml
First aid guide	1	1	4 fl. oz. total	118.3 ml
Hand sanitizer	6	10	N/A	N/A
Medical exam gloves	2 pair	4 pair	N/A	N/A
Roller bandage (2-inch)	1	2	2 in. x 4 yd.	5 cm x 3.66 m
Roller bandage (4-inch)	0	1	4 in. x 4 yd.	10 cm x 3.66 m
Scissors	1	1	N/A	N/A
Splint	0	1	4 x 24 in.	10.2 x 61 cm
Sterile pads	2	4	3 x 3 in.	7.5 x 7.5 cm
Tourniquet	0	1	1 in. (width)	2.5 cm (width)
Trauma pads	2	4	5 x 9 in.	12.7 x 22.9 cm
Triangular bandage	1	2	40 x 40 x 56 in.	101 x 101 x 142 cm

# ...and off the Job...



## Holiday Dangers for Dogs

We love to include our pets in holiday fun, but be wary of toxic foods, plants, and holiday flair that your pets can get into.

**Toxic foods:** chocolates, grapes and dried vine fruits such as raisins and currants, alcohol, allium plants (onions, leeks, garlic), and macadamia nuts.

Some foods that may be safe for your dog include salmon, skinless turkey, lamb, peas, carrots, and sweet potatoes. Be wary of small bones and food allergies before letting your dog in on the holiday feast.

Source: <https://www.bluecross.org.uk/pet-advice/christmas-dangers-dogs>

**Holiday plants:** holly and holly berries, mistletoe, Christmas tree needles, ivy, and poinsettias can cause stomach upset and health complications if ingested. Some ivy may cause allergic reactions from skin contact as well.

**Other holiday hazards:** Christmas décor and wrap such as tinsel, foil, crepe paper, potpourri, and glass can cause a myriad of health issues if ingested or chewed. Silica gel sachets should be kept from pets and placed in the garbage.

## Online Shopping Safety

Christmas shoppers choosing to forego the crowds this year and shop online instead should consider the following safety tips:

- Shop from a reliable source. If a deal seems to be too good to be true, it probably is. Shop from businesses that you are familiar with in order to avoid scams and false advertising. Read reviews before you buy.
- Set strong passwords to avoid hackers.
- Do not click on external links that may take you from the site you are on, or that you receive in spam emails.



Source: <https://www.ready.gov/holiday-safety-social-media-toolkit>

## Ladder Safety at Home

When using a ladder to hang and take down Christmas decorations, always use the appropriate ladder for the job. Make sure you have stable placement and wear shoes with traction. Do not overextend while working on a ladder; move the ladder closer to what you are trying to reach. Watch your step, and maintain three points of contact with the ladder. It is a good practice to avoid working from ladders when you are home alone.



## Eating Healthy at Holiday Parties

Managing a healthy diet during the holiday season may seem impossible however, consider the the below tips if you are trying to shed a few pounds or manage healthy and dietary restrictions.

- ✓ Bring a healthy dish to pass that you enjoy.
- ✓ Load your plate first with vegetables so that there is not as much room for the less healthy options.

- ✓ Eat slowly: your brain takes up to 20 minutes to recognize when you are full. This will help prevent overeating.
- ✓ For diabetics, regulating sugar is important. Try to eat at your normal mealtime; if you know your mealtime will be different, consider a healthy snack and a smaller meal.
- ✓ If you plan to have a sweet dessert, opt for a smaller serving of potatoes, bread, or other carb-heavy side.

Source: [https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetesmanagement%2Findex.html](https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetesmanagement%2Findex.html)

Suggestions for content you want to read about in the **January-February 2022** issue?

**Contact the Safety Department.**