



LINDBLAD
CONSTRUCTION

SAFETY SNAPSHOT

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Safety on the Job...

Six Summer Workplace Hazards

Heat exposure and heat related illness is an obvious threat to the safety of construction workers during the hot summer months. Drink plenty of water and electrolyte-replacing fluids (Squencher, Propel). Other summer workplace hazards that must not be overlooked are below.

Falls: Falls are the #1 cause of fatalities on construction jobsites, and they tend to increase in frequency during the busy summer months.

Trenching and excavation: Remember to always protect your excavation from cave-ins. Remember to slope/bench, shore, or shield.

Struck-by: Approximately 75% of struck-by fatalities involve heavy equipment such as trucks or cranes. Other causes include dropped materials/line of fire from above.

Electrical safety: Know the hazards around your work area and leave the electrical work to the electricians.

Workplace violence: According to the Bureau of Labor Statistics Census of Fatal Occupational Injuries, workplace violence is the third-leading cause of occupational fatalities in the US. Always be aware of your surroundings and if you see something, say something.

Agricultural hazards: Agricultural operations hazards include grain bins and silos, chemical exposure, heat, musculoskeletal injuries and noise.



Source: www.ehstoday.com/construction/media-gallery/6-summer-workplace-hazards

The Right Way to Wear Earplugs

According to NIOSH 22 million US workers each year are exposed to hazardous noise on the job but more than half of these workers do not wear hearing protection. Disposable hearing protection should be disposed of after each use, and especially if there is any sign of dirt, dust, or grease. Disposable hearing protection (ear plugs) is widely available to workers, but are those opting to use hearing protection using it correctly?

- ✓ Using clean hands, roll the ear plug until it is at the smallest diameter possible.
- ✓ Reach behind your head with the opposite hand and pull the outer part of the upper ear.
- ✓ Insert the rolled end into your ear canal. Hold the plug in place so the foam can expand inside of the ear canal walls.
- ✓ Check that the earplug is snugly fit using a mirror or cell phone camera. The plug should not be hanging outside of your ear. If you are hearing noise similarly as you were prior to insertion, take the earplug out, roll, and try again.

Source: www.safetyandhealthmagazine.com/articles/22580-right-way-to-wear-disposable-earplugs

Recent Vehicle Incidents

Lindblad has experienced a rise in at-fault vehicle accidents over the last several months. Two incidents involved striking a bollard, one rear-ending, and one property damage due to distracted driving. Increase following distance where possible to avoid circumstances where a rear-ending is possible. Always perform a 360-degree walk around your vehicle when parked for any period of time. On jobsites, consider placing a cone in front of your vehicle to help remember to walk around your vehicle. Avoid distracted driving. This may include phone use or dashboard distractions such as changing the radio. Avoid eating or reaching for items that have fallen off of the passenger seat while in motion. If it cannot wait, come to a complete stop somewhere safe to execute your actions.

Complacency Can Be Catastrophic

According to the US Chemical Safety Board (CSB), the root cause of the Deep Water Horizon explosion was due to a culture of complacency within the oil company (BP), the drill rig operator (Transocean), and the regulatory bodies overseeing offshore drilling. The April 20, 2010 catastrophe resulted in the deaths of eleven people and a devastating spill in the Gulf of Mexico. The CSB determined that the companies involved may have focused so heavily on reducing employee injuries that they overlooked major

process safety issues such as barriers against hazardous releases, automatic shutoff system failures, activation of pressure relief devices and loss of containment of liquids and gases.

Signs of complacency include a lack of engagement in one's work, no longer working cooperatively, and increasingly becoming less detail-oriented or lazy. Being able to recognize and correct complacency in yourself and on your jobsite may prevent an incident in the future.



Sources: ISHN Magazine, A Culture of Complacency Creates Risk; www.chemistryworld.com/news/bps-misdirected-safety-focus-blamed-for-deepwater-debacle/5272.article

...and off the Job...

Kids in the Kitchen

Cooking is a life skill that can be taught at a young age. Involving children in meal prep encourages healthy eating, strengthens math skills, and improves creativity. According to Mayo Clinic, children are more likely to eat food that they helped plan and prep so increasing the involvement of a picky eater can be very beneficial. Below are some ideas of how to get your young foodie involved:

- ✓ Allow your children to choose which fruits and vegetables they would like to eat when shopping at the grocery store or farmer's market.
- ✓ Read kid-friendly recipe books and let your child pick out recipes that they would like to try.
- ✓ Even supervised toddler/pre-school-aged chefs can get involved by counting/measuring, sifting, stirring, and picking herbs and vegetables in a home garden.



Source: www.newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-getting-kids-involved-in-the-kitchen/

July is Vehicle Theft Prevention Month

According to the National Highway Traffic Safety Administration (NHTSA), 804,000 vehicles were stolen in the US in 2020 – costing vehicle owners more than \$7,000,000,000. Passenger cars made up 74% of the stolen vehicles. Use common sense precautions: take your vehicle key out of the vehicle when you exit; close windows and lock doors; never leave valuables visible in your vehicle; and park in well-lit areas when possible. Thieves will steal whatever they can sell: commonly stolen items include doors, wheel covers, transmissions, air bags, radios, and personal possessions within the vehicle. If your vehicle is stolen contact the police immediately and your insurance as soon as possible.

Source: www.nhtsa.gov/road-safety/vehicle-theft-prevention



- Protect your pets with flea and tick prevention products – talk to your vet about the different options such as preventative medications, flea collars, or holistic sprays to combat ticks. Perform routine tick-checks, focusing specifically on the area around their face (eyes, ears), in the areas where legs meet body, and around the tail. Keep in mind that a tick will attach anywhere on your dog, these are just frequently overlooked places.
- Perform routine tick checks on yourself and children. Comb through your hair after potential exposure and check your body for ticks using a mirror for hard to see areas such as your back.
- If you locate a tick on your pet or yourself: pour a little rubbing alcohol on the tick if available, let it sit for a moment, and pull the tick with fine tweezers as close to the head (surface of skin) as possible. Remove the tick, but do not crush it. Crushing ticks can release infection they may be carrying.

Tick'ed Off

Every year is a 'bad tick year'. Ticks carry diseases such as Lyme Disease and Alpha-gal Syndrome – a syndrome caused by the Lone Star tick that results in an allergy to red-meat that may never go away. There are four predominant species of ticks found in the state of Illinois, two – the Lone Star tick and the Gulf Coast tick – are more prevalent downstate. These ticks are aggressive, and will seek out their next meal. The deer tick and black-legged tick are the two tick species most common in the northern part of the state. They are more passive, and tend to be found in wooded or grassy areas. That said, even shrubbery and trees in urban areas may be home to ticks.

Source: www.chicagotribune.com/news/environment/ct-illinois-ticks-lyme-disease-20220509-fe5cxkx4y5bknk53twfo5bjpli-story.html

5 Tips for Quitting Smoking

1. **Avoid triggers.** If being around certain environments or people trigger you wanting to have a cigarette or vape, avoid until you are confident you can fend off the temptation.
2. **Do not 'just have one'.** One often leads to two which leads back down the road of addiction.
3. **Keep your mouth busy.** Keep gum and mints handy. This is often why people gain weight when quitting smoking, so try to avoid substituting unhealthy foods.
4. **Delay and distract.** Feel like you're going to give into a craving? Wait 10 more minutes, and distract yourself during that time to fend off the craving. Try using physical activity as a distraction.
5. **Seek help.** Reach out to your medical provider and/or pharmacist for over the counter or prescription assistance with kicking the habit. Look online for help or ideas to help quit. You can also contact (800) QUIT-NOW for free support and counseling.



Source: www.safetyandhealthmagazine.com/articles/22577-ready-to-kick-the-habit

Suggestions for content you want to read about in the September-October 2022 issue?

Contact the Safety Department.