



# SAFETY SNAPSHOT

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## Safety on the Job...

### How To Properly Clean A Reusable Respirator

If you do not have pre-packaged respirator cleaning wipes on hand, follow the tips below to properly clean your respirator after use.

- ✓ Immerse the respirator (not including cartridges/filters) in a warm cleaning solution; do not exceed 120 degrees Fahrenheit. Do not use cleaners containing lanolin.
- ✓ Disinfect the respirator by soaking in 30 mL of bleach per 7.5 L of water, or other suitable disinfectant solution.
- ✓ Always rinse your respirator in warm fresh water and air dry.



Source: 3M Tech Update, Cleaning Reusable Respirators



### Subcontractor Without Fall Protection On Rooftop

Subcontractor employees were witnessed removing and applying new caulking to a parapet wall on the roof of a client's building without being tied off.

The parapet's height was approximately 30 inches, in order to be considered fall prevention, the parapet wall would need to be 42 inches +/- 3 inches.

### Reminder To Check Expiration Dates

Materials in first-aid and gel-burn kits expire. Please verify your supplies are not expired; if you are in need of new kits, let Safety know or take one from the Fastenal machines in the shop.



### Chop Saw Cuts Through Conduit With Live 120/240v Line

A Lindblad subcontractor, using a chop saw, cut a conduit that contained live power. Following the cutting of the cable, an excavator was used to remove the isolated section of conduit and cable when the spotter and operator noticed an arc. The crew stopped work immediately and notified the crew leader. The utility owner disconnected the power at four buildings to be demoed, but were not able to find the power source for the cable that was cut. The utility owner had planned to tag the cable and conduit to indicate the cable was live. At this time, the job was being covered by a different crew leader while the site crew leader was on vacation. When he returned from vacation, the fill-in was reassigned to a different job and did not have the opportunity to discuss the site changes. It was assumed by the site crew leader that all power had been disconnected at the source.



### Annual Fire Extinguisher Training

Annual fire extinguisher training will be held at the Lindblad shop this spring! Training will include hands-on participation in extinguishing a fire. Please keep an eye out for a text and/or email from Safety with details.

# ...and off the Job...

## Improving Heart Health

According to the American Heart Association, following the tips below can help to improve your heart health.

- Eat colorful foods and healthy proteins. A colorful diet consisting of a variety of fruits and vegetables, as well as healthy proteins can help with maintaining a healthy weight and heart. Healthy proteins include nuts, beans, and seeds, as well as poultry, seafood, and lean cuts of meat.

- Select minimally processed foods. Natural foods tend to contain more nutrients.
- Limit sodium. Cook with herbs rather than salt and be wary of hidden sodium in processed foods.
- Limit added sugar such as desserts and soda.



Source: New Guidelines for Heart Health, CIP Solutions newsletter, Winter 2022



## Cleaning Chemical Tips

To kick-off the spring and summer months you may feel the urge to declutter and clean up around the house. When choosing household cleaning chemicals, choose milder options that will still get the job done. Where possible, avoid using bleach and ammonia – and never mix the two! Always read the label on the container to determine if eyewear or gloves are needed. Ventilate the area you are cleaning by opening windows and running fans. Always safely store chemicals out of reach of children and pets after use.

## How to Spot a Stroke

Strokes can come on very quickly, and acting quickly is of utmost importance.

**Stroke symptoms include:**

- Numbness of face, arm, or leg, particularly on one side of the body.
- Confusion or trouble speaking
- Vision impairment
- Trouble walking, loss of balance or dizziness

If you suspect someone is experiencing a stroke, act **F.A.S.T.!**

**F—Face:** Ask the individual to smile. Does one side of the face droop?

**A—Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**T—Time:** If you see any of these signs, call 9-1-1 right away. Pay close attention to details, such as time of onset, as they may be very helpful to medical providers.



Source: Center for Disease Control, [www.cdc.gov](http://www.cdc.gov)

## Protect Yourself From Cyber Attacks

During this time of uncertainty, and as best practice in general, make sure your information is protected with online platforms. Use various passwords for log-ins with special characters, capital letters, and numbers. Do not open links on websites or emails that seem skeptical. If you do not recognize the sender, it may be in your best interest to not open the email as 'zero-click' hackers are growing in popularity. A 'zero-click' hack allows a hacker to access your cell phone and computer even if you do not open a malicious link or attachment, but open an email that is compromised. When in doubt – play it safe!



Source: [www.yahoo.com/now/zero-click-hacks-growing-popularity-08002219.html](http://www.yahoo.com/now/zero-click-hacks-growing-popularity-08002219.html)

## What Can Youngsters Safely Drink?

The health of your child is of utmost importance and top priority as a parent. Choosing nutrient-rich food can be a challenge, especially with picky eaters, so what can they safely drink?

It is not recommended that children under 12 months drink cow's milk or sugary beverages such as juice, soda, and sports drinks. Before 12 months, consumption of cow's milk increases the risk of intestinal bleeding so the

CDC advises parents to steer clear. After 12 months, children can drink cow's milk and 100% fruit juice. Read the labels before buying and only buy pasteurized milk and juice. Unpasteurized juices include some 'fresh-squeezed' juices that one may find at a farmers market or juice bar. Children should only receive 4 ounces a day of juice in a cup – do not give toddlers juice in bottles as it can cause dental problems.

Source: [www.safetyandhealthmagazine.com/articles/22233-whats-ok-for-young-kids-to-drink](http://www.safetyandhealthmagazine.com/articles/22233-whats-ok-for-young-kids-to-drink)

Suggestions for content you want to read about in the **May-June 2022** issue?

**Contact the Safety Department.**