

THE

CONNECTION

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Happy Thanksgiving



Don't Forget Food Safety

Contrary to popular belief, most cases of food poisoning are caused by home-cooked meals. Here's how to keep bacteria off the guest list around the holidays:

Handling. Wash hands with soap for 10-20 seconds before handling food and after using the bathroom, changing diapers or handling pets or raw foods. Wash fresh produce too - even if it looks clean. But don't rinse raw meat. You're more likely to contaminate your kitchen than decontaminate the food.

Thawing. Never thaw a frozen turkey or any frozen food on the counter. Why: Bacteria can grow in the outer layers as food warms before the inside thaws. Best: Thaw frozen foods in the refrigerator instead.

Stuffing. Remember: Bacteria in poultry can get into stuffing and multiply. What to do: Cook stuffing outside the bird, or stuff the turkey just before you're ready to roast it... Pack stuffing loosely so it cooks faster... remove the cooked stuffing from the turkey and serve it separately.

Cooking. Use a thermometer to make sure the turkey's internal temperature reaches 180 degrees and the stuffing reaches 165 degrees.

Storing. Cut larger portions into smaller pieces before refrigerating to allow them to cool rapidly and keep bacteria from multiplying. Plain leftover turkey can be safely kept 3-4 days, cooked ham for a week. Just remember: When in doubt, throw it out.



Play

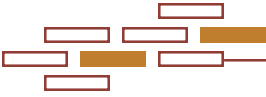
ing Safety Detective

The purpose of accident investigations is not to assign blame. It's to uncover hidden hazards or conditions and to address them so that the same accident doesn't happen again.

Thorough accident investigations go beyond the obvious and look for what's known as the root cause.

Case in Point: One day, the receptacle at an employee's workbench malfunctions. The employee lays an extension cord across the aisle to tap into his co-worker's power source. A third employee trips on the extension cord, falls, and breaks his leg. What's the root cause of this accident? It's the malfunctioning electric receptacle. A more obvious cause, on the other hand, would be that the extension cord wasn't safely secured to the floor with appropriate tape.

This story illustrates why it's your responsibility to cooperate during an accident investigation. As a front-line employee, you can provide valuable insight on the conditions or circumstances surrounding an incident. Answer all questions as fully as possible, and be straightforward and honest. You could provide the clue that breaks the case and prevents another accident.



How and Why to Protect Your Crew From Drywall Sanding Dust

Workers who sand drywall joint compound are exposed to high concentrations of dusts which have been associated with various eye, nose, throat and respiratory tract irritation. A NIOSH alert bulletin warns that these compounds are made from ingredients such as talc, calcite, mica, gypsum and silica, which should be cause for alarm.

Breathing these particles over time could cause persistent throat and airway irritation, coughing, phlegm production and breathing difficulties similar to asthma. Smokers or those with sinus or respiratory conditions are at even greater risk. Silica alone presents the danger of potential silicosis and lung cancer.

A NIOSH health hazard evaluation found that drywall sanders are exposed to as much as 10 times the permissible exposure limits for total dust set by OSHA. Further, the limit for respirable dust was also exceeded.

Wet Sanding is One Option

Several possible protective measures have been suggested by joint compound manufacturers, such as the use of wet sanding whenever possible. Another is to reduce dust exposure through proper ventilation. While respiratory protection is often worn, NIOSH claims that many workers use it incorrectly. It also chides management for lack of training poor selection of devices and improper fits.

Manufacturers have been responding to this threat with the development of various lightweight sanding systems designed to control drywall workers sanding exposures. These systems use portable vacuums to capture and remove dust before the worker is exposed to it. NIOSH points out that these systems can be doubly beneficial because of the dramatic reduction in airborne dust exposures leaves a much cleaner work area after sanding.

One other NIOSH suggestion is to use

pole sanding, particularly when working overhead. The pole increases the space between the worker and the sanding surface, which reduces the amount of dust close to the worker's nose and mouth.

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Everyone Must Be In A Constant State of Alert For Fires



A devastating fire is a major hazard on nearly any construction site. Only eternal vigilance on job sites can prevent loss of life and property to this menace. It is everyone's job to stay alert, to understand fire safety measures and to be on the lookout for carelessness or negligence that could lead to a fire. Following is a list of 10 key elements to firefighting on a job site:

1. Familiarize yourself with the location of all firefighting equipment, including extinguishers, hoses, water sources, etc.
2. Whenever you spot a violation of the rule regarding free access to all available firefighting equipment, do something about it immediately. If you can't clear the blockage, alert management to it so that it can be cleared.
3. If you are unfamiliar with the proper use of any firefighting equipment, discuss it with management.
4. Be alert to all of the possible ignition hazards.
5. When sorting combustible material, remember that it cannot be piled higher than 20 feet. The piles must also be stable to prevent collapse.
6. Such combustible material cannot be placed closer than 10 feet to any building or structure.
7. When storing material indoors, never block an exit or access to firefighting equipment.
8. Weeds, trash or other debris can represent a danger if close to a combustible storage site. If you notice such conditions, get help from management to address the

situation.

9. There are specific reporting instructions posted for all employees to follow in case of a fire. Make sure you have memorized them.

10. It may seem an unnecessary reminder, but many areas on a job site are off limits for smoking. If you have to light up, be sure that you are in an approved smoking area that does not contain any potentially combustible material.

SAFETY USING A CHAIN SAW

For many homeowners with fireplaces and wood burners, this is the time of year to start cutting and seasoning the wood for next year's fires.

To minimize the potential for injury, the Safety Council for West Michigan offers the following safety advice when using a chain saw:

Always read the operator's manual before starting the task at hand.

Wear protective equipment such as gloves and eye, ear and leg protection.

Do not fuel the saw with the engine running or start the engine in the same spot where it was fueled.

Never cut anything with a chain saw except wood.

Always establish good footing before starting to cut.

Do not attempt to cut above shoulder height. It is very difficult to control the saw from such an awkward position.

Hold the chain saw with both hands.

Be wary of kickback - what happens when some sort of interference causes the saw to suddenly move upward or backward. The interference could be anything from an unusually hard portion of wood to letting the nose of the chain saw contact a log, branch or any other obstruction.

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