

THE

CONNECTION

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IS THE ICE SAFE?

A frozen lake provides an open expanse for snowmobiling, cross-country skiing, skating and ice fishing. But it also creates potential hazards. Use these safety tips to avoid the dangers.

Remember that ice is unpredictable. Its strength can vary from spot to spot and from day to day.

Always partner up with someone when you go out onto the ice.

Observe the quality of the ice. Clear ice is the strongest. Ice that is cloudy or filled with bubbles is less sound.

Beware of snow-covered ice. Snow creates insulation. It can weaken ice and hide dangers.

Check ice as you go with a heavy ice chisel or auger. Use an auger or chisel to gauge the thickness. Remember that even thick ice loses strength when the air temperature has been above freezing.

If you drive on ice, keep a window open for quick escape. Limit your speed to below 15 m.p.h..

Follow the ice safety recommendations of local authorities.



THE THREE F's OF WELDING AND CUTTING: FIRE, FUMES, AND FACE

Welding and cutting operations are so dangerous that they are worth their own special talk. The dangers of welding can be summed up in three words: fire, fumes, and face. Let's talk first about protecting yourself and your work area from fire caused by sparks or molten metal drips.

The safest way to weld is to work far away from anything that can burn. But since this is not always possible, take plenty of time to clean up and prepare the area before you begin. This means clearing away combustible materials within 30 feet of your welding or cutting job, sweeping the floor clean of dust and debris, and protecting open doorways and windows with a fireproof curtain. If it's not possible to remove everything that can burn, take these precautions:

Cover wooden beam, partitions, floors and scaffolds with sheet metal or asbestos. Or wet down combustible floors, but remember this can create a shock hazard if you're using electric welding equipment.

Put containers of water or sand below dripping slag or where pieces of hot metal might fall.

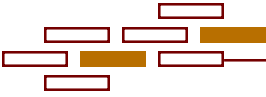
Keep water, sand or a fire extinguisher on hand to put out fires caused by sparks. In extremely hazardous situations, have someone stand by with a fire extinguisher while you work.

Do you sometimes weld tanks or drums that may have held flammable liquids or gas? For your safety, insist on an approved test to show that there are no dangerous fumes left in the tank. Do it before you start welding. Never weld where flammables have been used recently or where there is dust in the air. If in doubt, use a combustible-gas indicator to check for flammable vapors.

Because welding may produce toxic fumes, good ventilation is just as important to your safety as preventing fires. Those fumes are bad for your health! If screens around your work to prevent fire also interfere with ventilation, you may need to use special ventilating equipment or even wear a respirator. Never weld in a tank or small enclosed area without making sure you've got enough ventilation and are working in a "safe" atmosphere. Check with your foreman if you're not sure. You work better when you stay healthy.

Always protect your face and eyes from sparks, slag, molten metal, and from flash burns caused by radiation from welding equipment. OSHA requires gas welders to wear impact and heat-resistant goggles. Arc welders must wear helmets and goggles that resist heat, fire, impact, and electricity. You know what kind of protection to wear on welding jobs-and not just for the actual cutting and welding. You may not need your helmet for chipping and cleaning metal, but you must wear goggles to protect your eyes from particles of metal.

Before you start any welding operation, for safety's sake make sure you are "covered" when it comes to the three Fs: fire, fumes, and face.



Beat The Flu

Follow these tips to help ward off this seasonal malady:

Avoid getting run down and overtired from lack of sleep, and weakening your immune system by not getting the proper nutrition.

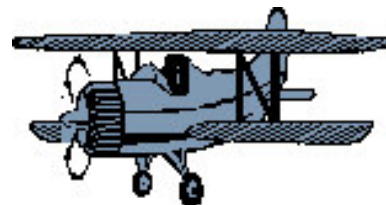
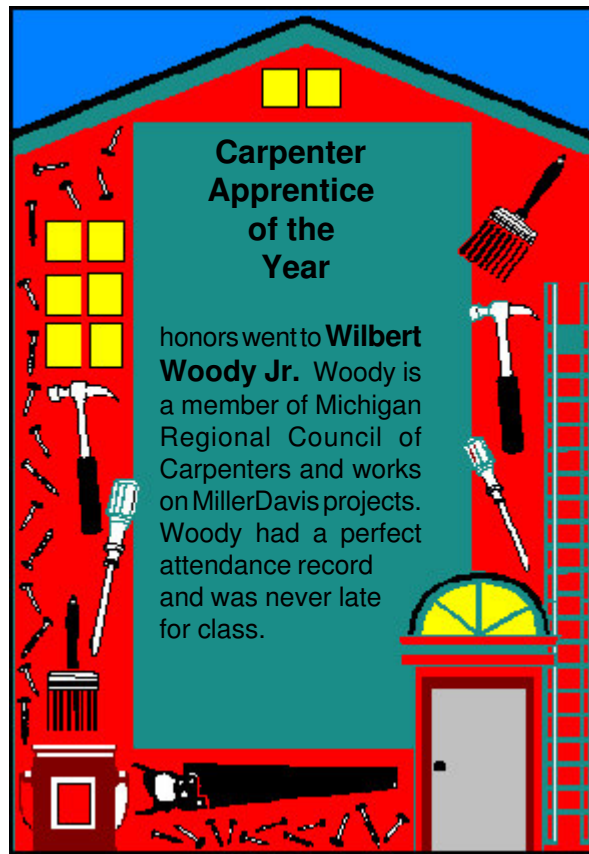
Wash your hands frequently, especially if you interact with the public. Flu germs can live for hours on surfaces people touch. Consider keeping a hand sanitizer nearby, and use it when soap and water aren't available.

Manage stress. It can weaken your immune system.

Get regular exercise. It will boost your immune system.

Avoid rubbing your face, eyes, and nose with your fingers.

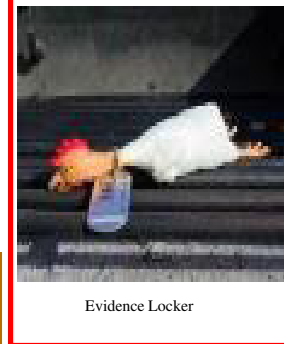
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THE DEAD CHICKEN TEST

To describe the importance of careful follow-through on safety programs, Thomas Krause told the story of the Federal Aviation Administration's "dead chicken launcher."

The FAA uses the launcher to test windshields of planes to make sure they won't break if they hit a bird.



The contraption works well. Which is why British Rail decided to borrow it to make sure railroad cars had strong windshields.

Workers at British Rail launched a chicken, but it crashed through the windshield and an electrical panel and became embedded in a wall.

Surprised, they asked the FAA to investigate what had gone wrong.

The FAA wrote up a report in one sentence:

"Always thaw the chicken."

MAKING SAFETY FUN

If you're trying to get workers to stop thinking safety training is boring, take a cue from flight attendants.

Here are a few quotes from some flight attendants who made the standard safety talks more exciting.

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"There may be 50 ways to leave your lover, but there are only 4 ways off this plane...."

.....
"Your seat cushions can be used for flotation, and in the event of an emergency water landing, please take them with our compliments."

.....
"In the event of a sudden loss of cabin pressure, oxygen masks will descend from the ceiling. Stop screaming, grab the mask and pull it over your face. If you have a small child traveling with you, secure your mask before assisting with theirs. If you are traveling with two small children, decide now which one you love more."