

THE

# CONNECTION

OCTOBER 2005



## EXERCISING AFTER DARK

If fitting in exercise means you're on the road after dark, be sure to always face traffic and dress so drivers can see you.

If you carry a flashlight, headlights will pick you up at 1379 feet and drivers will see you're a person at 316 feet.

If you wear a white T-shirt, headlights will pick you up at 224 feet and drivers will see you're a person at 105 feet.

If you wear reflective tags, headlights will pick you up at 532 feet and drivers will see you're a person at 144 feet.

If you wear a jogger's vest, headlights will pick you up at 744 feet and drivers will see you're a person at 322 feet.

If you wear a reflective head, wrist and ankle bands, headlights will pick you up at 760 feet and drivers will see you're a person at 436 feet.



## Working Safely in Winter Weather



Working outside in the winter can be uncomfortable and annoying. More important, adverse weather conditions can increase existing hazards and introduce new ones. Mere unpleasantness can five way to significant safety and health risks. It is critical to take suitable precautions to ward off or at least lessen the consequences of winter weather.

Protection begins with preparation, whether you work in construction or utilities, security, farming, public safety, or other jobs that expose you to the elements.

It is understood that certain occupations often deal directly with emergency situations and that with these jobs weather will seldom cause the work to stop or to not begin in the first place. In such cases, it should be understood that there simply are more dangers. There must e an active, detailed plan to combat those dangers. In many cases, though, you can reduce hazards by planning to complete essential work before the onset of a storm. Also, assigning larger crews can help cut down on exposure.

In general, there are several strategies for dressing to effectively combat winter elements. These include:

**Wear loose layers of clothing, rather than a single heavy layer.** Layers help trap heat and also allow for removal of some clothing if, for example, an outer garment becomes extremely wet or simply because conditions have improved. If the layers are too tight, movement may be restricted, which not only lessens productivity and causes discomfort but also can add to general safety concerns.

**Keep Toes Toasty.** If too many layers of socks are worn, circulation may be impeded, increasing the chances of cold damage to feet. Choose thermal or heavy wool socks, with a polypropylene or silk pair under them (to wick moisture from the skin). Waterproof or water-resistant footwear is preferable, and slippery conditions should help dictate the types of soles to be selected.

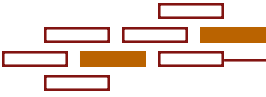
**Wear mittens if possible.** Mittens are significantly warmer than gloves, but their use is limited when finger dexterity is required.

**Keep Heads Under Cover.** Since a very high percentage of body heat, loss is through the top of the head, hat usage is paramount.

**Minimize bare skin, as long as vision is not impaired.** Exposed ears, noses, and finger tips are particularly vulnerable. Avoid dangling scarves that can be caught in moving parts or cause tripping hazards.

Keep in mind that, whenever clothing does not adequately stem the feeling of cold, you can be more susceptible to accidents merely because of the distraction. Realize, as well, that wet skin is in greater jeopardy of cold damage.





## Halloween Safety

It's that time again when children enjoy dressing up and roaming the neighborhoods in search of some of their favorite candy. Here are some things we can do to help make this Halloween safe for everyone.



### Lighting

- a. Make sure the pathway to your home is well lit. If you are using candles to light the way, make sure they are a safe distance from the sidewalk or driveway. Some children wear items made of paper or carry paper bags.
- b. If you are going to use the "dark" affect, make sure there are no tripping hazards in the way.



### Clothing

- a. Use clothing or a costume that allows others to see your child from a safe distance. It's not uncommon for some children to ride their bikes, roller blades, or skateboards from house to house. Some children can travel at high speeds on these things and before you know it, they can be right on top of you.
- b. Avoid using paper costumes. More and more people are lighting their pathways with small candles. These often invite a curious child in for a closer look.



We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: [www.CLS-Skilledlabor.com](http://www.CLS-Skilledlabor.com)



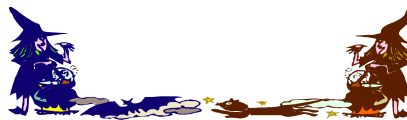
### Candy

- a. Talk with your children about eating candy before they get home. You should inspect the candy before they eat it. If you are not going out trick or treating with your child, buy them some of their favorite candy to eat along the way.
- b. Make sure you inspect "all" the candy. Anything that looks like it was tampered with should be thrown out. It's best to error on the safe side.



### Groups

- a. Make sure your child walks or rides around with other children and "never" alone.
- b. Children should be told under no circumstance are they to go up to any "vehicle" or stranger during the evening. I use the word vehicle because some children will think it's OK to go up to a van or bus if you tell them to stay away from all "cars".



## COVERING FLOOR OPENINGS

It was a small hole-barely big enough for a man to fit through. Terry was going to cover it in the next hour. He grabbed a sheet of 4' by 8' plywood from the stack, threw it over the hole and went to lunch. Along came Will and Jake, who needed just such a sheet of plywood. Wondering why someone had left good plywood lying on the floor instead of stacked, they decided to use the piece on the floor. Naturally, with the plywood between them, they didn't see the hole.

Suddenly Jake was standing alone, with one end of a piece of plywood. All that remained of Will was a series of colorful comments coming from the floor below.

We can laugh at this story because Will escaped with only a few bruises, but you can bet that he made sure Terry didn't make the same mistake again. Covering a floor opening safely, so that other people don't get hurt, calls for more than just laying the material over the hole or even nailing it down. There's a right way to do everything, and doing less than the right way results in less than complete accident prevention.

Never leave a floor hole unguarded, even for a few minutes. Choose a floor covering that is big enough to overlap the edge of the hole generously. It should be thick enough to cover the hole without sagging in the middle. The bigger the hole, the thicker the covering should be. Unless you intend to stand there and warn everyone who might possibly go past that hole, nail the cover down, even if it's only going to be there an hour. Why take chances? If someone you work with ends up in the hospital because of your carelessness, you've not only disrupted someone else's life, you've also increased your own workload while the other worker is laid up and probably put your job on the line.

One more thing. If you see a hole that is unguarded, not covered, or improperly covered, whose business is it? The answer is, it's everybody's business. Even if it means taking time out from a tight work schedule, report improperly covered holes immediately. Taking responsibility for others' safety is good for business, and that's good for you.

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