

Cranes and Power Lines Don't Mix

Operating a crane would be a lot easier if we never had to worry about power lines. Power lines are a fact of life at most work sites. Let's review the special hazards of using cranes around them and the precautions you must take to protect yourself and your coworkers. The keys to safe crane operation are following procedures exactly, staying alert, and using good judgement.

The safest way to work around power lines is to have the current shut off during the job. If the current must remain on, be sure you understand all procedures before you begin working in these dangerous conditions. If in doubt, ask. Remember, there are no stupid questions, only stupid mistakes (and sometimes dangerous ones). Be sure you are thoroughly familiar with the operation of your vehicle. Know the length of the boom and the arc it makes when it is raised and lowered.

Staying alert includes constantly remembering those power lines as you work. This is not the time to plan your vacation or rehash that argument with your brother-in-law. Forgetting that you are near a power line can be a fatal mistake. Keep your mind focused on what you are doing and be alert to changes in your surroundings, especially those surroundings near the top of the crane. Make repeated visual checks of your position in relation to power lines. It's easy to get so absorbed in your work that you don't notice what's around you.

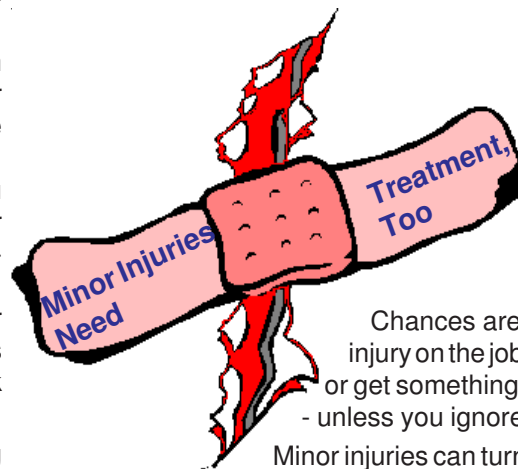
Use good judgment when positioning and lowering the boom. Avoid taking chances because you're "sure" it will clear. Crew members and crane op-



erators must work together, with the crew member able to clearly signal the operator if the boom is too close to a power line. Good judgment and teamwork are a must when you move the crane with the boom in the air.

One more point: to stay alert and use good judgment on the job, you need to come to work in good shape. Get plenty of rest and a good meal before starting work. You owe it to those who depend on you.

If you've worked in heavy construction a long time you probably know of someone who has died or been severely injured in a power line accident. The real tragedy is that most of these accidents were the result of poor judgment or forgetfulness. Do your part to prevent needless tragedy: know your equipment and safe operating procedures before you begin, keep your mind on your job, and remember: power lines and cranes don't mix.



Chances are, sooner or later you'll suffer some minor injury on the job. You might cut your finger, burn your arm, or get something in your eye. It's probably nothing serious - unless you ignore it.

Minor injuries can turn into major problems if you don't get them taken care of right away. Germs can enter any wound, no matter how small. And once they're in, they multiply so rapidly that you can easily get a serious infection.

Why do people take this risk when it's so easy to treat little injuries? Some people just don't know that minor injuries need treatment. If they've never had any problems before, they often find out the hard way. Others ignore little injuries because they're conscientious and feel they shouldn't waste time by getting first aid for just a scratch.

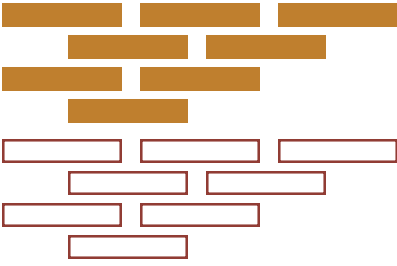
Whatever the reason, the result is the same - needless pain suffered and work time lost. So don't take chances. Take care of those minor injuries while they're still minor.

Stepping Out In Safety

The costs of slipping, tripping, and falling are high. The pain experienced as a result of a fall won't quit when you do at the end of the workday. It stays with you round the clock until the injury heals. You lose time away from work and other activities. Also keep in mind that 100 percent recovery from a serious fall is rare. You may lose your mobility temporarily or permanently as a result of a fall. The good news is that many falls can be prevented by eliminating hazards that can result in accidents. Be on the lookout for the following:

- Wet walkways
- Polished surfaces
- Loose or torn carpeting
- Chipped tiles
- Holes, trenches, and open manholes
- Uneven flooring
- Loose treads on stairs
- Objects left in aisles
- Cables, hoses, and cords stretched across walkways
- Ladders or scaffolds in disrepair
- Platforms or catwalks without guardrails

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MAY 2006

How To Make Fitness Fun

When you were a child, exercise wasn't a chore. You ran, skipped and jumped because it was fun - not because fitness experts said you must. Here's how to recapture the magic:

Have a Ball

If you once enjoyed sports, try more leisurely versions today: toss a baseball or football with a friend, kick a soccer ball around, play doubles tennis or shoot baskets. More: Try other less strenuous sports like bowling or volleyball.

Kid Around

Revisit favorite childhood activities like roller skating, frisbee tossing, or jumping rope. If you own a dog, trade a walk around the block for a run in the park. And try tumbling around with children. It's great exercise and you'll laugh a lot, too, which helps your heart and lungs.

Head Back to Class

Look to local gyms, fitness centers, and studios that offer classes in aerobic dance, water workouts, tai chi, yoga and other exercises. Idea: Check out exercise videos from the library.

Daydream

Whenever you work out, take your mind off your body with an absorbing mental task. Thought starters: plan your next vacation, memorize a favorite song, try to recall the names of teachers, classmates and friends you had as a child.

Win Prizes

Reward yourself for reaching fitness milestones, such as miles logged, calories burned or pounds lost. You'll motivate yourself to stick with it.

TOPHEALTH JUNE

For A Healthy Back, Ask Yourself These Questions

WHAT'S THE BEST WAY TO SIT?

Sit in chairs with straight backs or low back support. Keep your knees a little higher than your hips. Adjust the seat or use a low stool to prop your feet on. Turn by moving your whole body rather than by twisting at your waist.

When driving, sit straight and move the seat forward. This helps you not lean forward to reach the controls. You may want to put a small pillow or rolled towel behind your lower back if you must drive or sit for a long time.

WHAT'S THE BEST POSITION FOR STANDING?

If you must stand for long periods, rest 1 foot on a low stool to relieve pressure on your lower back. Every 5 to 15 minutes, switch the foot you're resting on the stool. Maintain good posture: Keep your ears, shoulders and hips in a straight line, with your head up and your stomach pulled in.

WHAT'S THE BEST POSITION FOR SLEEPING?

The best way to sleep is on your side with your knees bent. You may put a pillow under your head to support your neck. You may also put a pillow between your knees. If you sleep on your back, put pillows under your knees and a small pillow under your lower back. Don't sleep on your stomach unless you put a pillow under your hips. Use a firm mattress. If your mattress is too soft, use a board of 1/2 inch plywood under the mattress to add support.

WHAT EXERCISES CAN I DO TO STRENGTHEN MY BACK?

Some specific exercises can help your back. One is to gently stretch your back muscles. Lie on your back with your knees bent and slowly raise your left knee to your chest. Press your lower back against the floor. Hold for 5 seconds. Relax and repeat the exercise with your right knee. Do 10 of these exercises for each leg, switching legs.

While some exercises are specific for your back, it's also important to stay active in general. Swimming and walking are good overall exercises to improve your fitness.

