

THE CONNECTION

JUNE 2007

Where do you go when you have a question that needs an answer these days? The Internet, of course.

Here are some questions found on the Internet and published in the Write File Quarterly, Woodville, Ontario, Canada:

Why do you need a driver's license to buy liquor when you can't drive and drink?

Why isn't phonetic spelling spelled the way it sounds?

Why are there interstate highways in Hawaii?

If you're in a vehicle going the speed of light, what happens when you turn on the headlights?

Why is it when you transport something by car it's called a shipment, but when you transport something by ship it's called cargo?

Why is it that when you're driving and looking for an address, you turn down the volume on the radio?



PROTECT YOURSELF FROM SUNSHINE DANGERS

Employees who work outside in the sun are more at risk to skin exposures that may include blemishes, sun freckles, and wrinkles.

Continued exposure to sun over time can cause damaged skin to become cancerous.

Three different types of skin cancer are linked to sunlight exposure. Both basal cell cancer (the most common) and squamous cell cancer are usually treatable and totally curable if caught in time. Malignant melanoma is rarer, but also more likely to be fatal if treatment is delayed. Most of the 10,000 Americans who die from skin cancer each year are victims of malignant melanoma.

The risk of developing skin cancer increases with the amount of time over the years spent without protection in the sun and the intensity of the sun's rays during exposure. Intensity is greater in the summer from 10 am to 2 pm at higher altitudes. Work surfaces, such as metal roofing, concrete, etc., can also reflect up to 50 percent of the sun's radiation, which intensifies exposure.

Prolonged exposure to UV radiation can also cause cataracts, a form of eye damage in which a loss of transparency in the lens of the eye clouds vision. If left untreated, cataracts can lead to blindness. Research has shown that UV radiation increases the likelihood of certain cataracts. Although curable with modern eye surgery, cataracts diminish the eyesight of millions of Americans and cost billions of dollars in medical care each year. Other kinds of eye damage include tissue growth that can block vision, skin cancer around the eyes, and degeneration of the macula (i.e., the part of the retina where visual perception is most acute). All of these problems can be lessened with proper eye protection from UV radiation.

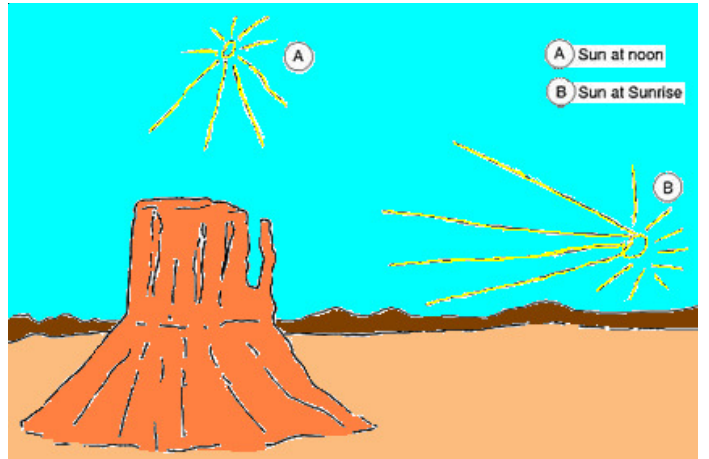
Scientists have found that overexposure to UV radiation may suppress proper functioning of the body's immune system and the skin's natural defenses.

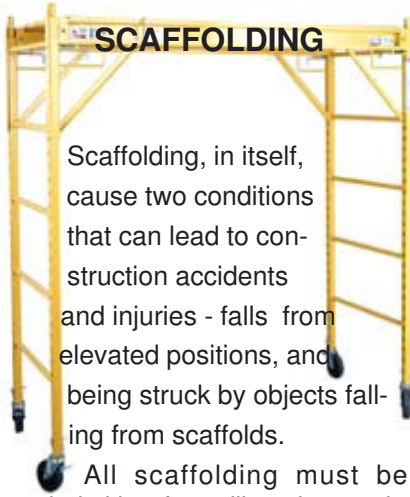
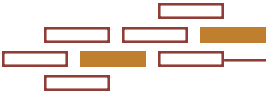
Risks of UV Radiation Ray

The amount of UV radiation is greatest around noon when the sun is directly overhead. In the early morning and later afternoon, the sun's rays pass through the atmosphere at an angle, which greatly reduces their intensity. UV intensity is highest during the summer months.

The sun's UV radiation increases with altitude, so people at higher altitudes are at increased risk of overexposure.

Cloud cover reduces UV levels, but not completely. Depending on the thickness of the cloud layer, it is still possible to sunburn, and there is still the risk of eye and skin damage.





SCAFFOLDING

Scaffolding, in itself, cause two conditions that can lead to construction accidents and injuries - falls from elevated positions, and being struck by objects falling from scaffolds.

All scaffolding must be guarded with safety railing when working at heights of 10 feet or more. It must be equipped with toeboards, and be adequately designed to support at least four times the anticipated weight of the workers and materials that will be working on it. Scaffolding components that are not designed to be compatible should not be mixed.

Inspect all scaffolding equipment each day, before using. Never use damaged or defective equipment and avoid rusted parts as their strength is unknown.

When erecting scaffolding, provide adequate sills for scaffold post and use base plates. Use adjusting screws instead of blocks when on uneven grades. Make sure you plumb and level scaffolding and do not force end braces when constructing.

A recent study revealed that 54 percent of all scaffolding accidents result from problems with planking. Use properly graded and inspected lumber for planking. Inspect it daily for splits, knots, and remove damaged planking.

Toeboards also must be installed to eliminate the possibility of tools and debris being kicked or pushed on people below.

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



LADDER SAFETY IS NO GAME

Used in 95 percent of all construction jobs, the ladder is a simple tool that is another leading cause of construction accidents and injuries. Workers overlook the potential danger by using ladders improperly. Remember these tips:

Inspect a Ladder before use. If unsafe, don't use it. Look for wear, loose rungs, and defects.

Don't over reach. Move your ladder with your work. Both shoulders outside the ladder means you're reaching too far.

Place your ladder on solid footing. If there's a danger of the ladder moving - tie it off! If there's a danger of the ladder being hit - barricade it.

Never use metal ladders outdoors during inclement weather or on windy stormy days.

Use a ladder that will reach the work. A ladder should reach three feet above the work level.

Use the four to one rule: For every four feet of height, move the base of a ladder one foot away from the wall.

Carry tools in proper carrying devices and keep your hands free for climbing.

When climbing, always face the ladder.

Defective and unsafe ladders and improper use result in ladder accidents. Periodic inspections and continuing safety reminders are two ways to help eliminate them.



"Hypermilers" say many of their techniques can help even drivers of conventional cars boost their gas mileage:

Slightly overinflate tires.

Shift into neutral when going downhill.

Drive 5 mph below the speed limit, but stay in the right lane.

Coast to a stop at red lights.

Shut off the air conditioner.

Draft sensibly behind tractor-trailers.

Know alternate routes to avoid stop and go traffic.

Park at the highest point in a parking lot and let gravity get the car moving.

CONSTRUCTION SAFETY

As a construction worker, you are part of a challenging industry and part of a unique team.

While working, your fellow construction workers' safety will also depend on you!!!!

