

Working Safely in the Cold

For many types of jobs, work doesn't stop when it gets cold outside. A common misconception is that only bitter cold temperatures can cause problems, when the reality is that even in mildly cold weather, if your body is unable to warm itself, serious cold-related illnesses and injuries may occur. Certain injuries could even result in permanent tissue damage and death. Cold related illnesses can slowly overcome you if you become chilled by low temperatures, brisk winds, or wet clothing.

Two of the most common cold related illnesses and injuries are frostbite and hypothermia. While frostbite is dangerous and can cause permanent injury, hypothermia is a medical emergency, and if not handled properly, can cause death.

Frostbite

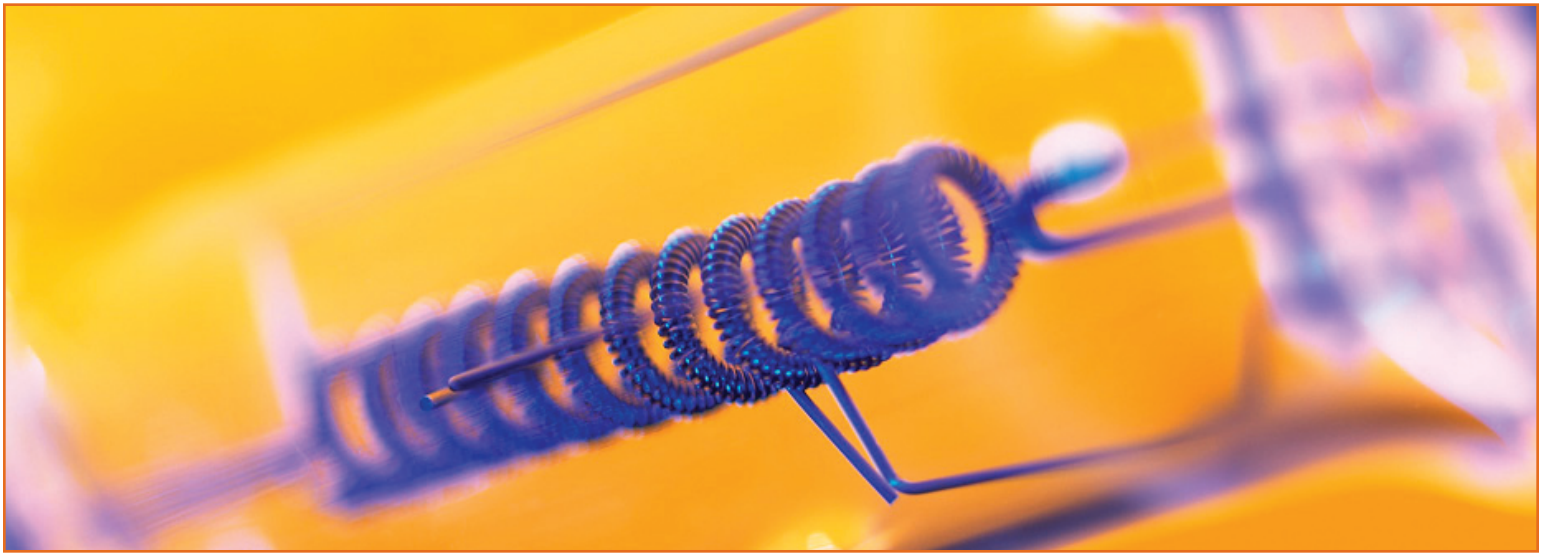
Frostbite involves the freezing of tissue in the skin. Skin becomes pale and waxy-white, and the skin becomes hard and numb. It typically affects the extremities — fingers, hands, toes, feet, ears, and nose.

Hypothermia

During hypothermia, normal body temperature (98.6°F) drops to or below 95°F. Symptoms are fatigue or drowsiness, uncontrolled shivering, cool bluish skin, slurred speech, clumsy movements, and irritable, irrational or confused behavior.

What you can do

- Know the signs and symptoms of cold related illnesses and injuries, and know what to do to help a coworker in trouble.
- Wear proper clothing for cold, wet, and windy conditions. Layer clothing so you can adjust for changing conditions. Most of the heat leaves your body through your head, so wear a hat. Gloves are important to protect the hands.
- Don't work in the cold alone — use the buddy system.
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid caffeine (coffee, tea, or hot chocolate, though decaffeinated is fine). Eat warm, high-calorie foods like hot pasta dishes.
- Take frequent, short breaks in warm, dry shelters to allow your body to warm up. And if possible, do your outside work during the warmest part of the day.



Metal Halide High Intensity Discharge Lighting Safety

By **Erin Brinkman**

HRH Risk Control Consultant—Columbus, Ohio

Metal halide lamps fall into the category of High Intensity Discharge (HID) lighting.

HID lighting is used extensively in high-bay areas and metal halide lighting is often the lamp of choice due to its energy efficiency and clear, nonyellow, lighting capability.

Unfortunately, metal halide lamps have the potential to explode. Another problem is the ultraviolet radiation that can be emitted if a lamp outer jacket is cracked. The basic construction of a metal halide lamp consists of two sections; an inner section known as the arc tube and the outer section known as the bulb. The bulb filters out UV radiation and shields the inner arc tube.

To properly evaluate the safety of existing metal halide lighting, you must first determine if the lighting fixtures are open or closed. Open fixtures have the lamps exposed directly to the lighted area without any containment. Enclosed fixtures protect the lamp with a containment lens.

If your facility has open fixtures, the metal halide lamp within should have an “O” rating from the manufacturer. The “O”

rating indicates that the lamp arc tube has been enclosed with an additional protective glass shroud. If not, your options include:

- Replacing the open fixtures with UL-159 listed enclosed fixtures. They will be equipped with an integral containment lens of tempered or borosilicate glass. If the metal halide lamp fixtures are rated for 250 watts or less, properly enclosed fixtures are required.
- Replacing existing lamps with “O” rated lamps. Such lamps have been designed to contain an explosion and burn out quickly if cracked, before excessive UV exposure is possible.

If your facility has enclosed fixtures, they should be labeled as UL-1598 compliant. Such fixtures have been designed to contain and control the associated hazards involved with an arc tube explosion or cracked lamp.

In summary, enclosed fixtures containing metal halide lamps, should be UL-1598 listed. Open fixtures should contain “O” rated lamps or be replaced with properly enclosed fixtures. Approved fixtures and lamps have been designed to contain and control the potential for fire and personal injury that an arc tube explosion or cracked lamp can present.

Contacting your professional lighting representative about available and evolving options to properly protect your premises and personnel from HID metal halide lighting exposures is also helpful.

Hunt Down Safety This Fall

This time of year marks the start of hunting season for many outdoorsmen. While most hunters adhere to strict hunting laws and safety practices, accidents are an unfortunate reality of the sport. To help keep you and your fellow hunters safe this season, follow these tips:

- Always let someone know where you will be and when you will be back.
- Don't rely on your gun's safety to keep you safe.
- Always treat a gun as if it is loaded, even when you're sure it isn't.
- Don't overexert yourself (more hunters die from heart attacks than gunshot wounds).
- Wear hunting attire as required by law, and appropriate clothing for the weather conditions.
- Carry a compass or GPS, flashlight, lighter or matches in a waterproof case, knife, and first aid kit.
- Be familiar with the area where you will be hunting.
- Know your target, and what lies beyond it before you pull the trigger.
- When in doubt, don't take the shot.
- Always know where your hunting partners are.
- Understand that there will always be people out there who are not as safe as you.

When hunting out of trees:

- Test the tree to make sure it can support your weight.
- Make sure your "ladder" is sturdy and placed correctly against the tree before climbing up.
- Verify that your tree stand is strong and sound before using it.

If hunting with children:

- Verify they have taken any required hunter's safety classes.
- Determine how much they know by practicing hunting behaviors before you go out.



Use Proper Lifting Techniques

When you are lifting heavy objects either at work or at home, protect your back by practicing proper lifting techniques:

Size up the load. You can test the weight of the load by lifting at one of the corners.

Bend the knees. Lift with your legs, not your back. When lifting, place your feet close to the object, center yourself over the load, bend your knees, get a good hold, and lift straight up. Don't twist or turn once you have the load in your grasp.

Clear the path. Make sure there are no obstacles or hazards (like spills) that can trip you up as you carry the load from Point A to Point B. Lower the load down slowly by bending at the knees, and don't let go of it until it is secure on the floor.

Split the load. If you can, split one large load into several smaller loads. You will make more trips, but may save your back.



Top Five Hidden Home Hazards

The Consumer Product Safety Commission released a report in 2007 on the top five home hazards. What they found might surprise you. Here they are, in reverse order:

Hazard #5: Pool and spa drains. The suction from a drain can be powerful enough to keep a child under water, or trap hair in the drain. You can install a Safety Vacuum Release System which will automatically shut off the pool pump if it detects when a drain is blocked.

Hazard #4: Window coverings. Children can strangle themselves on cords that form a loop. You can use cordless blinds or cut the cords to make them shorter and attach a safety tassel on the end.

Hazard #3: Tip-overs. Furniture such as bookcases and dressers, and appliances such as TVs or ranges, can tip over and crush young children when they attempt to climb on them. To prevent this, you can anchor furniture or appliances to the floor or wall. Free standing appliances such as stoves can be installed with anti-tip brackets. Also, refrain from putting things on top that children will want to reach.

Hazard #2: Recalled products. Stay on top of the latest safety recall announcements that affect your children in terms of toys, jewelry, clothes, baby products, and so on. You can sign up for free recall email notifications by going to www.cpsc.gov/cpsclist.aspx.

Hazard #1: the top home hazard: Magnets. Magnets are popular in toys, building sets, and jewelry. When magnets are swallowed by children, it can be a very serious matter. If two or more magnets, or a magnet and another metal object are swallowed, they can attract to one another through intestinal walls and get trapped in place. Magnets don't always pass through the child, but can get caught, causing serious injury and even death, if not treated properly and promptly. You may want to withhold toys with magnets from children younger than age six, and be sure to stop using toys recalled because of magnets.

The Perils of Driving Drowsy

Did you know that people who drive drowsy are as much at risk for accidents as people who drive drunk? A recent study showed that 20 percent of crashes and 12 percent of near-crashes were caused by drowsy drivers. Another study showed that nine out of ten police officers had stopped a driver who they believed was drunk, who was in fact only drowsy.

To avoid falling asleep at the wheel, try the following:

1. Stop and drink a caffeinated beverage, then take a quick nap. It takes 20-30 minutes for caffeine to take effect, so you will feel refreshed and alert when you awake.
2. Drive at times when you are normally awake, and stay overnight in a motel instead of trying to drive straight through on a long trip.
3. Carbohydrates can make you sleepy; eat foods rich in protein to help stay awake.
4. Avoid medications, such as some allergy medicines, that can make you sleepy.
5. Stop and take a break when you begin to feel drowsy. Stop at a wayside or an area where you can walk around and get some fresh air.

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