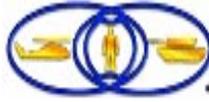


Directorate of Public Safety

1 Feb, 03



Preventing Worker Deaths from Uncontrolled Release of Electrical, Mechanical, and Other Types of Hazardous Energy

Workers who install or service equipment and systems may be injured or killed by the uncontrolled release of hazardous energy. Take the following steps to protect yourself if you install or service equipment and systems:

Follow OSHA regulations.

Identify and label all sources of hazardous energy.

Before beginning work, do the following:

1. De-energize all sources of hazardous energy:

- * Disconnect or shut down engines or motors.
- * De-energize electrical circuits.
- * Block fluid (gas or liquid) flow in hydraulic or pneumatic systems.
- * Block machine parts against motion.

2. Block or dissipate stored energy:

- * Discharge capacitors.
- * Release or block springs that are under compression or tension.
- * Vent fluids from pressure vessels, tanks, or accumulators but never vent toxic, flammable, or explosive substances directly into the atmosphere.

3. Lockout and tag out all forms of hazardous energy (including electrical breaker panels, control valves, etc.)

4. Make sure that **only you** hold the keys to your assigned locks.

5. **Verify** by test and/or observation that all energy sources are deenergized.

6. Inspect repair work **before removing** your lock and activating the equipment.

7. Make sure that **only you** remove your assigned lock.

8. Make sure that **you and your coworkers** are clear of danger points before reenergizing the system.

9. Contact **YOUR** Safety Office at 2-2900 for further information.

Only the worker who installs a lock and tag should remove them after work is complete and inspected.

CLEAN UP SHOP

POOR INDUSTRIAL HOUSEKEEPING

creates hazards for all of those in the work area.

GOOD HOUSEKEEPING *eliminates accident and fire causes.*

Work area floors should be kept free of pallets, parts, equipment, extension cords and hoses. ~ Floors, platforms and stairways should be kept in good repair. ~ Adequate platforms should be provided; never use boxes and pallets as substitutes. ~ Walls and ceilings should be free of wire hangings and temporary wiring. ~ Materials should be stacked in a stable manner. ~ Protruding storage should be eliminated. ~ Storage areas in and around buildings should be free of refuse and debris. ~ Stock should be stored in a manner that will not obstruct sprinklers. ~ Racks, shelves and lockers should be maintained for tools, personal protective equipment and personal items. ~ Walking and working surfaces should be clean, dry and unobstructed. ~ Aisle ways and exits should be clearly marked and unobstructed.

SAFETY

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Is a word to live by..

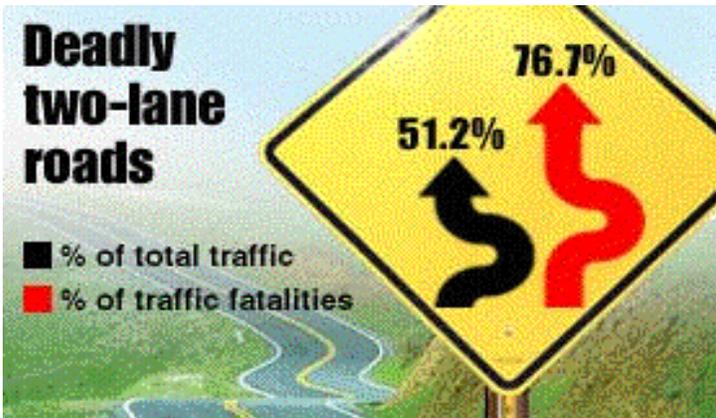


ATTITUDE IS EVERYTHING!
Use yours to save lives.



WARNING

The road less traveled can be deadly



More people are killed on rural roads than urban expressways, though the two-lane roads carry less traffic. They also receive less federal money, and local officials are pressing for money for safety improvements. "Roads owned by local governments don't seem to be getting their share of federal highway dollars, even though statistics point out that those roads tend to have a higher rate of fatalities," said Bob Fogel, associate legislative director of the National Association of Counties. While urban expressways got \$80,900 in federal funds per lane mile in 1999, rural local roads received \$100 per mile, according to the General Accounting Office, the investigative arm of Congress.

Those rural roads recorded 4,758 deaths - a rate of 3.79 per 1 million miles traveled - compared with

1,354 deaths along urban freeways, a rate of 0.79 per million miles.

Overall numbers show the same trend, the GAO reported. In 1999, roads passing communities of at least 5,000 people carried 1.6 trillion miles of traffic and recorded 15,816 highway deaths, a rate of 0.97 per million miles. Rural roads had 1.1 trillion miles of traffic and 25,107 deaths, a rate of 2.36 per million miles.

In eastern Connecticut, an 11-mile stretch of U.S. 6 where an average of two people are killed each year is called "Suicide Six." Some 2,300 miles away, another two-lane stretch of U.S. 6 through the Wasatch Mountains is considered Utah's deadliest highway, as drivers sitting behind slow-moving trucks refuse to wait for the passing lanes.

One reason for the higher fatality rates is that motorists drive fast on those two-lane rural roads, said Lindsay Griffin, director of the transportation safety center at Texas A&M University's Texas Transportation Institute.

"You may not have as much traffic but you may have higher traveling speeds," Griffin said.

Also, these roads often aren't built to modern safety standards. The lanes may be narrower, and there is no median to separate oncoming traffic. And some rural roads are being used as commuter routes as suburban sprawl moves farther out from central cities and congestion on major highways increases. "There is a need, unquestionably, for safety improvements on these two-lane roads," said John Horsley, executive director of the American Association of State Highway and Transportation Officials. , rural roads are being asked to carry more traffic and heavier trucks than they were designed for.

The road historically thought about as a rural road is now becoming heavily traveled, and these roads weren't built to the standards needed for those purposes.

Let's talk FOG!

Everything you wanted to know about "FOG" but were afraid to ask!



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Often you can't avoid traveling during foggy conditions, if you must drive in FOG; here are a few basic tips you should follow:

* If you notice fog, allow more time for your journey. Trying to get to work in the time you usually do just won't get it, It's better to take your time and be a little late than DOA.

* Check and clean your windshield, windows and lights before driving. Use your windshield wipers and defrosters at all times.

See and be seen.

As a general rule drivers should use low beams only.



If you drive into a patch of fog, slow down gradually so the car behind you has time to slow too. You can also drive into a parking lot and wait for the fog to lift.

* To heighten your awareness in your murky surroundings, open your window part way and turn off the radio.

* Maintain a safe following distance from the car in front of you. Leave yourself plenty of room for stopping. You should always be able to stop within your range of vision.

* Slow down and keep to safe speed. Don't be tempted to keep up with the vehicle in front of you, as it can give a false sense of security.

* Don't speed up to get away from a vehicle which is too close behind you, and always resist the urge to overtake as you may find visibility ahead in much worse than you actually think.

* Stay patient. Do not pass.

* Don't hunch forward over your steering wheel. You'll see better in your normal driving position.

* Use the right side of the road for guidance.

* If the fog gets too dense, pull off the road, leave your headlights on, start the flashers, turn on your interior lights, and sound your horn occasionally.

* Remember that fog can drift rapidly and is often patchy. People often think that fog is clearing and suddenly find themselves back in thick fog.

* Turning at an intersection in fog needs particular care. Open your windows so that you can hear oncoming vehicles use your turn signals well beforehand and while waiting to turn, keep your foot on the brake pedal so that your stoplights are on as an extra warning.

* If possible, find an off-street parking space for your car and never leave it on the "wrong" side of the road.

* If your vehicle breaks down, get it off the road if you possibly can but if you can't do this, make sure you turn the hazard warning lights on.

COMBUSTIBLE LIQUIDS

How much technical information is needed to understand and use **FLAMMABLE** and **COMBUSTIBLE** liquids safely? These liquids are common substances found in virtually every home and workplace. When used and stored correctly, flammable liquids have many positive and necessary uses. The improper use and storage of flammable liquids can result in severe injuries and even death.

People may not know or understand the properties of flammable liquids that make them so volatile. Let's start with some simple definitions according to National Fire Protection Association (NFPA) and OSHA.

What is a **FLAMMABLE** liquid? Any liquid that has a flash point below 100 degrees Fahrenheit. Examples include gasoline, turpentine, kerosene, alcohol, mineral spirits, lacquer thinner, acetone, and most aerosols.

What is a **COMBUSTIBLE** liquid? Any liquid that has a flash point at or above 100 degrees Fahrenheit. Examples include grease, oil, and tar.

The **FLASH POINT** is the lowest temperature at which a liquid gives off enough vapor to form a flammable mixture with air.

So flammability is the ability of a material to generate sufficient concentration of vapors under normal conditions to be ignited by open flames, cigarette smoking, or even spark from electrical equipment or even static electricity. Some of these vapors are heavier than air and may settle in low spots, or move a significant distance from the liquid itself.

To minimize the risk of ignition of the flammable liquid or vapors, follow these precautions:

. Store flammable liquids in well-ventilated areas away from corrosives, oxidizers, and ignition sources.

. Never smoke in an area where flammable liquids are used or stored.

. Never pour flammable liquids down a drain or sink.

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- . Dispose of empty flammable containers in an approved manner.
- . Wear appropriate personal protective equipment (PPE) such as splash aprons and goggles when handling flammable liquids.

Flammable liquids also present health hazards from overexposure. If at work you should refer to the Material Safety Data Sheet (MSDS) of the material you're using which will list the allowable exposures. Overexposures to flammable liquids can cause a variety of effects.

Inhalation of flammable liquids can cause irritation to the respiratory passages, nausea, headaches, muscle weakness, drowsiness, loss of coordination, disorientation, confusion, unconsciousness, and death.

Skin contact with flammable liquids can cause the skin's oils to be removed, resulting in irritated, cracked, dry skin, rashes, and dermatitis.

Eye contact with flammable liquids can cause burning, irritation, and eye damage.

Ingestion of flammable liquids can irritate the digestive tract, cause poisoning, and death.

Appropriate PPE can help prevent exposure to flammable liquids. Use your PPE faithfully to protect your good health.

If you are not sure what PPE to wear or need help locating the proper PPE, talk to your supervisor or contact the Safety office at 562-2900.

ACCIDENTS COST EVERYONE

IT'S NOT ONLY MONEY....

When anyone you work with gets into an accident, it costs everyone. It's almost as if you could take an extra deduction from your paycheck. The costs are always greater than money alone.

LOWER PRODUCTIVITY=LAYOFFS

The more accidents there are, the less productive Fort Dix can be as a whole. The less productive we are, the less able we are to compete. Other more efficient, safety-minded bases and companies begin

to take business away. If they take some business, it can mean you don't get the raise or bonus you'd hoped for. If they take enough business away, well, you know what can happen. So..... accidents do cost.

ACCIDENTS=MEDICAL EXPENSES

It's obvious that accidents cost money. Each time you go to a doctor, someone has to pay the bill. It may seem to you that it doesn't matter, since the Army carries Workers Compensation anyway. But, it does matter. The more accidents, the higher the cost of charge backs. Those increased costs have to come from somewhere. The higher the expenses, the less that's available for the more important things.

HOPES AND DREAMS

One tragic cost of accidents is the cost of losing your hopes and dreams. Losing a hand or a life may set a family back for years as savings go up in smoke. Instead of college the kids may have to get jobs to help out. Instead of the home you've dreamed of owning, it's years more of the crowded rented house. Even if an accident isn't so serious, it still can hurt your hopes. You may not get the promotion you had hoped to get. Accidents are bad for business, so what looked like a good shot at a good future may be hurt by carelessness.

CARELESSNESS=PAIN

Careless attitudes can lead to two kinds of pain, and it's difficult to say which one is worse. Physical pain after losing a hand, an eye, or good health can be terrible. Emotional pain following the death of a spouse or parent, or the amputation of a limb can be horrifying in a different way.

WHY PAY THE COST?

Luckily, many accidents can be avoided by just taking extra time and care, by wearing and using the right equipment, and by following safe practices. There's no reason to pay the high cost of accidents.

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STRESS RELIEF

Stress is a part of every person's life. Life without stress can be dull and uneventful. However, life with too much stress can be debilitating. Learning to manage stress is vital to your well being. Here are some valuable hints:

Checklist to Reduce Stress in Your Life

- >Develop a realistic, positive attitude.
- >Don't use drugs, alcohol or tobacco to reduce stress. Tranquilizers and sleeping pills should only be used under a doctor's care.
- >Talk things out. Don't hold in feelings of anger, joy, hurt, sadness, excitement.
- >Use on-the-job refreshers: i.e., relaxation exercises and stretches.
- >Learn to unwind with music, exercise, meditation, or visual imagery.
- >Realize that every crisis gives you the opportunity to grow and learn.
- >Develop a support network of friends and relatives you can count on to help you out.
- >Work at managing time efficiently.
- >Get enough rest and sleep.

If stress is a problem in your life, make reducing it one of your goals. But recognize that you don't have to do it alone. Seek counseling or see your doctor if stress interferes with your life at home and/or at work.

If you have any questions or need or would like an evaluation of your work area, please contact the Safety Office at 562-2900.

HOME Electrical Safety

Checks you can make in your home today to help make it more electrically safe.

OUTLETS

Check for outlets that have loose-fitting plugs, which can overheat and lead to fire. Replace any missing or broken wall plates. Make sure there are

safety covers on all unused outlets that are accessible to children.

CORDS

Make sure cords are in good conditions, not frayed or cracked. Make sure they are placed out of traffic areas. Cords should never be nailed or stapled to the wall, baseboard or to another object. Do not place cords under carpets or rugs or rest any furniture on them.

EXTENSION CORDS

Check to see that cords are not overloaded. Additionally, extension cords should only be used on a temporary basis; they are not intended as permanent household wiring. Make sure extension cords have safety closures to help prevent young children from shock hazards and mouth burn injuries.

PLUGS

Make sure your plugs fit your outlets. Never remove the ground pin (the third prong) to make a three-prong fit a two-conductor outlet; this could lead to an electrical shock. **NEVER FORCE A PLUG INTO AN OUTLET IF IT DOESN'T FIT.** Plugs should fit securely into outlets. Avoid overloading outlets with too many appliances.

GROUND FAULT CIRCUIT INTERRUPTERS (GFCIS)

GFCIs can help prevent electrocution. They should be used in any area where water and electricity may come into contact. When a GFCI senses current leakage in an electrical circuit, it assumes a ground fault has occurred. It then interrupts power fast enough to help prevent serious injury from electrical shock. Test GFCIs regularly according to the manufacturer's instructions to make sure they are working properly.

LIGHT BULBS

Check the wattage of all bulbs in light fixtures to make sure they are the correct wattage for the size of the fixture. Replace bulbs that have higher wattage than recommended; if you don't know the correct wattage, check with the manufacturer of the fixture. Make sure bulbs are screwed in securely; loose bulbs may overheat.

CIRCUIT BREAKERS/FUSES

Circuit Breakers and fuses should be the correct size current rating for their circuit. If you do not know the correct size, have an electrician identify and label the size to be used. Always replace a fuse with the same size fuse.

WATER AND ELECTRICITY DON'T MIX

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Don't leave plugged in appliances where they might fall in contact with water. If a plugged-in appliance falls into water, NEVER reach in to pull it out - even if it's turned off. First turn off the power source at the panel board and then unplug the appliance. If you have an appliance that has gotten wet, don't use it until it has been checked by a qualified repairperson.

APPLIANCES

If an appliance repeatedly blows a fuse, trips a circuit breaker or if it has given you a shock, unplug it and have it repaired or replaced.

OUTDOOR SAFETY

Electric-powered mowers and other tools should not be used in the rain, on wet grass or in wet conditions. Inspect power tools and electric lawn mowers before each use for frayed power cords, broken plugs and cracked or broken housings. If damaged, stop using it immediately. Repair it or replace it. Always use an extension cord marked for outdoor use and rated for the power needs of your tools.

LIGHTING

During an electrical storm, do not use appliances (i.e., hairdryers, toasters and radios) or telephones (except in an emergency); do not take a bath or shower; keep batteries on hand for flashlights and radios in case of a power outage; and use surge protectors on electronic devices and appliances.

SEAT BELTS SAVE LIVES

Studies show seatbelts do save lives and reduce injuries during crashes. Seatbelts work with air bags to protect occupants. Airbags alone are not enough to safeguard occupants. More than 2,000 unbuckled drivers and front seat passengers died on New Jersey's roadways in the past 10 years. Approximately 700 unbuckled drivers and front seat passengers were thrown out of their vehicles during crashes and killed in the past 10 years. It only takes one simple click to save lives. Below is an excerpt from the Army's Traffic Safety Regulation and the New Jersey State

Statutes on proper seatbelt usage while driving on Army Installations and in the State of New Jersey.

All base personnel will follow the Army Traffic Safety Program, which states:

_ All persons in or on any Army motor vehicle on or off a Army installation operating or riding in a Government Motor Vehicle (GMV) shall use safety belts in a proper manner.

_ All persons operating or riding in any Private Motor Vehicle (PMV) on a Army Installation shall use safety belts in a proper manner.

[New Jersey Seat Belt Law: TITLE 39](#)

_ Applies to all passenger vehicles including vans, pickup trucks and SUV's that are required to be equipped with seat belts. All occupants are required to wear a properly adjusted and fastened seat belt system.

_ The driver is responsible for proper seat belt use by all occupants. The driver of a passenger automobile shall secure or cause to be secured in a properly adjusted and fastened safety seat belt system, as defined by Federal Motor Vehicle Safety Standard Number 209, any passenger who is at least eight years of age but less than 18 years of age.

IT'S THE LAW
CLICK IT OR TICKET!!

EYE INJURIES

Ordinary activities can cause extraordinary injuries. Many eye injuries are preventable if people use safety precautions and a little common sense.

- Check for rocks and debris before using a lawn mower or trimmer.
- Wear eye protection and use extreme caution when using bungee cords, which have become an increasingly common cause of eye injuries.
- Keep a pair of safety glasses or goggles with your automobile jumper cables and [use them!!](#)
- Be careful with house hold chemicals. Always wear goggles, read instructions carefully, work in a well-ventilated area, and point the nozzle away from you.