



NSMS January 2006 DIGEST

Happy New Year and Best Wishes for 2006!

The National Safety Management Society would like to take this opportunity to wish all of you a safe, healthy, and prosperous New Year. Please accept my sincerest thanks for your readership and membership over the years. We are truly privileged to communicate online with you all of you on a monthly basis and will continue to do our very best throughout 2006 to help keep you informed and develop your skills, knowledge and abilities in the safety management field.

We wish for you to start this New Year with hope and as they say:

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

In Memoriam: Robert Erwin LeClerg (1931-2005)

It is with great sadness that we share this news of the passing of our NSMS founding director, Mr. Robert Erwin LeClerg on November 26, 2005. He had a distinguished career in safety, as well as contributed his time and energy for many years as publications editor and business manager.

Mr. LeClerg was born April 8, 1932, in Minneapolis to parents Erwin L. and Phylis R. LeClerg. At the age of 8, he moved to Baton Rouge and attended grade school through his sophomore year in high school at the University Lab on the campus of Louisiana State University. In 1946, he moved to University Park, Maryland and graduated from Hyattsville High School in 1948. He received his bachelor of science degree in 1952 from the University of Maryland, majoring in horticulture.

He was commissioned in the Air Force and served two years at Donaldson AFB in Greenville, South Carolina and Andrews AFB in Maryland. Mr. LeClerg continued his interest in horticulture, receiving his masters of science degree (with a business administration minor) from Mississippi State University in 1956. He stayed with the Horticulture Department as an

instructor and researcher. He then held management positions for floral retail and wholesale operations in Alabama and Mississippi.

In 1958, Mr. LeClerg married Martha Wiley (of Vaiden, Mississippi) and later moved from Oxford to College Park, Maryland to pursue a career with the federal government in the Washington, D.C. area. He became the first director of safety management for the Federal Water Pollution Control Administration (forerunner to EPA), and later held a similar position with the Bureau of Commercial Fisheries within the U.S. Interior Department, followed by an administrative assignment with the U.S. Commerce Department's National Oceanic and Atmospheric Administration.

Mr. LeClerg has also been a member and deacon of Weaverville First Presbyterian Church (PCA) for 20 years, and at the time of his passing, was a member of Covenant Reformed Presbyterian Church (PCA) in Asheville. For 15 years he was treasurer of the Western Carolina Presbytery of the PCA. He was also a Life Lon member to Sigma Chi fraternity and a member of its Order of Constantine and elected grand historian for 10 years. He also resided as president of the Weaverville Lions Club and served two terms on Friends of the Weaverville Library Board.

He is survived by: his daughter, Phylis Lynne LeClerg of Weaverville, son Franklin Erwin LeClerg, and daughter-in-law Rhonda of Irmo, South Carolina, grandson Joshua Louis and granddaughter Sarah May, and former wife Martha Wiley LeClerg of Weaverville.

The National Safety Management Society Board of Directors and membership wish to extend our condolences to the LeClerg family. We will miss Mr. LeClerg as a colleague, role model and contributor to safety profession and our organization.

NSMS 2006 Membership Renewal Notices Have Been Mailed To You

NSMS is grateful for your membership throughout the years and looks forward to continuing your association together. Membership renewal letters have been sent out this month and there is no dues increase over the 2005 rate. Please renew by January 31, 2006. Your dues will support a number of critical initiatives, both new and ongoing. NSMS will strive to further: engage in outreach activities, maintain the website, offer online and live technical and management training workshops (with significant course fee reductions for current members), maintain certification programs for safety technicians and supervisors, prepare for annual conferences, offer CSHM exam preparation workshops, support the establishment of new state chapters and student chapters at higher educational institutions, and any other initiatives based on member needs and recommendations. These are ambitious goals and it will take a group of dedicated members stepping up and volunteering to help NSMS achieve them. Please consider offering your expertise and time to these important initiatives. Thanks you.

Calling All NSMS Members: Volunteers Are Needed for Our National Conference Planning Committee

NSMS is seeking volunteers to form a working committee for planning our 2006 National Conference. We need the efforts and support of all members to keep the information exchange and networking possible. If you are interested in participating, please email us at nsmsinc@yahoo.com or call and leave a message at (800) 321-2910. Please spread the word! Thank you.

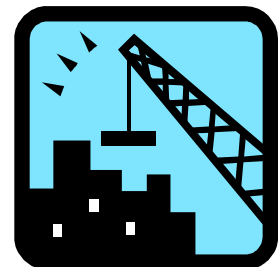
Don't Forget These Near-Term Safety Compliance Dates

- Jan. 11. Deadline for comment period on OSHA's revised rule for Electric Power Transmission and Distribution Installations. The public hearing is scheduled for March 6, 2006. For more information, visit http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_RELEASES&p_id=11631.
- Jan. 30. OSHA is seeking public comments until Jan. 30 on a direct final rule to reinstate its original roll-over protective structures (ROPS) standards for the construction and agriculture industries. The direct final rule was published in the Dec. 29 Federal Register. For more information, visit http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_RELEASES&p_id=11741.
- Feb. 1. Post OSHA Form 300A in the workplace by Feb. 1. The form must remain posted in a common area under April, 30. For more information, or to download the forms, go to <http://www.osha.gov/recordkeeping/index.html>

New Construction Compliance Assistance Module Offered

OSHA has unveiled a new Construction Module for its [Compliance Assistance Quick Start](#) Web tool, the agency's Web-based tool that introduces employers and employees, especially those at new or small businesses, to the compliance assistance resources on OSHA's Web site.

The Construction Module provides a step-by-step guide to help employers and workers in the construction industry comply with OSHA's construction standards. Visitors to the page can generate a set of compliance assistance materials tailored to their jobsites.



"This new Compliance Assistance Quick Start module is another example of how OSHA is making valuable information immediately and easily accessible to employers, employees and

businesses so they can build and sustain safe and healthy work environments," said Acting Assistant Secretary of Labor for OSHA Jonathan L. Snare. "It's important we make every effort to help put this kind of material in the hands of those who need it."

The Construction Module introduces users to the OSHA standards addressing the leading hazards at construction sites, such as falls and electrical hazards, and provides links to the relevant OSHA compliance assistance resources, including OSHA quick cards, fact sheets, booklets, posters and Web pages. The module also includes information on training, recordkeeping and developing a worksite safety and health program. In addition, it features a collection of OSHA's Spanish-language materials for the construction industry.

Construction Industry Quick Start

Follow the steps below to identify the major OSHA construction requirements and guidance materials that may apply to your jobsite. These steps will lead you to resources on OSHA's website that will help you comply with OSHA requirements and prevent workplace injuries and illnesses.

- § [*Step 1: OSHA Requirements Related to Leading Hazards at Construction Sites*](#)
- § [*Step 2: Other OSHA Requirements That May Apply to Your Jobsite*](#)
- § [*Step 3: Survey Your Workplace for Additional Hazards*](#)
- § [*Step 4: Develop a Jobsite Safety and Health Program*](#)
- § [*Step 5: Train Your Employees*](#)
- § [*Step 6: Recordkeeping, Reporting and Posting*](#)
- § [*Step 7: Find Additional Compliance Assistance Information*](#)

Compliance Assistance Quick Start is on OSHA's [Compliance Assistance](#) Web page and provides step-by-step guidance on how to identify OSHA requirements and guidance materials that may apply to specific workplaces. In addition to the new Construction Module, Compliance Assistance Quick Start has modules for general industry workplaces and Hispanic outreach.

OSHA Offers New Web Tools

Two new resources are now available on OSHA's Web site: a web-based assistance tool for workers and employers in the tree care industry, and a new advanced search engine that allows users to search topics in a variety of targeted areas.

"These new tools provide useful and more readily-accessible information that will help employers, employees and businesses stay safe, healthy, and successful," said Jonathan L. Snare, acting assistant secretary of Labor for OSHA. "The tree-care industry topics page is a great example of how an effective Alliance can leverage our joint resources to improve worker safety and health. And, by expanding our search engine, visitors to OSHA's Web site can now access specific information quickly and more comprehensively."

The new Safety and Health Topics Page (<http://www.osha.gov/SLTC/treecare/index.html>) is a product of OSHA's former alliance (<http://www.osha.gov/dcsp/alliances/tcia/tcia.html>) with the Tree Care Industry Association (TCIA). Users can access information to develop and implement comprehensive safety and health programs, and learn how to recognize and address potential industry hazards, including overhead power lines, falling branches and faulty safety equipment, to name just a few of the dangers. The page also provides information and links to OSHA standards, compliance directives, interpretations of OSHA standards, and national consensus standards related to the tree care industry.

OSHA's new advanced search engine (<http://www.osha.gov/pls/oshaweb/searchresults.AdvancedSearch>) allows users to conduct topical or keyword searches in various sections of the Web site, such as standards, compliance directives, interpretations, small business, training, and many other areas. Searches can be limited to one area or expanded to many different areas of the site.

NIOSH Releases New Pocket Guide To Chemical Hazards

A new edition of the popular *NIOSH Pocket Guide to Chemical Hazards* has been released, consolidating NIOSH and OSHA information materials into an easy-to-use resource document for workers, employers and occupational health professionals.

The *NIOSH Pocket Guide to Chemical Hazards* is available from the National Technical Information Service in two formats.

The *NIOSH Pocket Guide* provides a quick, convenient source of information on general industrial hygiene practices. Key information is presented in tabular form for 677 chemicals or substance groupings commonly found in the work environment. Each entry in the Pocket Guide includes chemical structure or formula, identification code, synonym, exposure limit, chemical and physical properties, incompatibilities and reactivities, measurement method, respirator selection, signs and symptoms of exposure, and procedures for emergency treatment.



The *NIOSH Pocket Guide to Chemical Hazards and Other Databases 2005* (on CD-ROM) contains the full text of the Pocket Guide in a searchable format. The major advantage of accessing the files on the CD-ROM is that an Internet connection is not needed, but the software applications required for the CD are the same as those commonly used for Internet access. An added feature of the CD is that it also contains the following additional databases:

- Immediately Dangerous to Life and Health Concentrations (IDLHs)
- International Chemical Safety Cards (WHO/IPCS/ILO)
- NIOSH Manual of Analytical Methods (NMAM)
- OSHA Sampling & Analytical Methods

- Recommendations for Chemical Protective Clothing
- Specific Medical Tests Published for OSHA-Regulated Substances
- Toxicologic Review of Selected Chemicals
- 2004 Emergency Response Guidebook
- Chemicals Cited by ICSC and NPG - MDL RTECS

The spiral-bound 5 1/4" x 7 1/2" *NIOSH Pocket Guide to Chemical Hazards, 2005 Edition* is available for \$29; quote order number PB2005-108099KTK. The *NIOSH Pocket Guide to Chemical Hazards and Other Databases 2005* (on CD-ROM) is available for \$79; quote order number PB2005-500163KTK. To order call NTIS at (800) 553-6847 or (703) 605-6000. A \$5 handling fee is added to the total of each order, no additional charge for shipping. Most major credit cards accepted. Fax orders to (703) 605-6900. Order online at <http://www.ntis.gov/products/bestsellers/nioshguide.asp>.

NIOSH Posts New Nanotechnology Documents

NIOSH has posted several new documents pertaining to the agency's research on the applications and implications of nanotechnology for occupational health and safety. The new documents are part of the NIOSH topic page on [nanotechnology and occupational health](#):

["Approaches to Safe Nanotechnology: An Information Exchange with NIOSH"](#) reviews what is currently known about nanoparticle toxicity and control. The document serves as a request from NIOSH to occupational safety and health practitioners, researchers, product innovators and manufacturers, employers, workers, interest group members and the general public to exchange information that will ensure that no worker suffers material impairment of safety or health as nanotechnology develops. Opportunities to provide feedback and information are available throughout the document.

["Strategic Plan for NIOSH Nanotechnology Research: Filling the Knowledge Gaps"](#) addresses what NIOSH is doing internally and externally to lead the occupational safety and health community collaboratively in nanotechnology research. It provides a guide for building a research effort capable of responding to the challenges of this emerging technology. It represents a timely research agenda and will evolve as new information becomes available and a more thorough scientific understanding about nanotechnology develops.

["Web-Based Nano-Information Library: Concept and Invitation for Input"](#) is intended to help occupational health professionals, industrial users, worker groups, and researchers organize and share information on nanomaterials, including their health and safety-associated properties. A prototype version of this searchable data base is under development and review, and comments are being sought from a range of national and international partners who are collaborating on the format and content of the proposed library.

EPA Releases Revised Pesticide Worker Protection Standard How-to-Comply Manual



EPA has released its revised 2005 Worker Protection Standard for Agricultural Pesticides How-to-Comply Manual -- a compliance assistance tool that has been updated to reflect amendments to the Worker Protection Standard (WPS), a regulation designed to protect agricultural workers and pesticide handlers.

The revised manual provides detailed information on who is covered by the WPS and how to meet regulatory requirements. The updated manual will facilitate better protection of pesticide workers and handlers in agriculture from the potential risks of pesticides, agency officials said in a Dec. 1 statement.

The document states that you probably need to comply with the WPS if you are a: manager or owner of a farm, forest, nursery or greenhouse; labor contractor for a farm, forest, nursery or greenhouse; custom (for-hire) pesticide applicator or independent crop consultant hired by a farm, forest, nursery or greenhouse operator.

The new 2005 WPS How-to-Comply (HTC) Manual supersedes the 1993 version. Changes to the WPS since 1993 have made the earlier version obsolete, and its continued use may lead an employer to be out of compliance. The 2005 HTC Manual revision was coordinated by EPA's National Agricultural Compliance Assistance Center and a workgroup consisting of representatives from EPA headquarters, EPA regional offices, and several state agencies, with input solicited from U.S. Department of Agriculture and other state and tribal pesticide agencies.

Some states, tribes or local governments with jurisdiction over pesticide enforcement may have additional worker protection requirements beyond the requirements described in the federal manual. Check with these agencies to obtain the information you need to comply with all applicable state, tribal or local requirements.

For further information about the revised manual and how to obtain print and/or CD-ROM versions of the manual, or for additional information about the WPS, please visit:

<http://www.epa.gov/agriculture/htc.html>.

Legislators Seek Mine Safety Hearings

In response to the mine accident in West Virginia that has killed 12 mine workers and injured one other, Reps. George Miller (D-CA) and Major Owens (D-NY) called for immediate congressional hearings into mine safety. Miller said the hearings are critical to getting Congress the information it needs to determine what went wrong in West Virginia and to act to prevent another tragedy.

“Congress must examine the events that led up to this terrible tragedy at the Sago Mine. The fact that the Sago Mine had a long history of serious safety violations demands that Congress learn why more wasn’t done to keep these workers safe,” said Miller, the senior Democrat on the Education and the Workforce Committee. “If this tragedy could have been prevented, then we need to find out why it wasn’t, for two reasons: First, because the loved ones of the miners deserve answers; and second, because we must do everything possible to prevent future tragedies like this one.”

In their request to Rep. John Boehner (R-OH), the chairman of the House Education and the Workforce Committee, for that panel to immediately convene hearings, Miller and Owens cited data that the Sago Mine in West Virginia had been cited for more than 200 safety violations in 2005 -- 46 of them during an 11-week period late in the year -- but had only been fined thousands of dollars. The company running the mine had more than \$136 million in revenues in 2004.

The lawmakers also stated that the federal MSHA has been downsized by 170 positions since 2001. Congress has cut MSHA’s funding by \$4.9 million, in inflation-adjusted terms, for the 2006 fiscal year, compared with 2005. In their letter to Boehner, Miller and Owens also wrote that the committee has not held any hearings on mine worker safety since 2001.

CSB Posts Three New Videos On Web Site

The U.S. Chemical Safety and Hazard Investigation Board (CSB) recently posted on its Web site three new videos illustrating the work of the agency on the hazards of sodium hydrosulfide and combustible dust and a narrated animation of the accident at BP's Texas City refinery in March 2005.

The videos can be viewed online in the Video Archive section of <http://www.csb.gov>.

CSB Chairman Carolyn W. Merritt said, "We are embarking on something new, the use of brief videos to communicate our findings about many aspects of chemical process safety. We hope these videos provide a compelling way for people in industry, emergency responders and the public to learn more about specific hazards and how to prevent chemical accidents in the future."

"Preventing Harm from Sodium Hydrosulfide" is a seven-minute Video Safety Bulletin describing good management practices to prevent deaths and injuries involving the chemical. Sodium hydrosulfide (NaHS) -- a process chemical used in the paper, mining and leather industries -- releases highly toxic hydrogen sulfide gas when mixed with acid or heated. The video highlights information found in the CSB's written safety bulletin on NaHS first issued in July 2004. The bulletin found that NaHS accidents have caused at least 32 deaths, 176 injuries, 351 medical evaluations, and 10 evacuations of plants and communities since 1971.

CSB investigator Randy McClure narrates the video, which outlines the dangers of mishandling NaHS, summarizes the health hazards associated with hydrogen sulfide gas, and recommends safe management and emergency response practices.

The CSB also released a 20-minute video summary of a June 22, 2005, CSB hearing into the hazards of combustible dust, which caused tragic explosions in North Carolina, Kentucky, and Indiana that were investigated by the agency. A total of 14 workers were killed and 81 injured in those three accidents in 2003. CSB investigator Angela Blair, who is featured in the video, heads the ongoing combustible dust study which has identified 197 dust explosions in the U.S. since 1980 causing 109 fatalities and 592 injuries.

The video features comments from experts in industry, government, labor, and academia who participated on various witness panels at the day-long hearing.

The third video is a computer-generated animation depicting the sequence of events that led to the explosions and fire at BP's Texas City, Texas, refinery on March 23, 2005. Narrated by CSB investigator Don Holmstrom, the video graphically illustrates how the refinery's raffinate splitter tower was overfilled, how instruments and alarms failed to indicate the dangerous condition, and how a connected blowdown drum and vent stack released flammable liquid and vapor which exploded. Also shown are still photographs and video illustrating the destruction caused by the accident, which killed 15 workers and injured 170. The video is an enhanced version of material first shown at the board's community meeting in Texas City on Oct. 27, 2005.

Free DVD copies of all videos are available by contacting the CSB Office of Congressional, Public, and Board Affairs. Fully downloadable versions will be available soon.

Organization Warns of Counterfeit Electrical Products, Offers Tips For Purchasers

"Trademark counterfeiting has reached the electrical sector," the Electrical Safety Foundation International said Sept. 29. The warning echoes similar advisories from the Industrial Safety Equipment Association (ISEA), which has warned that counterfeit safety products may lack required certification and be unsafe.

ESFI, a non-profit that was founded in 1994 by Underwriters Laboratories Inc. (UL), the U.S. Consumer Product Safety Commission (CPSC), and the National Electrical Manufacturers Association (NEMA), said counterfeiters have targeted well-known industrial and consumer brands and registered marks of testing and certification laboratories. "Counterfeit electrical products can pose significant safety hazards and, left undetected, can cause deaths, injuries, and substantial property loss in the home and the workplace," said Anne Mayberry, ESFI's program manager.



Counterfeited products include control relays, batteries, smoke detectors, fuses, circuit breakers, electrical receptacles, ground fault circuit interrupters, power strips, surge suppressors, and extension cords, the organization stated.

While some counterfeit products appear as excellent copies of the genuine product, investigations show that many are substandard and fail to pass minimum safety tests. Detection based on appearance can be difficult, and may only be determined by opening suspicious products and performing tests. Counterfeit electrical products may contain inferior materials, with little or no concern for consumer and workplace safety.

Counterfeit electrical products can overheat or cause short circuits and lead to fire, shock or explosion. For example, some counterfeit dry cell batteries use designs that fail to prevent explosion in electronic products when mistakenly installed backwards. Counterfeit electrical cord sets may contain thinner wire gauges than normally required, posing fire hazards.

Often, counterfeiters use inferior materials and avoid key manufacturing steps to reduce the cost of their products, allowing them to be sold at prices no genuine brand manufacturer can match. For the unsuspecting consumer of this product, the risk of fire causing injury to person or property is substantially enhanced.

Counterfeit electrical wire and cable products can contain substandard materials or eliminate product design requirements established by product safety standards used in product certification. Other counterfeit electrical products, such as control relays, fuses, receptacles, and circuit breakers, are often poorly designed and use parts that are substandard and incompatible. Many lack safety features and fail prematurely, creating the risk of damage to person or property. The use of counterfeit conduit fittings, inaccurately represented as suitable for hazardous locations, could have been catastrophic because they were not designed to prevent explosion.

ESFI offers these tips to help purchasers avoid potentially dangerous counterfeit electrical products:

- Look for the CSA, UL or ETL-SEMKO Certification marks. If you have concerns about the marks, contact the certifier.
- Buyers should beware of bargains that seem too good to be true. Products may be cheap because they are counterfeit or defective.
- Use established vendors who purchase their goods from legitimate distributors and genuine manufacturers. Fly-by-night vendors may not be willing to grant refunds for electrical products that do not perform as they should.
- Check the warning label. It should be free of grammatical errors and not conflict with information elsewhere on the package.
- Look for the name and contact information of the manufacturer. If this information is missing, considering purchasing electrical products elsewhere.
- Avoid no-name products.

For more information, visit <http://www.electrical-safety.org> or call (703) 841-3229.

Safety Training Strategies

Consider this idea for presenting a safety training program to employees who work with caustic liquids:

Draw a face using markers on each of two pieces of paper and taped them each on 2L soda bottles (anything else could work, too, like a trash can, old hard hat, cardboard box, etc.). Place a pair of safety glasses over the eyes of one face and placed a face shield over the face of the other one. (you may need to cut a small hole in the bottle or box to hold the glasses on.)

Then splashed about a tablespoon of water on both faces. As the face 'ran off' the paper with glasses only, asked the workers to consider what protection is appropriate the next time they pour corrosives. It should be a very memorable example. Leave the 'runny face' on the bulletin board for a few days to help reinforce the lesson.

Listening to Questions (by Steve Geigle, OSHA Safety Training Network January 2006 Digest: "TIPS AND TACTICS FOR SAFETY TRAINERS" - digest@oshatrain.org)

Effective listening is a skill and an art. It takes time to develop good listening skills, especially when the trainer is rushed for time.

- Be sure to listen to the learner's questions and comments first before thinking of your response.
- Make direct eye contact with the person and be sure to focus on the person when they are asking the question.
- Move towards the person as they are asking the question.
- If necessary, repeat the question so the rest of the class can hear it.
- Rephrase the question to make sure you comprehend what they are asking.

Tips on Answering Questions in Class (by Steve Geigle, OSHA Safety Training Network January 2006 Digest: "TIPS AND TACTICS FOR SAFETY TRAINERS" - digest@oshatrain.org)

Answering questions is an art as well as a science. Comprehending what the student is really asking can be a challenge so be sure to rephrase the questions if need be. If you don't believe other students heard the question, be sure to restate the question. Here are some more points to remember:

- Respond initially to the person who asked the question and then shift eye contact to the broad audience. Try to answer the question as clearly and briefly as you can.
- Welcome difficult questions (or at least appear to welcome them! and don't be afraid to say you don't have the answer. You don't have to be the "font of all knowledge." However,

if you don't know the answer, make a commitment to find out for the learner. That's important.

- To build rapport, say, "That's a good question." or, "I'm glad you asked that." If someone is objecting, or has another opinion, welcome it. We are all teachers and learners and you just might learn something new! Don't be afraid to "agree to disagree" as that's perfectly fine. Remember, though, that when you're training mandatory safe work procedures and practices, there's little room for disagreement.
- Conclude by transitioning attention back to the person who asked the question. If appropriate, ask, "Did I answer the question for you?" or "Does that help?"

Report: Carpal Tunnel Syndrome Not Caused by Workplace Computer Use

Carpal tunnel syndrome is caused by the compression of the median nerve in the wrist. This compression may occur because of heredity, body weight, fracture, or even pregnancy -- but not computer use, concludes a new Special Health Report from Harvard Medical School.

This 40-page report, "Hands: Strategies for strong, pain-free hands" (edited by Harvard-based hand experts) also explains the many causes of hand pain and describes the exercises, therapies and medications used to treat them.



Carpal tunnel syndrome, a condition that affects between 2 percent and 3 percent of the population, occurs when one of the three major nerves that travel from the spinal cord down to the hand becomes "pinched." It affects nearly twice as many women as men. A procedure to ease this nerve disorder is one of the most common surgeries done in the United States, with more than 200,000 performed each year.

Recent research has found that heavy computer use -- up to seven hours a day -- does not increase risk for carpal tunnel syndrome. However, improper computer use and other workplace conditions can contribute to a type of disorder known as repetitive stress injury. Carpal tunnel syndrome is in fact not a repetitive stress injury, though it is often incorrectly described as one, states the Harvard report.

The report also covers such topics as arthritis of the hand joints, Raynaud's syndrome, finger fractures, dislocation, accidental amputation, trigger finger, tennis elbow, lupus, and gout. Readers will learn how to keep their hands healthy and strong, according to Harvard Health Publications.

"Hands: Strategies for strong, pain-free hands" is available from Harvard Health Publications, the publishing division of Harvard Medical School. Additional information is available at <http://www.health.harvard.edu/HND>.

Study Finds Hazards Facing Pub Workers



Too much time in the tavern can be hazardous to your health -- and not just for the drinkers bending their elbows or scrapping with the bouncer, according to a new study done in part at the University of Alberta.

A joint study by the University of Alberta and Napier University of Scotland shows that servers, cooks and bartenders risk serious injuries while doing their everyday jobs serving up suds and finger foods.

"The image of a pub environment conveys a homey, intimate atmosphere, but the physical demands associated with occupations in a pub have had little attention," said [Dr. Shrawan Kumar](#), professor of physical therapy at the

University of Alberta. "Working in a pub involves tasks that pose risk to workers, and changes are required."

The case study of a neighborhood pub in British Columbia, Canada, revealed that of all the tasks done in a pub, bartending has the highest potential for injury. Bartenders run a high risk of back injury from lifting beer kegs (weighing 72.5 kilograms), as well as shoulder pain from pouring pitchers and from reaching to upper shelves for premium liquor. Servers get aches and pains from lifting trays and stooping over tables of customers. Cooks also are prone to back injuries when retrieving bulk staples like onions and gravy from the cooler.

Pub injuries make themselves felt in the workforce, the study noted. Cost of compensation for hotel, restaurant and pub workers rose from \$13,182,598 in 1996 to \$18,458,551 in 1999, according to the Workers' Compensation Board of British Columbia. Repetitive lifting of heavy loads in constrained spaces such as cramped kitchens and storerooms was a main culprit.

In determining the risk of injuries in the pub study, Kumar and his fellow researchers, factored in worker gender, height and weight.

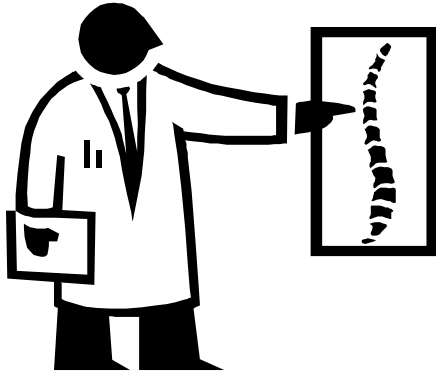
The study recommended several changes for the pub in question, including reducing the height of the bar, installing a slip-free perforated floor behind the bar, using higher tables for customers, better organizing the cooler, and using a dolly to move heavy loads.

Pamphlets also were recommended for placement at each work station in the pub's kitchen and serving areas, to remind staff of how to avoid injuries.

Avoiding Household Back Pain

Yes, yes we all know we should bend at our knees when lifting. Of course you realize you should stretch. But here are a few tips about household chores and keeping your back from pain that you may not have heard about.

1) When washing dishes, lean against the counter to have your weight supported in front. Also, open the cabinet below the sink and put one foot on the shelf under the sink to give your back a break.



2) When ironing, place one foot on a small stack of books to take the strain of standing off your back.

3) As you vacuum, put your weight on one foot to step forward and then the other to step back. This will match the rhythm of the vacuum and keep your back in line.

4) When making a bed, try to avoid stretching across the bed to put on the sheets. Simply make one side and then walk around to the other side to finish.

5) When lying on the sofa, use a pillow to prop your head rather than the arm rest. Often, the arm rest is at a sharp angle for your neck and can cause undue pain.

6) Go through purses and backpacks to make sure unnecessary items are taken out. This will help keep weight off of your shoulders.

Police Officers Sought to Participate in Safety, Fatigue Study

In a first-ever effort, doctors and researchers from Boston's Brigham and Women's Hospital (BWH) and Harvard Medical School are conducting a nationwide study to improve the health and safety of law enforcement officers by better understanding fatigue related to work schedules and sleep disorders. Any officer in the United States is encouraged to go online and sign-up to take a confidential 15-minute survey, once a month for a year by visiting <http://www.workhoursandsafety.org>.

Recognizing that police officers have some of the most demanding schedules known, this confidential Internet survey covers such topics as sleep duration, fatigue, stress, general health, personal and family relationships, job satisfaction, work schedules, motor vehicle crashes and work-related injuries. Police officers who fill out the online form also will be provided a free screening for sleep disorders such as sleep apnea, insomnia and shift-work disorder. By filling out the surveys, police officers will help physicians better identify and treat health and safety risks that are inherent in their profession.

According to lead researcher Dr. Charles Czeisler, "This survey will further our understanding on the impact of fatigue and sleep disorders on police officers' health, safety, and performance. Information from this landmark initiative will help reduce police officer fatigue and stress, enhance their families' ability to cope with demanding work schedules, and improve public safety nationwide."

HHS Releases Checklist to Help Businesses Prepare for a Pandemic

To help businesses develop specific plans to protect employees and maintain operations during a pandemic, Health and Human Services Secretary Mike Leavitt, joined by Homeland Security Secretary Michael Chertoff and Commerce Secretary Carlos Gutierrez, released a "Business Pandemic Influenza Checklist."

"In the event of a pandemic, planning by business leaders will be critical to protecting employees' health, limiting the negative economic impact and ensuring the continued delivery of essential services like food, medicine and power," Leavitt said. "I look forward to involving businesses of all sizes in pandemic planning and integrating their plans into state and federal efforts."



The new checklist identifies specific activities that companies can do now to prepare for a pandemic and will also be helpful in other types of emergencies. Developed by the Centers for Disease Control and Prevention, the checklist suggests companies plan how they would forecast employee absences during a pandemic; disseminate information to employees; establish flexible work sites; and establish policies for employees who have been exposed, are suspected to be ill or become ill at the worksite. Activities are broken into broader categories for action, including:

- Plan for the impact of a pandemic on a business.
- Plan for the impact of a pandemic on employees and customers.
- Establishment of policies to be implemented during a pandemic.
- Allocation of resources to protect employees and customers during a pandemic.
- Communication and education to employees.
- Coordination with external organizations and communities.

Leavitt recently met with senior officials from all 50 states to begin preparing for a series of in-state pandemic-planning summits to be held in every state over the next several months. He also issued a "State and Local Health Department Planning Checklist for Public Health Roles and Responsibilities." It summarizes key planning activities to be undertaken by the public health system of each state in collaboration with partners. Additional checklists to help families, schools, the travel industry and faith-based and community organizations increase their preparedness will be issued in coming weeks.

The business checklist can be accessed at
<http://www.pandemicflu.gov/plan/businesschecklist.html>.

Safety Tidbits (from "Safety Stuff" by Richard Hawk Inc. <http://www.richardhawkin.com>)

- When a person is wide awake, alert, and mentally active they are still only aware of 25 percent of what various parts of their body is doing.
- What's the safest time in a person's life? Actuarial tables show that a person living in the United States has the greatest chance of staying alive another year at nine, ten, and eleven than at any other age. These are the years with the lowest mortality rates. After eleven, it's all downhill.
- Percentage of Americans who report *never* using a seatbelt--32%
- What's the safest time in a person's life? Actuarial tables show that a person living in the United States has the greatest chance of staying alive another year at nine, ten, and eleven than at any other age. These are the years with the lowest mortality rates. After eleven, it's all downhill!
- According to the American Society for the Study of Headaches, 80 percent of migraine sufferers are women.
- Both flies and frogs have been known to catch athlete's foot.

NSMS Members' Job Postings Corner

On Behalf of NSMS member Dr. Joseph Cali, we are posting this job announcement:

Slippery Rock University invites applications for a full-time, tenure-track position for the Bachelor of Science Degree in Safety and Environmental Management in the Department of Health and Safety, beginning August 2006. The major is based on safety management with technical elements incorporated throughout the curriculum.

Qualifications: A doctorate or significant progress toward a doctorate with completion by May 2007, at least on degree in the safety area, and a safety management philosophy are required. The candidate must demonstrate a commitment to the education of diverse populations. Successful performance in an on-campus interview, including teaching demonstration is required. Seven years of relevant professional experience preferred. Teaching experience at the college level preferred. Preference will be given to applicants with an expertise in industrial hygiene, hazardous materials, ergonomics and toxicology.

Responsibilities: Teach undergraduate courses in Principles of Industrial Hygiene I and II, Ergonomics and Human Factors, Hazardous Materials and Waste Management, as well as other assigned safety courses. Meet the requirements of the Collective Bargaining Agreement that includes effective teaching, and fulfillment of professional responsibilities, continuing scholarly growth and service. Individual may also be assigned other duties.

Please send a letter of interest, resume, graduate and undergraduate transcripts (official transcripts required before hiring) and the names, addresses and phone numbers of three references to:

Dr. George Mihalik, Chairperson
Safety Search Committee
Department of Health and Safety
Slippery Rock University
Slippery Rock, PA 15701

No phone calls or emails. Review of applications will begin by January 16, 2006 and continue until position is filled. Slippery Rock University of PA is member of the State System of Higher Education and is an affirmative action/equal opportunity employer. Visit their web page at www.sru.edu.

AA# 05-95
UP# 0858 & 0160