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Safety Solutions

Working Safely in the Rain

By Tom Odegaard, President/Executive Director ESC

Employees working outside in the Pacific Northwest are often working in the rain and face such hazards as poor visibility and wet, slippery surfaces. By following a few simple guidelines, accidents and injuries can be prevented.

- **Wear appropriate rain gear.** If you are cold and wet, you are likely concentrating more on how miserable you are than the work at hand. Properly fitted rain gear (which includes both a coat and pants or overalls that is ventilated) should be worn for prolonged wet-weather work. During the PNW wet weather, fibers specifically designed for cold weather use are the best for wear under rain gear as it will help keep you warm even if it gets wet. Wear hoods or hats to keep rain out of your eyes. But remember, they may narrow your range of vision.
- **Wear appropriate footwear.** Your footwear should have deep treads to help prevent slipping. Make sure the top of the shoe or boot extends above the ankle and rain gear extends to the ankles and the top of the boot or shoe should be inside the pant leg - this will help keep water out of shoes or boots.
- **Use proper hand protection.** Cold, wet hands can make for a miserable day - wear gloves that fit snugly and provide a nonslip grip. Make sure that the sleeve of the glove is either tight fitting or is long enough that it fits under the cuff of your raincoat to help keep water out of the gloves.
- **Use the correct equipment.** Only use electrical tools and equipment that are specifically rated for outdoor use when working in the rain. Hand tools should have textured, nonslip grip handles.
- **Move more slowly and carefully.** A natural reaction when working in the rain, is to try to work more quickly and get back inside as soon as possible. However, because rain makes everything more slippery, you should do the exact opposite—work more slowly and deliberately to prevent slipping and falling, especially when climbing ladders;
- **Ensure that you can see.** If wearing goggles or eyeglasses, use antifogging sprays or wipes on them before going outside. The work area should be well lit—remember to use lights rated for outdoor use.
- **Make sure that you can be seen.** If working in an area where there is vehicular traffic (trucks, cars, forklifts, etc.), always wear high visibility, retroreflective safety apparel that meets ANSI requirements.



This fall has already been very wet and we all know what our winters are like – Take care of yourself when working outside – BE SAFE!!



There are **18,000 injuries** and more than **800 deaths** per year suffered by **workers who operate machinery** as part of their job.

Machine Guarding

By Eric Tofte, Director of Training ESC

According to OSHA employee exposure to unguarded or inadequately guarded machines is prevalent in many workplaces. Consequently, workers who operate and maintain machinery suffer approximately 18,000 amputations, lacerations, crushing injuries, abrasions, and more than 800 deaths per year. Amputation is one of the most severe and crippling types of injuries in the occupational workplace, and often results in permanent disability.

All machines consist of three fundamental areas: the point of operation, the power transmission device, and the operating controls. Despite all machines having the same basic components, their safeguarding needs widely differ due to varying physical characteristics and operator involvement.

The purpose of machine guarding is to protect the machine operator and other employees in the work area from hazards created by ingoing nip points, rotating parts, flying chips and sparks. Some examples of this are barrier guards, light curtains, two-hand operating devices, etc.

An employer does need to stay on top of machine guarding due to the high potential of injury. In addition to hazard assessment and making sure guarding is being done correctly, employees that use machines must be properly trained. If you are not sure if your company is in compliance, give us a call at the Evergreen Safety Council. We can help in this and many other industrial safety needs.



Scholarships for Members and their Families

By Tom Odegaard, President/Executive Director ESC

Evergreen Safety Council views membership as a gateway to establishing a safety partnership with you and your employees. Member organizations and individuals have low-cost access to valuable information, resources, and training that will help protect you, your employees, and your business from dangerous situations, accidents, and costly mistakes.

But did you know that members and their families also have access to apply for several different scholarships?

Paid for with a percentage of membership fees, ESC has the Monty C. Lish & Stanley O. McNaughton Scholarship for Safety and Health Careers. This scholarship was developed to encourage more college students to consider safety and health professions as viable and worthwhile careers. Deadline: February 15, 2016.

We are also proud to offer ESC members access to apply for a \$1000 college scholarship from the American Association of Safety Councils (AASC) Deadline: March 1, 2016.

If the student is a resident of Washington State and meets other eligibility requirements, The Governor's Industrial Safety and Health Advisory Board, Construction Safety Planning Committee, is once again offering a \$1,250 scholarship. Deadline: March 16, 2016.

Learn more about the requirements and applying on our website under Membership, then Scholarships and Awards.

Deadlines are coming up fast! Not a member? Learn more about membership and apply on our website at www.esc.org.

SAFE SUPERVISOR

Frontline supervisors play a pivotal role in shaping the safety mindset in the workforce. Take charge of this role by taking Safe Supervisor.

Safe Supervisor is a 3-day course designed to enhance a supervisor's understanding of the bigger picture of safety and his or her role in creating a safer work environment.

SAFE SUPERVISOR

March 14 – Kirkland WA

1 day workshop | 8 am to 5 pm | \$675

MEMBERS SAVE 10% - ASK US HOW TO BECOME A MEMBER TODAY!

SPACE IS LIMITED – SIGN UP TODAY.

Register online at www.esc.org or call 425-814-3868

SAFETY STATISTICS

Nearly 150,000 people a year could be given a chance to live if more people knew CPR and first aid.

150,000

Updated CPR and First Aid Guidelines.

By Eric Tofte, Director of Training ESC

On October 15, 2015 the International Liaison Committee on Resuscitation (ILCOR) released updated CPR and First Aid Guidelines. To comply with these new recommendations and ILCOR, First Aid instructors must complete an Instructor Update Course by the end of 2016. Instructors can continue to teach and certify using the 2010 materials until December 31, 2016.

On January 1, 2017, any instructor or instructor trainer who has not yet completed the class covering these changes in treatment recommendations will not be authorized to issue ASHI First Aid certification cards.

Evergreen Safety Council has a couple of these classes already slated for February 11 and March 21, in Kirkland, WA.

Here's a brief overview of a few of these changes that have been incorporated in the ASHI/HSI training:

- In the area of education they found that the use of a CPR feedback device (like the Loop) is very effective for improving CPR skills and if one is not available, use a device such as a metronome to improve adherence to recommendations for chest compressions (which is now 100 to 120 per minute).
- Findings show that most CPR compressions are too shallow and it is more effective to compress deeper rather than shallower. The recommendation is a depth of at least 2 inches and not deeper than 2.4 inches.
- Pediatric CPR compression rates are also 100 to 120 per minute and they are recommending deeper compressions of at least 1/3 the anterior-posterior diameter of the chest for those aged one month to the onset of puberty.
- On burns it is now recommended that thermal burns are cooled with cool or cold potable water for at least 10 minutes. If water is not available a clean cool compress can be used to loosely cover the burn. (Care should be taken to monitor for hypothermia when cooling large burns.) Also with burns it is NOT recommended to use natural remedies, however if you are in a wilderness setting honey could be used on a burn.
- They are now recommending that following a dental avulsion, it is essential to seek rapid assistance with re-implantation of the tooth. If you cannot get to a

dentist soon put the tooth in milk or clean water if milk is not available.

- The anaphylaxis emergencies have been updated to state that if a person with anaphylaxis does not respond to the initial doses of epinephrine and the arrival of EMS exceeds 5 to 10 minutes a repeat dose of epinephrine may be considered.
- There have been a couple of new additions to the concussion area which are if:
 - any person with a head injury that has resulted in a change in level of consciousness or has progressive development of signs or symptoms of a concussion should be evaluated by a medical professional as soon as possible, and
 - using any mechanical machinery, driving, cycling, or continuing to participate in sports after a head injury should be deferred until they are assessed by a medical professional.
- Bleeding control has also been updated to include training in tourniquets. According to the guidelines because the rate of complications is low and the rate of hemostasis is high, first aid providers may consider the use of a tourniquet when standard first aid hemorrhage control does not control severe external limb bleeding. It is reasonable for first aid providers to be trained in the proper application of tourniquets, both manufactured and improvised. In addition, hemostatic dressings may be considered by first aid providers when standard bleeding control is not effective for severe or life threatening bleeding.

Remember that the new science and treatment recommendations do not imply that emergency care or instruction involving the use of earlier science and 2010 treatment recommendation is unsafe.



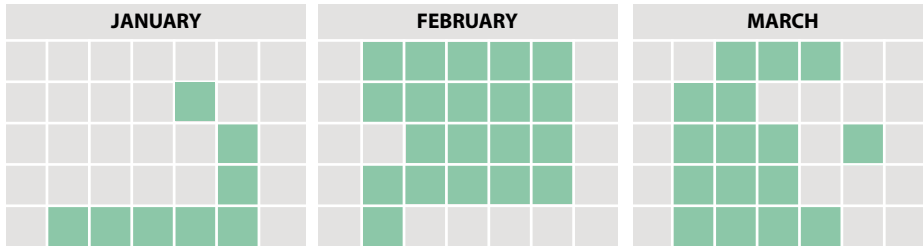


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Calendar of Events

January

- 21 Flagger Certification Open Enrollment - Kirkland WA
- 22 Traffic Control Supervisor Recertification - Portland OR
- 25-26 Forklift Instructor Training - Renton WA
- 25-27 Traffic Control Supervisor Certification - Kirkland WA
- 27 Forklift Operator Training - Renton WA
- 28 Traffic Control Supervisor Recertification - Kirkland WA
- 29 First Aid/CPR Certification Open Enrollment - Kirkland WA

- 17-19
- 19
- 22
- 22-23
- 24
- 24-25
- 26
- 29-Mar 2

- Traffic Control Supervisor Certification - Salem OR
- Flagger Certification Open Enrollment- Kirkland WA
- Flagger Instructor Recertification - Kirkland WA
- Forklift Instructor Training - Renton WA
- Forklift Operator Training - Renton WA
- Traffic Control Supervisor Certification - Boise ID
- Traffic Control Supervisor Recertification - Boise ID
- Traffic Control Supervisor Certification - Spokane WA

February

- 1 COSS Safety Certification - Kirkland WA
- 8 Forklift Instructor Recertification - Kirkland WA
- 8-10 First Aid/CPR Instructor Certification - Kirkland WA
- 9-10 Root Cause Analysis - Level 1 - Kirkland WA
- 11 Root Cause Analysis - Level 2 - Kirkland WA
- 11 First Aid/CPR Instructor Update - Kirkland WA
- 12 Pilot/Escort Vehicle Operator (P/EVO) - Kirkland WA
- 16 Traffic Control Supervisor Recertification - Salem OR

February continued

March

- 3
- 7-8
- 14-16
- 18
- 21
- 21-22
- 23
- 28
- 29-31

- Traffic Control Supervisor Recertification - Spokane WA
- EverSafe Driving Instructor Certification - Kirkland WA
- Safe Supervisor - Kirkland WA
- Flagger Certification Open Enrollment - Kirkland WA
- First Aid/CPR Instructor Update - Kirkland WA
- Forklift Instructor Training - Renton WA
- Forklift Operator Training - Renton WA
- Traffic Control Supervisor Recertification - Eugene OR
- Traffic Control Supervisor Certification - Eugene OR