



Hands on Safety

"Being Safe Is No Accident"



From the Committee's Table



Spider System

The Committee spent a lot of time and effort in getting the problems and concerns with the Spider System identified. After evaluating information provided from around the state and discussing our concerns with the manufacturer's representative, the Committee developed seven recommendations that would address the issue now and into the future, those recommendations were sent to the Director in early February. Director Moore accepted the Committee's recommendations in March and has tasked individuals within DRC to proceed with the implementation. A proposed Ohio Internal Management Standard will soon be submitted for review. When completed; the new standards will provide for the maintenance and training required to assure the effectiveness of the institutional systems.

Health and Safety Award

Just a reminder, all entries are due by November 2, 2010.

From the DRC Statewide Health and Safety Committee



From the Committee's Table (con't.)

Electrical Safety

The Committee continues with another long term concern, Electrical Safety. A draft policy has been developed and has been reviewed by BWC, this policy is also ready for review. The new policy will provide the foundation for requirements and procedures to insure the safety of those who are required to perform work in hazardous areas. The new policy will also provide for needed training and compliance with current standards.

Article 11 Reports

The Committee has infectious diseases and incident/accident data reports as standing agenda items; the Committee continually reviews these areas in an effort to monitor for areas of concern. Members of the Committee, who work in these areas every day, strive to keep the Committee advised. Committee has worked together to jointly implement plans for epidemic precautions such as H1N1 and others in past. Committee was informed that TB testing for staff will occur in September.

Committee Liaisons/Training

The Committee has also embarked on providing the necessary training to aid Committee members to become liaison's in order to assist local H&S Safety Committees when requested. Committee is currently working with the OCSEA Education Department and the OCB Training Services to provide additional training. Some Committee members recently attended the annual Ohio Safety Congress and Expo in late March. Attending classes and browsing the hundreds of expos displaying thousands of safety items from hats and helmets to gloves and shoes. Liaison assignments have been completed and the contact information will be sent to each H&S Committee.

Committee Member's Reports

The Committee has received a large number of issues forwarded from local committees requesting assistance, grievance settlements that have been forwarded to the Committee for assistance in resolutions and Committee member's reports. Some of the issues that Committee is currently reviewing are; internal walkways, Kiosk machine issues, Safety and Health Coordinator backup.



Extreme Heat (or Heat Wave)

Heat wave. It's a term that immediately evokes southern climates: the aridity of Phoenix or Palm Springs, the subtropical humidity of Houston or Miami. Yet, extreme heat is a weather emergency that can affect all of us.

According to Stu Ostro, a senior meteorologist at The Weather Channel, extreme heat occurs when the temperature reaches extremely high levels, or when the combination of heat and humidity causes the air to become oppressive and stifling.

Extreme heat can manifest in several ways:

A spell of **sweltering humidity**, which reaches levels commonly associated with moist tropical regions. Stress on the body can be exacerbated when atmospheric conditions cause pollutants to be trapped near the ground.

An **excessively dry condition**, in which strong winds and blowing dust can worsen the situation.

A rise in the heat index, the body's perception of the "apparent" temperature based on both the air's real temperature and the amount of moisture present in the air. Humidity and mugginess makes the temperature seem higher than it is. In high humidity, an 85 degree day may be perceived as 95 degrees.



From the Regional Directors Office:

As we all know, the heat and humidity are at their highest levels at this time of year. This is just a reminder to pay extra consideration to those individuals assigned to posts exposed to the elements (perimeter patrol, yard, etc.) and to make adjustments as needed in order to avoid potential heat-related health issues.

Some suggestions are to ensure that the individuals are given extra opportunities to consume sufficient amounts of water, allowing for breaks from the elements, switching perimeter patrol vehicles from those without air conditioning to those that have air conditioning, etc. Also, in an effort to ensure security, more frequent communication with those individuals assigned to these posts may be necessary in order to check on their well being.

Please give this request your consideration in the interest of the safety and health of our employees.

Safety During a Heat Wave

A heat advisory or warning has been issued. Now what do you do?

Before Exposure:

- Stay indoors and avoid extreme temperature changes. If your home does not have air conditioning, go to a shopping mall or public library - - even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Keep your electric fans running.
- Drink cool liquids often, particularly water, even if you do not feel thirsty, to help your body stay cool. Avoid alcoholic beverages, which dehydrate the body. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.
- Eat small, frequent meals. Avoid foods that are high in protein, which increase metabolic heat.
- Keep pets indoors; refill their water bowls frequently.

During Exposure:

- If you must go out, wear lightweight, light-colored clothing to reflect the sun's energy.
- Slow down, avoid strenuous outdoor activity. If you must engage in strenuous activity, limit exposure during mid-day hours.
- Cover all exposed skin with a high SPF sunscreen, and wear a wide-brimmed hat to protect your face and head.
- Drink plenty of fluids.
- Never leave infants, children, or pets in a parked car.

After Exposure:

- Continue drinking plenty of water.
- Never take a cool shower immediately after becoming overheated. You may cool too quickly and become ill, nauseous, or dizzy.
- Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.



Before it Occurs

Prepare for Extreme Heat

Because extreme heat can strike virtually anywhere in the country, it is important to map out a strategy for keeping your cool in a sweltering situation.

Be Prepared

Develop a Family Preparedness Plan that includes the following: Identify locations where you can escape sweltering conditions for hours at a time: a mall, a movie theater, or the home of a friend or relative.

In addition to your family emergency supplies kit, make sure you have extra water available, as well as sun screen and wide-brimmed hats if you go outdoors.

For more information about assembling and refreshing supplies, see the American Red Cross for its emergency preparedness program, Be Red Cross Ready.

Prepare Your Home:

- Keep your home cool with shades, draperies, awnings, or shutters to reduce the amount of heat that comes into your home.
- If you have air conditioning, install weatherstripping and storm windows to keep heat out and cool air in.
- Make sure your air conditioning works properly before the summer months.
- If you have no air conditioning, open your windows and keep fresh air moving through your home.
- Use circulating fans to distribute cool air.

Be Informed

Use the Heat Index chart to determine what the temperature feels like to your skin.

How Will You Be Warned?

If you are in the peak summer months, and the temperature and/or humidity has been unusually high for several days, anticipate an extreme heat emergency situation.

Although threshold criteria may vary depending on the location, two kinds of alerts are generally issued.

Heat Advisory - Issued when the heat, or combination of heat and humidity, is expected to become an inconvenience for much of the population, and a problem for some.

Excessive Heat Warning - Issued when the heat, or combination of heat and humidity, is expected to be dangerous for a large portion of the population.

Extreme Heat

Risk of Heat Cramps, Exhaustion, and Heat Stroke

Extreme heat is more than an issue of discomfort. It forces the body into overdrive as it tries to stay cool through perspiration and evaporation.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death.

The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather.

People in urban areas are at high risk, too, because the stagnant atmospheric conditions trap pollutants in the air, which, when breathed can trigger respiratory problems for many people.

Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

The effects of extreme heat can undermine physical well-being so slowly and subtly that the dangers aren't apparent until it's too late.

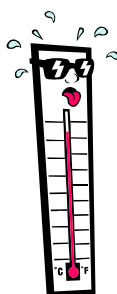
In regions of low humidity, the most common human response to extreme heat is dehydration. Exposed to direct sunlight and temperatures in excess of 90 degrees Fahrenheit, a human can lose as much as half a gallon of water every 10 minutes, and this dehydration can seriously interfere with one's internal thermostat.

Heat-Related Illnesses

No matter where you live, it is important to recognize the real dangers of extreme heat and take action to offset its impact at its earliest stages.

The gradual nature of extreme heat's effects on the body makes it important to be aware of heat-related illnesses:

Severe Sunburn - So much more than a dermatologic issue, sunburn reduces the skin's ability to release excess heat, making the body more susceptible to heat-related illness.



Extreme Heat Health Emergency

If a health emergency arises due to extreme heat, identify the symptoms and take the following steps.

Heat Cramps

Symptoms: Muscle pains and spasms - - usually in the abdomen, arms, or legs - - usually caused by strenuous activity, which triggers heavy perspiration.

Treatment: Stop all activity and rest in a cool place. Drink cool, clear water, juice or a sports beverage. Avoid strenuous activity for a few hours after cramps to prevent heat exhaustion or heat stroke.

Heat Exhaustion

Heat exhaustion is a heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

Symptoms: Heavy sweating, weakness, cold and clammy skin, a weak pulse, dizziness, fainting, nausea, vomiting. If untreated, the victim's condition could worsen; the body temperature could keep rising, possibly leading to heat stroke.

Treatment: Rest in a cool place. Loosen clothing and apply cool, wet cloths or take a cool shower or bath. Drink cool beverages unless nausea occurs. If vomiting occurs, seek medical attention.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

Symptoms: The ability to sweat stops; red, hot, dry skin; extremely high body temperature; rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; unconsciousness. Body temperature can rise so high that brain damage or death can occur within 10-15 minutes unless medical help is immediate.

Treatment: **Call 911 immediately** for emergency medical services. Try to cool the victim as rapidly as possible. Remove clothing; use a cool sponge bath or fan; put the person in a cool bath or shower; use a garden hose. **Do not give fluids.**

Sun Safety Checklist

Use Sunscreen Effectively:

- Apply sunscreen 30 minutes before you go out into the sun.
- Apply liberally and evenly over all your exposed skin to ensure complete coverage. Don't skimp.
- Remember your ears and scalp, especially if you have thin or thinning hair.
- Use sunscreen with SPF 15 or higher whenever you'll be outdoors. Sun Protection Factor tells you the level of protection.
- Men should use an aftershave daily that includes SPF 15+.
- Women should use moisturizers daily that include SPF 15+.

Children should use waterproof sunscreens with SPF 30 or higher:

- Keep babies under six months of age out of the sun completely and consult a doctor before applying sunscreen.
- Most children rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

Reapply, as needed - and be sure to reapply after swimming, perspiring, vigorous activity or toweling off.

Just 1 day in the sun can result in a burned cornea and cumulative exposure can lead to cataracts later in life (clouding of the eye lens, which results in blindness).

Enjoy the Sun Safely:

- Stay in the shade whenever possible.
- Wear dark-colored, tightly woven clothing, along with a wide-brimmed hat and UV-blocking sun glasses.
- Avoid exposure to the sun when its rays are strongest, between 10 am and 2 pm.
- Remember that sun rays bounce off snow, concrete and water, as well as sand. Smart sun-care is important in every spot and every season.

Source: weather.com



Home Maintenance Tasks



- Clean and seal decks. Ideally, you'll need three consecutive warm, sunny days. On day one, dry out the deck. Apply deck cleaner and scrub the deck on the second day and let it dry 24 hours. On the third day, apply deck sealer.
- Hire a certified chimney sweep to inspect and clean chimneys. Doing this task now instead of the fall allows plenty of time for repairs before the next heating season. It's also easier to schedule a sweep.
- Wash the exterior of your house, using ordinary garden hose pressure and a mild detergent. Beware of the pressure washers - - they are powerful enough to force water under the siding where it may encourage mildew and rot.
- Caulk exterior joints around windows and doors.
- Clean lint from the entire clothes dryer vent system, from the dryer to the exterior vent cap.
- Check operation of attic fans and roof-mounted turbine vents.
- Check all exterior walls for peeling or cracked paint. If you decide to repaint your house yourself, you can cut this job down to size by painting just one or two walls per year. Typically, paint on south and west-facing walls deteriorates faster and requires more frequent recoating than paint on north or east-facing walls.
- Carefully inspect brick or masonry siding for cracks or missing mortar. Repair with fresh mortar or concrete caulk.
- Inspect roofing material for cracks and loose or missing shingles and repair as necessary. If you have access to attic spaces, check underneath the roof for stains that indicate leaks, especially from "flushed" areas in roof valleys and around chimneys and vent stacks.
- Inspect the operation of automatic light timers and motion-detector systems, especially if you plan a vacation.
- Prune trees and shrubs so that branches do not come in contact with exterior siding.
- Inspect foundation walls for signs of termites - - tunnels or dirt bridges. If you suspect termites, contact a professional exterminator.
- Use a vacuum with a narrow nozzle to clean condenser coils on the back or underneath your refrigerator.
- Clean underneath range hood. Remove and clean or replace range hood filters.
- Plan interior remodeling projects and get estimates. Plan for the work to be done in early fall.

Source: weather.com

String Trimmer Safety Tips

When operating a string trimmer, exercise the following precautions to ensure safety.

- Learn how to properly operate the trimmer before using it.
- Inspect your string trimmer before each use. Look for loose fasteners, fuel leaks, cracked or chipped string head, and repair as needed.
- Watch for bystanders and keep them at least 50' away.
- Wear full eye and hearing protection when operating a string trimmer.
- Wear suitable clothing. Long pants, closed-toe shoes, and gloves are best.
- Keep firm footing and balance; don't over-reach.
- Be sure lighting conditions are adequate.
- Keep your body away from the rotating string head and hot surfaces.
- Use your string trimmer only for weeds and grass. It's not designed to trim shrubbery or other greenery not at ground level.

Source: KeepSafe, Inc.

Agency Health & Safety Committee Members

- Buffy Andrews (Management Co-Chair)
- Dave Justice (Bargaining Unit Co-Chair)
- Andrew Albright (Management)
- Dave Bailey (Bargaining Unit)
- Jody Beardmore (Management)
- Ron Brown (Bargaining Unit)
- John Coleman (Management)
- Bridgette Duncan (Bargaining Unit)
- Ed Henderson (In Memoriam)
- Stephanie Lee (Bargaining Unit)
- Chris Mabe (Bargaining Unit)
- Bryant Palmer (Management)
- Kevin Runyon (Management)
- Garland Wallace (Management)
- Charlie Williamson (Bargaining Unit)
- Chere Wilson (Bargaining Unit)



The Intranet for DRC employees has a health and safety website with various health and safety resources. Some items posted for review are approved outside agency web links, DRC Safety protocol and additional Safety and Health Coordinator Basic, Intermediate and Advanced training classes. You can access the Office of Prisons Safety and Health Program at:

<http://intra.drc.state.oh.us/web/OOP/safety.htm>