

## news & notes

### DISTRACTED DRIVING

The theme for Week 4 of **National Safety Month** is driving safety, so here is some driving news. U.S. Secretary of Transportation Ray LaHood has announced the first-ever federally proposed guidelines to encourage carmakers to limit the distraction risk for in-vehicle electronic devices. The proposed voluntary guidance would apply to communications, entertainment, information gathering, and navigation devices not required to operate the vehicle.

"Distracted driving is a dangerous and deadly habit on America's roadways—that's why I've made it a priority to encourage people to stay focused behind the wheel," said LaHood. "These guidelines are a major step forward in identifying real solutions to tackle the issue of distracted driving for drivers of all ages."

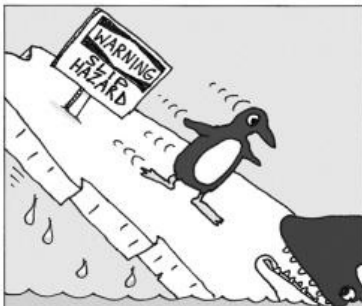
The guidance was geared toward light vehicles such as cars, pickup trucks, and minivans. The first phase of the proposal includes recommendations to reduce complexity and task length required by devices.

The changes would also limit:

- Operation to one hand only
- Individual off-road glances to no more than 2 seconds
- Unnecessary visual information in the driver's field of view
- The amount of manual inputs required to operate the device

The proposal recommends disabling several "visual-manual" operations by drivers. Among these are text messaging, Internet browsing, social media browsing, destination entry by address, 10-digit phone dialing, and displays to the driver of more than 30 characters unrelated to driving.

Find out more at [www.distraction.gov](http://www.distraction.gov).



Next week on "Frozen Planet."

# EMPLOYEE SAFETY NEWSLETTER

**June 2012**

## Don't Slip Up!

### *Stay on your feet on the job*

June is **National Safety Month**. The theme for Week 3 this year is preventing slips, trips, and falls. Thousands of disabling injuries—and even deaths—occur each year as a result of slips, trips, and falls. But you can do many things to prevent these injuries, including practicing good housekeeping:

- Keep walkways, aisles, and stairs free of all items.
- Promptly clean up any leaks or spills on floors, stairs, entranceways, and loading docks.
- Repair or report floor problems.
- Block off and mark floor areas that are being cleaned or repaired.
- Keep cords, power cables, and air hoses out of walkways.
- Promptly place trash in proper containers.
- Keep drawers closed.

In addition, always take these precautions on stairs and dock edges:

- Report missing or broken stair rails and slippery or damaged treads.
- Walk, don't run, on stairs.
- Hold onto stair rails while going up and down.
- Don't jump on or off platforms and loading docks, and stay away from edges.
- Don't carry a load you can't see over, especially on stairs or around dock edges.

Pay attention to your surroundings:

- Focus on where you're going, what you're doing, and what lies ahead. Expect the unexpected.
- Wear sturdy shoes with nonskid soles and flat heels.
- Wipe your feet when you come in from rain or snow.
- Report or replace burned out lights or inadequate lighting.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Walk slowly and slide your feet on slippery surfaces.
- Sit in chairs with all four chair legs, wheels, or casters on the floor.

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### BOARD BOOSTS EMPLOYEE ROLE

The U.S. Chemical Safety Board (CSB) has a new policy on employee participation in investigations. The board hopes the change “will enhance the vital role played by plant workers in determining root causes of incidents and promoting facility safety.”

If CSB initiates an investigation at a union site, the board will now identify and notify facility unions of its plans to investigate.

At nonunion sites, the board will seek to identify other employee representatives, such as members of a safety and health committee.

Among other changes, CSB will:

- Seek participation by contract employees and their representatives.
- Establish face-to-face communication with employee representatives from the outset of its investigations.
- Provide employee representatives with the opportunity to review and comment on the accuracy of CSB reports and recommendations.

The board says it plans to develop a brochure for employees and a new Web page summarizing the policy.



## The ABCs of AEDs

### *Learn how to use them*

**June 3 to 6 is National CPR/AED week**, which is a great time to learn about automated external defibrillators (AEDs). AEDs are computerized devices that can check a person’s heart rhythm, recognize a rhythm that requires a shock, and advise the rescuer when a shock is needed. AEDs use voice prompts, lights, and text messages.

Although an untrained person can operate an AED, it is recommended that users complete a short training program. AED training includes:

- Recognition of sudden cardiac arrest symptoms
- How to notify emergency response personnel
- How to perform cardiopulmonary resuscitation (CPR)
- How to operate an AED effectively
- How to care for victims until emergency personnel arrive

Here are brief AED guidelines:

- Before a shock is given, move the victim to a dry area, and remove any wet clothing.
- The victim’s skin must be dry or the electrode pads won’t adhere properly to the skin.
- At no time should anyone touch the victim while the shock is being administered.
- After the AED delivers a shock, it will usually prompt the operator to continue CPR while the device continues to analyze the victim. CPR helps to circulate oxygen-rich blood to the brain.

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## Nail Gun Safety

### *Take precautions with this power tool*

Nail guns are extremely helpful tools if they are used properly. However, they can also be extremely dangerous. Treat nail guns with the respect they deserve.

- **Learn about the different types of trigger mechanisms** used on nail guns and the hazards of each trigger type.
- **Understand risk factors on the job** that can lead to nail gun accidents and injuries.
- **Use the full sequential trigger nail gun**, which is the safety type, especially for placement work where the lumber must be held in place by hand—for example, building walls and nailing blocking, fastening studs to plates and blocks to studs, and installing trusses.
- **Take training seriously**, learn safety features, and practice using nail guns safely.
- **Follow required work procedures** for nail gun use, and never break any safety rules.
- **Always wear appropriate personal protective equipment**, including hard hat, high-impact safety glasses or goggles (marked ANSI Z87.1), and hearing protection.
- **Report accidents**, injuries, and near misses.
- **Seek medical attention immediately** after nail gun injuries, even for those that appear minimal.