

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



MAYDAY, MAYDAY, MAYDAY

MAYDAY = HELP!

Since it is May already and the term "mayday" is often used to signal for help at sea, I thought I'd try to find out how this term has become the basis of a distress call. Searching the web, I found a Navy Website page which answers the question...

<http://www.chinfo.navy.mil/navpalib/traditions/html/navyterm.html#mayday>

Since the privacy statement indicates the information on the Navy's site may be freely copied, I have provided a direct quotation:

"Mayday" is the internationally recognized voice radio signal for ships and people in serious trouble at sea. Made official in 1948, it is an anglicizing of the French m'aidez, "help me".

So now you know. Apparently there is a proper form for declaring mayday which includes providing initial information followed by another mayday distress signal with detailed information. If you have a boat and want to know the details you can visit: http://www.boats.com/content/default_detail.jsp?contentid=1900 Personally, I get sea sick quickly requiring me to make a distress call of another type.

Using a code word to signal a specific hazard or occurrence is a common practice. "Code Blue" is called in hospitals around the country to signify a cardiac arrest. "Adam Alerts" are used to notify individuals that a child has gone missing. Code words can rapidly convey a situation for which there should be a standard response.

Problems with code words evolve when emergency plans establish a code word but staff personnel are not trained. "Situation Yellow" sounds great on the PA system, but what is it conveying? If staff are not trained, they might interpret this to mean a gas leak has been found, caution should be used in the hallways, or the toilet just overflowed again. Even if they do know what the code word means, they also need to understand what response is expected – even if the response is "no response". Imagine being in a massive chemical facility and an alarm sounds...What does it mean? Lunchtime or a release of chlorine gas is heading your way? Guests, contractors and visitors to your facility also need to know what actions to take in the event of a code word or other type of alarm system. This should be included in your visitor / contractor training briefing.

Some facilities are finding that they have so many alarm systems today that they need to train staff on recognizing all the different alarms and what actions need to be taken for each alarm system. Here's where human factors engineering comes into play: Designing notification systems that properly convey an effective message to the user. This was one of many factors in the TMI event which occurred here while I was still in school. We took a little family vacation quickly and watched TV for glowing cows on the news.

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GRUESOME

Our team grew some. (It's all in the spelling – Just trying to keep it interesting)

George Mihalcik has joined High Safety Consulting Services, Ltd just a few days ago. George has many years of experience in various industries. Most recently he was the Environmental Safety and Health Specialist with NBC-10 in Philadelphia. He has held various safety and health positions for a number of manufacturing facilities. George has a Masters degree in Secondary Education from Penn State. He is an EMT-Instructor and has been involved in Hazardous Materials Response, EMS and Fire Services. George will be providing safety and health training, conducting facility reviews and providing loss control services.

Lisa Krug will be joining High Safety on May 17th. Lisa comes to us from another consulting group where she was the Manager of Industrial Hygiene and Indoor Environmental Services. Lisa holds a BS in Occupational Safety & Health and a BS in Biology from Millersville University. She is also a registered respiratory therapist and has had specific training in mold remediation work. Lisa will continue to work in providing our clients air quality services. She will also provide training, noise dosimetry and similar services.

EMERGENCY OXYGEN

Oxygen is regulated by the FDA. However, emergency oxygen is available without a prescription for use in the workplace for emergencies only. Is it worthwhile? Sure. Anything that can help improve the odds that someone in cardiac arrest will survive can't be bad. A workplace oxygen set-up will set you back about \$500. If you don't have an AED yet...please purchase that first....It will do more than an oxygen set-up.

There are a few things you need to do if you are planning on using oxygen within your workplace for emergencies to be in compliance with the FDA requirements:

- 1) Assure that your units are labeled as follows:

WARNING: For emergency use only when administered by properly trained personnel for oxygen deficiency or resuscitation. For all other applications: CAUTION: Federal Law prohibits dispensing without a prescription.

- 2) Assure you provide training for your personnel. (High Safety can provide this training).

A few more points, Oxygen safety must be included in the training. While many people believe oxygen is flammable, it is not. However -- it supports combustion and a simple combustible fire in an oxygen environment can be explosive! How the cylinder is mounted and handled are important items to review.

Also make sure your unit is up-to-date! In the past I found a fixed 6 lpm oxygen system for sale with a non-re-breather mask – a mask style that shouldn't be used anymore and should be operated at a minimum of 10 lpm flow if used. In addition, I have found systems with pressure demand ventilation attachments which are no longer encouraged and beyond a basic skill level. I've also found cylinders which were out of their hydro-static test date. If you have medical oxygen, you might want to check on it!

2004 STANDARDS ENROUTE

New OSHA 2004 Standards are at the presses. We expect to have them available in the next three weeks. If you want an advanced copy you can order them on our web-site. Still at the same very low price with lots of new features! To order: <http://www.highsafety.com/hsl/resources/catalog/>

I WAS IMPRESSED BY THIS...

I recently had the opportunity to discuss my loss allocation system at a meeting in Orlando, Florida. At the conference I obtained some information on a system which I believe could significantly reduce the potential for motor vehicle accidents – The nation's number one cause of accidental death! The product is a video system mounted in the vehicle which only stores video when an event occurs which is determined when "G" forces are exceeded. The video can then be reviewed and coaching, discipline, or defense of a claim can occur. Since I never used the product, I can't tell you if it really does what it says. The cost is well under \$2000 per unit...if you consider several million dollar liability claims that can result from a single event, this seems like it could produce a

good R.O.I. If you don't know what ROI is or how to calculate it on a safety project, sign up for the class in December – Topics in Safety Management! See the DriveCam System at www.drivecam.com (PS: I'm not getting a kickback for the record).

UPCOMING TRAINING PROGRAMS presented by HSCSL:

See our training page for more details on the following programs: <http://www.highsafety.com/hsl/resources/courses/>

OSHA 10-Hour Construction Course (May 12-13, 2004) Two-day, OSHA-authorized course. This program will be offered through Associated Builders & Contractors (ABC) Keystone Chapter. Call them at (717) 653-8106 or visit their website www.abckeystone.org to register.

Maryland Plant Engineering & Facilities Maintenance Show (May 18-19, 2004) Curt Wittman will be offering a mold presentation on May 19 in Baltimore. Call us toll-free at (877) 285-1129 for free tickets.

Understanding and Managing Mold Contamination (July 9, 2004) Half-day course. Presents health effects and techniques to handle mold contamination.

Practical "Hands On" Industrial Hygiene (August 23-25, 2004) Three-day course. Allows participants practice sampling for noise, dust and vapors. Students will also practice interpreting laboratory results and calculating 8-hour TWAs. Nothing else like it!

OSHA 10-Hour General Industry Course (September 13-14, 2004) Two-day, OSHA-authorized course. 2.0 ABIH CM points.

OSHA Instructor's Course for Construction (September 20-23, 2004) Four-day course. This program will be offered through the Keystone Occupational Safety and Health Center (KOSH) – an Authorized OSHA Training Institute. Call them at (800) 318-4846 or visit their website www.koshcenter.org to register.

Slips, Trips, and Falls (October 14, 2004) Presentation given by Steve High at the Northeastern Regional Occupational Health & Safety Conference & Expo in Wilkes-Barre. Call us toll-free at (877) 285-1129 for more information.

OSHA 30-Hour General Industry Course (October 18-22, 2004) Five-day, OSHA-authorized course. 4.5 ABIH CM points. Tour a VPP STAR site as part of this course.

Topics in Safety Management (December 2-3, 2004) Two-day course. Designed for the safety manager with five or more years experience in the safety field.

NOTE: All of our prior newsletters are archived on our website under the "Contact Us" Tab

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