



"Safety Comes First"

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Workers at major retail stores get used to customers taking advantage of their return policies. A recent article in *Business Insider* collected stories from employees at Walmart, Target, Costco, and Home Depot about the strangest, grossest, and most surprising returns they've seen on the job.

Some of the highlights:

- A fake Christmas tree purchased 10 years earlier
- About \$400 of Christmas decorations—returned in February
- A box for a power tool, crammed with canned food instead of the tool
- Sheets purchased from a second-hand store
- Bones from a chicken that “wasn’t good”
- Stained mattresses
- Worn clothes
- Two dirty five-year-old toilets
- A 10-year-old vacuum
- Dead roses
- An old, open box of condoms
- A gallon of expired milk from another store
- Thousands of dollars of merchandise used to stage a home for sale
- An entire lawn set returned in a U-Haul truck and taken inside in 10 shopping carts

Source: Safety.BLR

Prepare To Drive Safely In Winter Conditions



“Make sure your front and rear windshield wipers are in good working condition.”

Driving in winter presents a host of challenges, not the least of which is remembering how tricky it is to drive in slick conditions. So, it's good to begin your safe winter driving practices before you even leave your driveway. Winter's snow, ice, and cold temperatures pose a unique set of challenges that interfere with your vehicle's performance, creating a hazard for you, your passengers, and other drivers on the road.

Before you get on the road, it is important to have your vehicle in good condition and equipped for winter driving. Begin by inspecting or having your mechanic inspect the following items:

- **Tire pressure.** Make sure your tires are inflated to the correct air pressure, as cold weather can cause tire pressure to drop. Check your tire pressure frequently.
- **Tire tread and traction.** Check the tread on your tires, and replace them if the tread is worn. If you live in an area where snowy roads are a frequent concern, snow tires or properly installed tire chains are other options.
- **Fluids.** Check the levels of your windshield washer fluid, oil, antifreeze (coolant), brake fluid, and power steering fluid.
- **Gas.** Keeping your gas tank at least half full will prevent your gas line from freezing.
- **Brakes.** Test them to ensure they are in working order. If possible, practice stopping on snow and ice in a safe place to become familiar with how your vehicle performs.
- **Lights and signals.** Check that your headlights, high beams, taillights, brake lights, turn signals, and hazard lights are functioning properly. Clean exterior lights if they are dirty.
- **Windshield wipers.** Make sure your front and rear windshield wipers are in good working condition. Replace the wiper blades if they are worn.
- **Heater/defroster.** Make sure the heater is functioning properly and that the defroster removes condensation and frost from your windshield.

Battery. Have your mechanic check your battery for sufficient voltage, and inspect the charging system, belts, and cable connections.

You should assemble an emergency kit to keep in your vehicle in case you become stranded or experience mechanical difficulty. This is a good idea year-round, but it is very important in winter because of the increased chance that you could get stranded in hazardous weather conditions.

Your winter emergency kit should include:

- Blankets and warm, dry extra clothes
- Water and nonperishable food
- Essential medications
- Ice scraper, snow brush, and small snow shovel
- Flashlight and extra batteries
- First-aid kit
- Jumper cables
- Container of sand or kitty litter for traction if you get stuck in snow or ice
- Emergency flares or triangles
- Inflated spare tire, tire jack, and tools
- Cell phone and car charger
- Extra windshield washer fluid

Source: Safety.BLR

Using Hand Trucks Safely

Hand trucks are simple pieces of equipment that can be extremely helpful when moving boxes and other heavy objects. Proper use of a hand truck can help prevent strains, sprains, and other lifting-related injuries. However, hand trucks are not without hazards of their own, so use them carefully, and follow safe work practices.

Inspecting

Before you use a hand truck, inspect it. If it has air-filled tires, check that the air pressure is correct; if it has hard rubber tires, make sure they are in good condition. Examine the frame for broken or bent areas, and check for any loose or damaged bolts or other parts. Wheels should turn easily; if the hand truck is equipped with brakes, make sure they work.

Loading

When you load the hand truck, always place heavier objects or boxes on the bottom of the stack, with lighter objects on top. Check the rated weight capacity of the hand truck, and don't go over it. Don't load the hand truck with more weight than you can safely manage, even if the equipment can handle it. Never stack items so high that you cannot see over the top. If the load is not stable, secure it to the hand truck with a strap.

Safe use

Follow these safe practices for using a hand truck:

- Get a firm grip on the handle. Wear work gloves with slip-resistant coatings. Do not operate hand trucks when your hands or the handles are wet or greasy.
- Maintain good back posture by keeping your back straight and bending your knees. Push the hand truck rather than pull it whenever possible, and do not walk backward.
- Allow the hand truck to carry the weight so that you only need to push and steer. Two-wheeled hand trucks should be tilted back just enough so that the weight is balanced on the wheels. Tilting back too far will require you to support too much of the load.
- Travel at a safe speed to avoid obstacles such as debris, wet floors, or uneven floors. Maintain the speed required to keep the hand truck under control. Keep an eye out for other vehicles, equipment or structures, edges of docks, trip hazards, pedestrians, etc.
- When operating on a ramp or inclined surface, keep the load downhill if possible. This will prevent the load from rolling over or falling on top of you if you lose control. However, avoid using hand trucks on very steep inclines.
- Keep your feet clear of the wheels when using hand trucks.
- Do not ride on a hand truck, and never carry a passenger.
- Protect your hands from being crushed against solid objects. Watch for pinch points when you go through doorways or other tight areas.

Park hand trucks in appropriate places. Keep them out of main walkways, and do not block emergency equipment such as fire extinguishers or exits.

Source: Safety.BLR



*“Don’t
load the
hand truck
with more
weight
than you
can safely
manage...”*

Understanding The Health Hazard Pictogram



“Pictograms are meant to help you quickly identify the hazards associated with a chemical.”

If your job requires you to work with various chemicals on a regular basis, you should note that containers of hazardous chemicals at your facility are all labeled in the same way and contain the same categories of information.

You should take the time to read the labels on the chemicals in your work area and become familiar with the format and the types of information on the labels.

On each of these labels, you will see one or more pictograms. These are the red diamonds with the black pictures on a white background.

What are pictograms?

Pictograms are meant to help you quickly identify the hazards associated with a chemical. There are nine different pictograms that represent different hazards. The “Health Hazard” pictogram, is a red diamond, and inside the diamond is a silhouette of a person’s head and upper body with a white star shape on the chest.

What does the “Health Hazard” pictogram mean?

If you see this pictogram on a chemical label, it means that exposure to the chemical may lead to cancer or may alter your DNA and lead to defects in future children. It can:

- Cause fertility problems in women and men and impact your ability to conceive healthy children.
- Cause you to become hypersensitive to the chemical and have severe reactions any time you are exposed to the chemical in the future.
- Cause a specific organ in your body to no longer function as it should, or
- Get into your lungs and cause what is referred to as chemical pneumonia.

These are all potentially very serious health problems, so when you see this pictogram, be cautious and do things the right way, which includes following the Precautionary Statements on the label.

Where can you find specific information?

More specific information on the hazards of a chemical is listed in the Hazard Statement on the label and in the safety data sheet, or SDS, for the chemical. The SDS will also give you information on what personal protective equipment to use and what to do if you or a coworker is exposed to the chemical.

You know that there are hazardous chemicals at your facility, but if you understand and use the information available, you can minimize your risk.

Source: Safety.BLR

CDC Warns Of Asian Longhorned Tick Infestation

An invasive tick that's native to Asia has popped up in New York and eight other states — and health officials are warning it could spread dangerous diseases to humans and animals.

The Asian longhorned tick popped up first in New Jersey in August 2017 but has since been reported in Arkansas, Connecticut, Maryland, North Carolina, Pennsylvania, Virginia and West Virginia, the Centers for Disease Control and Prevention, according to the.

They've been found on pets, livestock, wildlife and people.

Unlike most tick species, longhorned ticks are capable of reproducing asexually and a female can lay as many as 2,000 eggs at a time without ever mating.

"As a result, hundreds to thousands of ticks can be found on a single animal, person, or in the environment," the CDC warned on its website.

Longhorned ticks are common in New Zealand and Australia, where they've been known to reduce production in dairy cattle by 25 percent.

Researchers are still trying to determine how harmful the tick is in the US.

"The full public health and agricultural impact of this tick discovery and spread is unknown," said Ben Beard, deputy director of the CDC's Division of Vector-Borne Diseases. "In other parts of the world, the Asian longhorned tick can transmit many types of pathogens common in the United States. We are concerned that this tick, which can cause massive infestations on animals, on people, and in the environment, is spreading in the United States."

The agency said those who believe they've found an Asian longhorned tick should remove it immediately, save it in rubbing alcohol in a jar or ziplock bag and contact the local health department.

The reddish-brown species of tick can spread serious diseases, like the bacterial infections babesiosis, ehrlichiosis, theileriosis and rickettsiosis, and certain viral diseases, according to Live Science.

In China and Japan, the tick has been known to cause a potentially deadly disease called severe fever with thrombocytopenia syndrome.

As of last month, no longhorned ticks found in the US have been linked to disease, the CDC said.

"Unlike most tick species, longhorned ticks are capable of reproducing asexually ..."



Use Of Potassium Iodide



“Beyond 10 miles, the major risk of radioiodine exposure is from ingestion of contaminated food-stuffs...”

In January 2001, the Commission published a rule change to the NRC emergency planning regulations to include the consideration of the use of potassium iodide. If taken properly, potassium iodide (KI) will help reduce the dose of radiation to the thyroid gland from radioactive iodines, and reduce the risk of thyroid cancer. The Food and Drug Administration (FDA) has issued guidance on the dosage and effectiveness of potassium iodide. The NRC has supplied KI tablets to States requesting it for the population within the 10-mile emergency planning zone (EPZ). If necessary, KI is to be used to supplement evacuation or sheltering in place, not to take the place of these actions. If radioactive iodine is taken into the body after consumption of potassium iodide, it will be rapidly excreted from the body. For more information, see Consideration of Potassium Iodide in Emergency Planning.

The population closest to the nuclear power plant that is within the 10-mile emergency planning zone is at greatest risk of exposure to radiation and radioactive materials. When the population is evacuated out of the area, and potentially contaminated foodstuffs are removed from the market, the risk from further radioactive iodine exposure to the thyroid gland is essentially eliminated. Beyond 10 miles, the major risk of radioiodine exposure is from ingestion of contaminated foodstuffs, particularly milk products. Both the Environmental Protection Agency (EPA) and the FDA have published guidance to protect consumers from contaminated foods. These protective actions are preplanned in the 50-mile ingestion pathway EPZ.

Remember, in the unlikely event of a nuclear power plant accident, it is important to follow the direction of your State or local government in order to make sure protective actions, such as taking potassium iodide pills, are implemented safely and effectively for the affected population.



Chemical Spotlight: Aniline

Aniline is a clear to slightly yellow liquid. Aniline is used in a number of industries to make a wide variety of products such as polyurethane foam, agricultural chemicals, varnishes, and explosives.

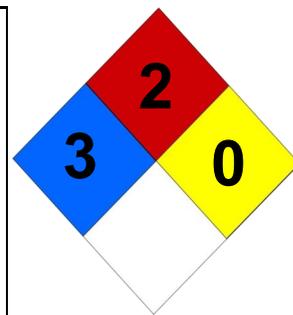
When released into the air, aniline will break down rapidly from other chemicals and sunlight within a few days. In water, aniline will stick to sediment and particulate matter or will evaporate into the air. Aniline partially sticks to soil. Small amounts can evaporate into the air or pass through the soil to groundwater. Aniline can be toxic if ingested, inhaled, or touched. Aniline damages hemoglobin, a protein that normally transports oxygen in the blood. After the hemoglobin is damaged, it cannot carry oxygen. This condition is called methemoglobinemia.

Aniline reacts violently with oxidizing agents. Store aniline in tightly closed containers in a cool, well-ventilated area away from air, light, and copper. Aniline attacks rubber, plastic, and coatings.

If aniline is spilled:

- Evacuate everyone, and control the entrance to the area.
- Eliminate all ignition sources.
- Absorb liquids in vermiculite, dry sand, earth, or a similar material, and place in sealed containers for disposal.
- Ventilate and wash the area after the cleanup is finished.
- Aniline may need to be contained and disposed of as a hazardous waste. Contact your state environmental department or EPA regional office for questions about proper disposal.

Source: Safety.BLR



“Aniline damages hemoglobin, a protein that normally transports oxygen in the blood.”



Fun Page

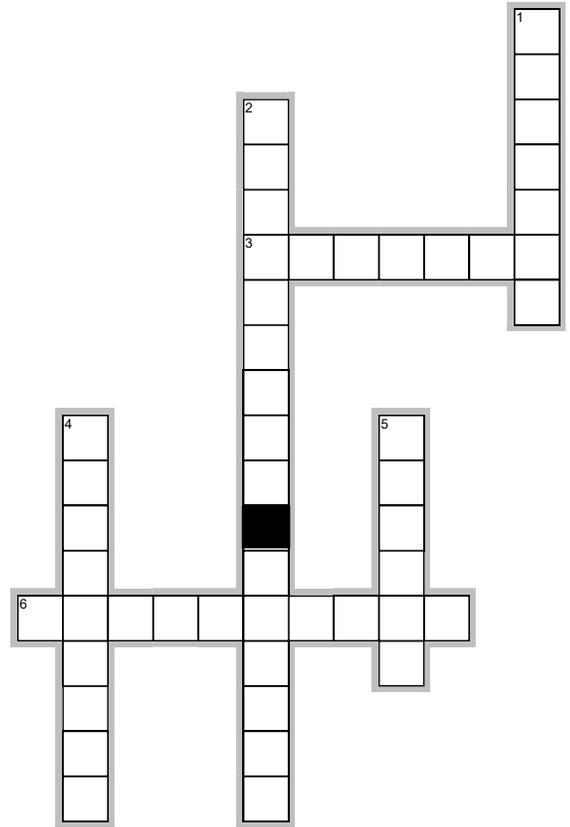
F
U
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Across

- _____ is a clear to slightly yellow liquid used to make a polyurethane foam, agricultural chemicals, varnishes, and explosives.
- The Asian _____ tick popped up first in New Jersey in _____

Down

- When loading a hand truck, always place _____ objects or boxes on the bottom of the stack.
- Taken properly, _____ (Two Words) (KI) will help reduce the dose of radiation to the thyroid gland from radioactive iodines, and reduce the risk of thyroid cancer.
- The "Health Hazard" _____ means that exposure to the chemical may lead to cancer or may alter your DNA and lead to defects in future children.
- Test these by practicing sopping on snow and ice in a safe place



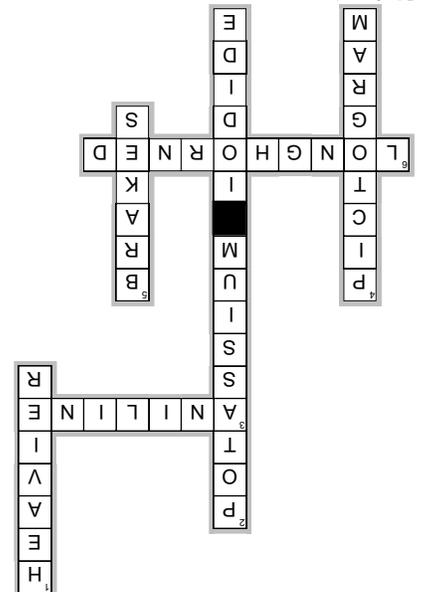
EclipseCrossword.com

Funny Corner



"Hi, Susan. Would you happen to know: How much wood could a woodchuck hand-truck if a woodchuck hand-trucked wood?"

Puzzle Answers



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