



Safety News

ISSUE ONE, 2009

S T A T E C O M P E N S A T I O N I N S U R A N C E F U N D

Take Safety On The Road!

Road workers install, maintain, and improve our roads to keep them safe, but over 100 California road workers are killed each year while doing this work. Road work hazards such as moving vehicles and construction equipment require workers to stay alert and follow safety procedures.

Get training on traffic control and safe work practices. Set up and maintain your roadside work zone properly. Get training on the equipment that you will use and drive, from the smallest tool to the largest moving vehicle.

Operate tools and equipment according to the manufacturer's recommendations. Know the hazards of the chemicals and materials that you use.

Get training on the personal protective equipment (PPE) that you are required to wear, including its uses and limitations. Wear high visibility garments on your legs and chest. Wear your assigned PPE, including a hardhat, safety shoes, and work gloves. Consider earplugs or muffs, safety glasses, and fall protection depending on the job task.

In the work zone, watch for fast-moving motorists and large construction equipment. Set up parking zones that have safe entrances and exits. Group your vehicles on the same side of the road for visi-

bility. Set up the job site and tasks to minimize the need to cross the active road. Set up traffic lanes within the jobsite for clear access and visibility.

Work facing traffic and stay alert, or station a lookout to watch oncoming traffic. Have an escape route and/or plan of action in place. Watch for backing vehicles because the driver often has a limited view. Practice good communication and make sure all vehicles have backup alarms. If you are flagging, acting as a lookout, or traffic director, remain alert. Do not drink, smoke, or have a con-

versation while performing these duties.

Road work is a physical job requiring strength and endurance. Stay fit so your body can do the work. Keep your back straight and use proper lift techniques, get assistance from other workers or use mechanical lifting devices. Use anti-vibration gloves when working with vibrating equipment. Take fre-

quent micro-breaks. Rotate your tasks during the day to use different muscle groups.

Road work occurs in all types of weather and throughout the year. Wear appropriate clothing for the climate. Light colored layers and sunscreen protect you during the hot months while layers of moisture-wicking clothing protect you in the cold.

If you stay alert, you won't get hurt. □



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The Expert's Corner

Tuberculosis – A Continuing Threat

Tuberculosis (TB) is a global epidemic. It's estimated that 2 billion people (or one third of the world's population) are infected with TB and every year, 2 million people die from it.

In the United States, TB control programs have kept the spread of the disease in check. However, the emergence of multidrug-resistant TB (MDR TB) and extensively drug-resistant TB (XDR TB) make the goal of eliminating TB in the U.S. especially important.

Tuberculosis is an infectious disease caused by the organism *Mycobacterium tuberculosis*. It typically affects the lungs, but may also affect other parts of the body. TB is spread from person to person through the air. When a person with infectious TB disease coughs, sneezes, speaks, or sings, microscopic droplets containing *M. tuberculosis* may be expelled into the air. These droplets can remain suspended in the air for several hours. Another person inhaling these droplets may become infected with TB. The longer the exposure and the more contagious the diseased person, the more likely the exposed person will become infected.

Most people infected with TB will never develop TB disease – the body's immune system keeps the bacteria under control and inactive. A person infected with TB but who has not developed the disease has a condition called *latent TB infection* (LTBI).



Approximately 10% of people with LTBI will develop TB disease at some point in their lives. For people with weakened immune systems, however, the risk of developing TB disease can greatly increase.

A person with TB disease may have any of these symptoms:

- Persistent cough (3 weeks or longer)
- Bloody sputum
- Weight loss or loss of appetite
- Fever
- Night sweats

Diagnosis and treatment of TB is not only important for the health of the individual. It is also important for preventing the spread of TB within the community.

TB infection control programs should be established for clinics, hospitals, and settings in which home-based health care and emergency medical services are provided. Nursing homes, correctional facilities, homeless shelters, drug treatment centers, and other places that serve clients who are at risk for being infected with TB should also develop TB infection control programs. Information on such programs is available at www.osha.gov. The Center for Disease Control is also an excellent source of information on TB. Visit www.cdc.gov. □

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Safety And Health In Correctional Facilities

Personnel in correctional facilities should be continuously aware of and constantly prepared for the risks they face on the job. The work can be stressful both physically and mentally. And, there is the risk of exposure to physical attack or infection from bodily fluids.

If you work in this environment, stay in good physical condition, get plenty of rest, and eat healthfully. A healthy mind and body allows you to stay alert to your surroundings and be

able to respond quickly to emergencies. It also enables your mind to manage stress and your body to cope with the demands of long hours or shift work.

The required level of alertness and unpredictable nature of detainees can be stressful. Get guidance on controlling stress and training on managing aggressive behavior or on verbal judo to help control behavioral crises. And, after emergency incidents, get debriefing counseling to help you cope

with any residual stress or emotions.

Bloodborne pathogen exposure from splashes or contact with blood is a serious hazard when violence erupts. Know what to do if you have an exposure. The most common exposure is a splash of blood or other bodily fluids to a mucous membrane (eye, nose, mouth) or a puncture from a bite, scratch, or other wound. Avoid situations where detainees

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What's A MSDS?

A Material Safety Data Sheet (MSDS) is a document that contains information on the chemical makeup, use, storage, handling, emergency procedures, and potential health effects related to a hazardous material. MSDSs are prepared and written by the manufacturer of the material and contain much more information about the material than the label on the container.

When would you use an MSDS? You should always know the hazards of a material before you start using it. For most people who work with a material, there are sections of the MSDS that are more important than others. You should always read the name of the material, know the hazards, understand the safe handling and storage requirements, and understand what to do in an emergency.

The purpose of an MSDS is to provide information on:

- The material's chemical makeup
- The material's physical properties or fast acting health effects that make it dangerous to handle
- The level of protective gear necessary to work safely with the material

Continued from previous page

can use blood, urine, or feces as a potential weapon by controlling access to cups and containers and wearing the appropriate protective gear. If you are required to respond to a possible exposure incident, wear body armor, long sleeves, gloves, and pants to protect your body. Safety glasses or goggles protect you from accidental splashes. And, a vaccination for Hepatitis B – one of the most easily transmittable blood-borne diseases – can protect your health.

Correctional personnel sometimes perform facility inspections to ensure the safety and custody of detainees. Walk carefully on



- The first aid treatment to be provided when someone is exposed to the material
- The pre-planning needed for safely handling spills, fires, and day-to-day operations
- How to respond to accidents

MSDSs form the cornerstone of the Hazard Communication Standard. The standard requires employers to: maintain an inventory of hazardous materials, provide employees training on the potential hazards associated with a material, obtain and maintain MSDSs for each material on-site, establish proper methods and types of labels, and inform contractors of the hazards that their employees may be exposed to in their work area.

Even with all of the above information on an MSDS, it might not have everything you need to know about a material. For example, health hazard information is usually presented in general terms. For more information about MSDSs, visit the website maintained by the Occupational Safety & Health Administration at <http://www.osha.gov/SLTC/hazardcommunications/index.html>. □

elevated or uneven surfaces that can cause trips and falls. Ensure that flooring, lights, and locks are in good repair. Evaluate chemical storage and use at the facility; prevent detainee access to concentrated chemicals that could be used as a weapon. Maintain strict control of knives and other sharps that could be used as weapons.

Finally, have an emergency code and response plan for emergency incidents. Then frequently practice and drill responses in different scenarios. □

Pace Yourself

You've heard the expression, "Haste makes waste," but hurry and haste can lead to accidents and injuries, when speed becomes more important than safety. In fact, hurrying is a common factor in many accidents.

Any time you're about to climb a ladder, drive a vehicle, pick up a heavy object or use a potentially dangerous piece of machinery, give a thought to your safety. Make a mental note to do the task at a safe and steady pace. This is especially true if you're about to start a new job or use equipment you're not familiar with.

Sometimes workers, especially new ones, work at a fast pace in order to impress their boss. While that kind of attitude is appreciated, it won't be appreciated if it results in an accident or injury. For an employer, the cost of the accident could more than wipe out the profits from the job, but what's more important is the pain, worry, and the financial loss to injured workers and their families.

There's also another expression, "Slow and steady wins the race." Work at a safe pace. The job will get done and everyone will end up winners. □

Safety Topic

Safety News

State Compensation Insurance Fund

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Personal Violence Protection

Anyone can become the victim of workplace violence, but certain workers are at a higher risk including those that serve the public, are in health care, social services, and criminal justice settings, or work late nights or early mornings, or work in high crime areas. Work-place violence can be a verbal or physical assault, robbery, rape, or homicide. Be alert to potentially violent situations. Know how to respond appropriately and how to protect yourself from harm.

Take All Threats Seriously!

Immediately report any perceived threat or violent incident to your supervisor. If you recognize signs of a potentially violent or disturbed individual, let your supervisor know. If you believe that you are at risk for workplace violence, follow the recommended guidelines to ensure your safety.

When faced with a hostile person, respect their personal space and be aware of your body language, movements, and tone of voice. Stay calm and diffuse the situation. Try to keep a barrier like a desk between yourself and the person, but don't block yourself into a corner. If there is no barrier available, stand at an angle and 4 to 6 feet from the person; this keeps you at arms length and gives you a means to escape. Have plans should a dangerous situation arise; note location of exits and phones.

Respect requirements for restricted access to the public. Ensure that visitors are screened when entering the workplace and

escort them throughout the building. Physical separations like glass walls, partitions, and deep counters can provide distance between you and the public, so use them. Security measures like video cameras, two-way mirrors, and personal or desk panic alarms can help you communicate if you are in distress.



Know and follow the policies for opening and closing your place of business and handling and transporting cash and valuables. If possible, work with a backup employee or enough staff if you will be dealing with a potentially hostile person. Keep potentially offensive weapons like sharp or heavy instruments locked away and out of view or access. Get training on recognizing and reporting the signs of potentially violent individuals and on handling hostile customers and diffusing violent situations. □

TOPIC REVIEW

Instructor _____

Date _____

Location _____

Attended By

Safety Recommendations



Safety News

News about Occupational Safety and Health in
State Contract Agencies

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Loss Control Services
P.O. BOX 420807
SAN FRANCISCO, CA 94142-0807



PRSR STD
US POSTAGE PAID
PERMIT 740
ZIP CODE 92801

Please forward to the person responsible for your safety program

News about Occupational Safety and Health in State Contract Agencies

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How to Order State Fund Safety Materials and Audio Visuals

To order **safety materials** from State Fund's Safety Materials Catalog, State Contract Agencies must complete the *Safety & Health Services Materials Order Form* and include the listed catalog item number and quantity. Prior to shipping, all orders must be prepaid by check payable to State Compensation Insurance Fund and sent along with the order form to:

State Compensation Insurance Fund Safety and Health Services Dept. 1275 Market Street, Room 630 San Francisco, CA 94103 Attn: Safety Materials Coordinator	OR	State Compensation Insurance Fund Safety and Health Services Dept. P.O. Box 420807 San Francisco, CA 94120-7264 Attn: Safety Materials Coordinator
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To request a copy of the Safety Material Catalog or for questions about safety materials, contact the Safety and Health Services department at 415-975-2400 and ask for the Safety Materials Coordinator.

Audio videos are available to State Contract Agencies free of charge by State Fund. To request a video, Agencies must complete the *State Contract Audio Visual Request Form* and submit it directly to the Safety and Health Services Audio Visual Library. Videos are mailed at least one week prior to the viewing date and must be returned within seven days of the viewing date. Audio visuals must be returned in bubble-wrap, padded envelope or secure box to prevent damage. They must be shipped UPS Ground or by "PRIORITY" U.S. mail and be insured for \$400.00 each. The borrowing Agency

assumes responsibility for replacements costs for all lost videos and will be billed for replacement by State Fund.

All audio visual requests must include: the name of the requesting State Contract Agency Department; the name and phone number of the Agency contact person responsible; and the desired viewing date. No more than three audio visuals may be held by an Agency location at any one time. Additional requests for audio visuals will not be sent out until all outstanding videos have been returned. Agencies may mail audio visual requests to:

State Compensation Insurance Fund Safety and Health Services A/V Library 1275 Market Street, Room 630 San Francisco, CA 94103 Attn: Safety Materials Coordinator	OR	State Compensation Insurance Fund Safety and Health Services A/V Library P.O. Box 420807 San Francisco, CA 94120-7264 Attn: Safety Materials Coordinator
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Audiovisuals may also be requested by:
FAX – (415) 975-2444
Phone – (415)-975-2415
E-mail – avlibrary@scif.com

To request a free copy of the **Audio Visual Catalog**, contact the Safety and Health Services A/V Library as listed above. ☐

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