



KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

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You are the authority!

Since you are an authority on how your job is done, you have vital input to the job safety analysis (JSA) for your specific job.

Job-related injuries occur every day in the workplace. A JSA is a procedure used to evaluate individual jobs to determine the hazards involved. These are hazards to which you may be exposed. You may have heard JSAs referred to as job hazard analyses, safety-task assignments, activity-hazard analyses, or task-specific hazard analyses. No matter what you call them, job safety analyses can uncover hazards that:

- ◆ may have been overlooked in the layout/design of your plant, building, equipment, tools, work stations, or processes;
- ◆ may have developed after production started; or
- ◆ resulted from changes in work procedures or personnel.

Your company may come up with its own way of developing JSAs. However, they generally include:

- ◆ selecting the jobs or tasks that have the highest potential of risk or injury;
- ◆ breaking the selected jobs down into individual steps, observing and documenting each one;
- ◆ identifying potential hazards; and
- ◆ developing a procedure to eliminate identified hazards.

The main focus of a JSA is identifying safety and health hazards and developing remedies. The JSA is used to outline the safety-related elements of your job, unlike a regular job analysis that just dissects it. In addition, a JSA can be an effective reminder of your company's safety policies. It can also help you resolve safety issues you may have about your job. When a JSA is being developed, you can discuss specific safety concerns one-on-one with your supervisor or safety professional, and help them find solutions.

The JSA may be used to train new employees. From the start, they learn correct safety practices in the job procedures. If you are a long-term employee, the JSAs may remind you of the hazards you face and the safety procedures to follow.

JSAs can be performed for all jobs in the workplace. If you have a high-hazard job, yours may be one of the first to be analyzed. To help identify high-priority jobs for a JSA, your company's safety professional will probably consult:

- ◆ accident/illness records;
- ◆ your supervisors; and
- ◆ you, the authority on the job.

A job safety analysis can do much toward reducing accidents and injuries in the workplace in general and on your job in particular. A JSA may help you become aware of job hazards you didn't know existed. Be on the lookout for ways of making your job safer. Don't wait for accidents to happen.

— J.J. Keller



Looking Ahead...

2009 Loss Control Conference

March 24 – 27, 2009

Omni San Antonio Hotel at the Colonnade

Arm your home with a fire extinguisher

If you have a fire extinguisher in your home, you've taken a major step to make your dwelling place a safe one. But you should also ensure that you know how to maintain and use it.

Consumer Reports advises that before you attempt to fight a fire that is rapidly growing or smoky, you should call the fire department and get everyone else out of the house. Suggestions for proper use include the following:

- ◆ Keep the extinguisher in good working order — check the pressure in it at least once a month.
- ◆ Store it in an accessible area at a height that makes it easy to reach.
- ◆ And, of course, be sure you know how to operate the extinguisher long before the need to use it arises. These basic steps apply to most models:
 - 1) First, you must pull the ring pin or break the paper seal that will allow you to release the flame retardant.
 - 2) Stand the recommended distance from the fire (read the label on the appliance), and aim low and toward the base of the fire, along its front edge and sides.
 - 3) Squeeze the handle or, on some models, press the button.
 - 4) Sweep the spray from side to side as though you were hosing down a sidewalk.

If the fire does not respond quickly to the extinguisher, get out of the house quickly.

— *Safety+Health*

Ensuring workers drink enough water

Question: I know that when it's hot I need to drink enough water to avoid heat stress, but how much is enough? Is there a ratio between how hot it is and how much water you drink?

Responding is Alyx Fier, president, True North LLC, Seattle, WA

Answer: In the course of a day's work in the heat, you may sweat as much as 2-3 gallons, so it's essential that your water intake equals the amount of sweat produced. Unfortunately, you can't depend on thirst alone to let you know when and how much to drink. Usually by the time you feel thirsty you're already dehydrated and having to play catch-up. Instead of waiting until you feel thirsty, you should drink 5-7 ounces of fluids every 15-20 minutes to replenish the necessary fluids in the body. Cool water, as opposed to hot or cold,

seems to be the most palatable and easy to drink.

The challenge, then, is to make sure you and other workers have easy access to water, allowing you to drink a cup of water every 15-20 minutes without severely interrupting your work flow. When working from or near a vehicle you can use a large insulated cooler.

Another popular option is the use of bottled water. When using these water bottles you should consider purchasing an insulated water bottle carrier that attaches to your belt to keep the bottle cool and within easy reach. Another popular alternative is the use of hydration packs containing a reservoir that holds 3 quarts of water. Whatever method you choose, the important thing is that it allows you to consume the right amount of water on a regular basis.

The key to staying hydrated is having the water always at hand. If you put off drinking water until your next break, you may end up in a deficit situation, which will degrade your performance and safety. Remember, if you're feeling thirsty, you're already dehydrated.

— *Safety+Health*

Upcoming Loss Control Schools



Hotline 1 - 4 School - (Merkel)	August 11 - 15
Metering School - (Livingston)	August 19 - 22
Hotline 1 - 4 School, plus Hotline Stringing with Hotline 4 - (Gonzales)	September 8 - 12
Underground School - (McGregor)	September 22 - 26
Underground School - (Levelland)	October 6 - 10
Hotline 1 - 4 School - (Livingston)	October 20 - 24
Basic Pole Climbing School - (Marshall)	November 4 - 7
Advanced Pole Climbing School - (Merkel)	November 18 - 21
Metering School - (Merkel)	December 2 - 5

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