



KEEP SAFE

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It slices, it dices, it chops & grates!

No, we're not talking about a kitchen gadget, but we are talking about the machinery in your facility. This equipment can do considerable damage to your hands if you stick them where they don't belong.

Your hands are complex and wonderfully designed machines. Together with your wrists, they help you do a remarkable variety of tasks, from playing the piano to cooking dinner or hammering a nail. Clearly your hands and wrists are important to every aspect of your life. You use your hands all day, every day, both at home and at work. Yet in doing all of these things, your hands and wrists are prone to accidents and injuries.

Potential hand injuries

Wrist fractures are most often caused by trying to break a fall with an outstretched hand. Sometimes the ends of the forearm bones can be broken too. Avoid this injury by watching where you walk and keeping the worksite free of slip and trip hazards



Hand Fractures can be caused by machines when you get any part of your hand caught between moving parts. Accidentally hitting the finger, such as with a hammer, can cause a finger fracture. Don't stick your hands into equipment unless you have first locked and tagged the machinery.

Lacerations. Deep cuts can sever nerves, muscles or tendons. Lacerations can occur if you're not careful while handling sharp objects or cutting tools, such as sheet metal, knives or saws. They can also happen from inserting your hands or fingers into machinery that is designed to cut or trim material. If tendons or nerves are cut, you may permanently lose feeling

or function in your hand. Again, to prevent this type of injury, keep hands out of energized equipment and watch what you grab.

Burns can come from two hazards — hot objects or liquids and chemicals. Hot equipment and liquid hazards should have warning signs posted and guards to prevent accidental contact. Chemicals that can cause burns should only be handled by trained employees who understand the hazards, required personal protective equipment and emergency procedures. After any contact with chemicals, you should rinse the skin with water for at least 15 minutes — the longer you rinse the better.

Where no hands have gone before

The key to hand injury prevention is to keep them away from hazards. Train your workers to use the established procedures to control hand injury hazards. These procedures include lockout-tagout, chemical safety procedures, proper tool storage and good housekeeping.

Source: SafetyInfo.com

Chain saw safety tips

Operating a chain saw is inherently hazardous. Potential injuries can be minimized by using proper personal protective equipment and safe operating procedures.

Before starting a chain saw

- ◆ Check controls, chain tension, and all bolts and handles to ensure that they are functioning properly and that they are adjusted according to the manufacturer's instructions.
- ◆ Make sure that the chain is always sharp and the lubrication reservoir is full.
- ◆ Start the saw on the ground or on another firm support. Drop starting is never allowed.
- ◆ Start the saw at least 10 feet from the fueling area, with the chain's brake engaged.

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Fueling a chain saw

- ◆ Use approved containers for transporting fuel to the saw.
- ◆ Dispense fuel at least 10 feet away from any sources of ignition when performing construction activities. **No smoking during fueling.**
- ◆ Use a funnel or a flexible hose when pouring fuel into the saw.
- ◆ Never attempt to fuel a running or HOT saw.

Chain saw safety

- ◆ Clear away dirt, debris, small tree limbs and rocks from the saw's chain path. Look for nails, spikes or other metal in the tree before cutting.
- ◆ Shut off the saw or engage its chain brake when carrying the saw.
- ◆ Keep your hands on the saw's handles, and maintain secure footing while operating the saw.
- ◆ Proper personal protective equipment must be worn when operating the saw, which includes hand, foot, leg, eye, face, hearing and head protection.
- ◆ Do not wear loose-fitting clothing.
- ◆ Be careful that the trunk or tree limbs will not bind against the saw.
- ◆ Watch for branches under tension, they may spring out when cut.
- ◆ Gasoline-powered chain saws must be equipped with a protective device that minimizes chain saw kick-back.
- ◆ Be cautious of saw kick-back. To avoid kick-back, do not saw with the tip. If equipped, keep tip guard in place.
- ◆ Identify your retreat path before cutting a tree.

Stretch your exercise budget

Here are some low-cost ways to get exercise back into your regular routine, courtesy of CCCS, a division of Money Management International, Houston.

- ◆ Ask a health club for a trial pass.
- ◆ Proximity is important. The farther away the club, the less likely you are to go.
- ◆ Buy a bike. It's a great way to get around and exercise at the same time.
- ◆ Offer to walk the neighbor's dog.
- ◆ Join a league. Bowling, softball, volleyball, soccer and flag football all offer a great way to exercise while having fun.
- ◆ Go to your local library and check out exercise tapes. Try one on kickboxing, salsa dancing or yoga.

— Safety+Health

62nd Annual TEC Loss Control Conference

March 11 – 14, 2008

Renaissance Hotel - Austin

March 11

Scholarship Golf Tournament

March 12-14

Conference

Upcoming Loss Control Schools

Advanced Pole Climbing - (Gonzales)	March 4-7
Underground - (Quitman)	March 24-28
Basic Pole Climbing - (Quitman)	March 24-28
Basic Pole Climbing - (Merkel)	April 7-11
Transformer - (Merkel)	April 15-18
Basic Pole Climbing - (Gonzales)	April 22-25
Hotline 1 - 4 - (Henderson)	April 28–May 2
Troubleshooting - (Gonzales)	May 6–9
Bucket Truck Operations and Digger Operations - (Merkel)	May 13-14
Regulator, Recloser, Capacitor - (Quitman)	May 20-23

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