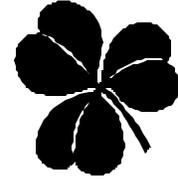


Safety Newsletter



United States Naval Air Station Keflavik

Confined Space Injury: Are you at risk?

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Sometimes it is almost instinct to not think about a task before we act upon it. This is a dangerous habit when we are dealing with issues such as confined space. We often don't associate the hazards in which we surround ourselves. The decisions we make in these areas could be a potentially fatal mistake.

Every year across North American more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres.

We must take it upon ourselves to make sure a task is safely planned, prior to it being carried out. In order to do so we need to be aware of the dangers that come with that task such as in confined space entry. Here are some leading causes of confined space incidents:

- People often don't think before they enter confined spaces. They don't suspect the danger.
- They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.
- Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made.



Sample sign used by the Safety Department for Confined Space Operations

Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defense.

- People don't often know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.
- Holding your breath in a confined space for 30 seconds might seem easy. However, what people don't often take into consideration is that if an escape is delayed due to your clothing being caught on an object, or if you or someone else with you trips and falls, it is likely this can cause a more serious injury, one that we may not feel vulnerable to occur.
- Statistically two of three people who die in confined spaces are well-meaning would be rescuers. It takes a considerable effort for a person who is unrestrained and equipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker.

• There are often hundreds of close calls for every confined space death, yet most people don't hear about those. The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.

When workers are performing a job for a long time it is often that their work becomes a routine and the daily danger is just not enough to pay close attention to. It is often unfortunate when workers like this suffer the most severe injuries because of inattention or relating a hazard to something we all know as the daily grind. It is often that people that overlook simple precautions end up facing the dangerous consequences.

Now that you are aware of some of the leading causes of confined space entry, make it a point not to overlook something that you feel may be a hazard. Always pay close attention when working in a confined space and above all keep common sense in mind. If something appears to be a hazard it most likely is. ?



“ Safety Is For Life”

Safe Tips for Jump-Starting a Car Battery

Most people believe they are familiar with the process of jump-starting a car's battery, but you would be amazed at how many people are doing it the wrong way. Follow these suggestions when getting your car back on the road.

1. Check your owner's manual— it is so important to do this because you may find out that some new cars had specific instructions or prohibit jump-starting.

2. Attach the Jumper Cables Correctly!

Step #1: Clamp one cable to the positive (+) terminal of the dead battery. DON'T let the positive cable touch anything metal other than the battery terminals.

Step #2: **Connect the other end of the positive cable** to the positive terminal of the good battery.

Step #3: **Connect one end of the negative (-) cable** to the negative terminal of the good battery.

Step #4: **Connect the other end of the negative cable to metal on the engine**

block on the car with the dead battery. Don't connect it to the dead battery carburetor, fuel lines or moving parts.

Step #5: **Stand back** and start the car with the good battery.

Step #6: **Start** the stalled car.

Step #7: **Remove** the cables in reverse order.

3. Wear a pair of splash-proof, polycarbonate goggles with the designation Z-87 on the frame. This certifies that your goggles are meant for activities such as automotive repair.

4. Batteries contain sulfuric acid, which gives off flammable and explosive gas when a battery is charged or jump-started. Never smoke or operate anything that may cause a spark when working on a battery.

5. Whenever you change the oil, take time to check your battery for damage such as cracks, corrosive materials and loose wires.



Jump start a car safely!

6. Make sure you have a pair of jumper cables that are free of rust and corrosion and have no exposed wires. (Never use electrical tape to cover exposed wires.)

7. Make sure you buy a battery that is recommended in your car owner's manual.

8. Never throw an automobile battery in a garbage dumpster or leave it in a parking lot, especially if it is cracked or damaged. Take it to a service station and have it disposed of properly.

9. Never jump-start your battery if your car's fluids are frozen.

10. When buying a new battery, make sure that its terminals are sturdy and large enough to allow the clamps of a pair of jumper cables to attach easily when jump-starting.

11. Always call a professional if you think there might be trouble you can't handle, or you can't remember how to jump-start a vehicle.

Baseball and Softball Safety Precautions

You think it may be cold now but the warmer temperatures will be arriving before you know it. Here are some safety precautions to keep in mind when playing sports such as baseball or softball.

Pitching Too Long or Too Many Innings— Many injuries occur from excessive pitching. Most organized baseball leagues have guidelines about the number of innings that can be pitched, usually based on the player's age. While there is no concrete guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 80 to 100 pitches as a maximum in a game, and 30 to 40 pitches in a practice. A persistent pain should disqualify a person from playing until pain subsides.

Breakaway bases— Many players get injured while sliding into bases. The number of these mishaps could be significantly lowered by installing breakaway bases on playing fields. A breakaway base is snapped onto grommets attached to an anchored rubber mat that holds in place during play. When a runner slides into the base, it can be dislodged to avoid direct contact and injury. During normal base running, the breakaway base is stable and will

not detach.

Protective Gear To Wear— Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. This equipment must fit properly and be worn correctly.

- Wear a batting helmet at the plate, when waiting a turn at bat, and when running bat.
- Face masks that are attached to batting helmets are available in some youth leagues. These devices can help reduce the risk of serious facial injury if hit by a ball.
- The catcher must always use a catcher's mitt. If you play another position, ask your coach about specific size requirements for your mitt.
- Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, and shin guards when catching batting practice and during games.
- Most youth leagues prohibit the use of shoes with steel spikes. Instead wear model cleated baseball shoes.
- Inspect the playing fields before the game for holes, glass, rocks, and other debris. All these objects could be a hazard to the players.

Exercise— Stay in condition year round with some form of regular exercise. Start with something as simple as brisk walking.

Someone Should Know First Aid— Someone (a teammate, referee or spectator) should know first aid. Make sure someone on your team carries first aid equipment, particularly ice or ice packs.

Warm Up— Don't go straight from your car onto the field. Arrive early and warm up with a walk or an easy jog. With sports where there are bursts of vigorous activity interspersed within activity, it's a good idea to move around or stretch during idle periods.

Stretch— Be sure to stretch before the game, but not when your muscles are cold. Warm up a little first, then stretch gently. Afterwards if you have had a vigorous workout, you can stretch more intensely. Learn stretches that are appropriate for your sport.

Don't Dehydrate— Drink plenty of water or other fluids such as sport drinks during and after the game.

Don't Overdo It— If you start to feel pain, discomfort or fatigue, get your coach to put in a substitute. Don't outdo yourself. ?