

Compliance Corner

NATIONAL

OSHA Fatal Four

Listed below are the most frequent safety infractions cited by OSHA. Decreasing these type accidents increases your health!

- Falls
- Electrocutions
- Struck by Object
- Caught-in/between

STATE

At present there is no statewide regulation of e-cigarettes or other vapor products in North Carolina. Until there is more specific guidelines from the State, please refer to Part 1, Chapter 1-2, Article 5 of the Brunswick County Code of Ordinances. Designated smoking areas are identified on the map located on the Intranet under Administration. Our Health Director will provide more information as it is presented from the state level.

LOCAL

Brunswick County has over 5 major highway projects currently in progress. With school getting ready to start, be alert on the roads and watch for children and construction.



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For Safety's Sake... Beware of Snakes

By Michelle Spencer, Ag-Horticulture Program Assistant for Cooperative Extension



As a Master Gardener, normally I work outside in the heat of summer. I am aware of the environmental hazards, snakes and all. In my work, I take the necessary precautions to protect against snake bites. For instance, beating tall grass and wet areas with a stick before entering, keeping a watchful eye turned toward the trees and shrubs, moving objects before reaching in with my hands, and I wear protective gloves. This particular day, I was working outside with a Master Gardener volunteer behind Cooperative Extension. We were enjoying the special camaraderie of shared physical labor. There were pallets standing on end against a small fenced area where the grass had not been mowed. We loaded the heavy pallets onto the truck by leaning them onto the tailgate then sliding them the rest of the way. As we loaded the last one onto the top of the pile, I said, "Ouch!" and felt what I thought was a bunch of sewing needles sticking out of the bottom pallet. Before I finished the thought, I was horrified at the thought of a snake bite. Sure enough, I looked up at the truck, and perched between the two pallets was a mature and coiled copperhead snake.

Training served me well as I did remember I should remain calm. We had been working hard, and my heart rate was already elevated. Now it was racing. I sat down on the grass to calm myself, and asked the Master Gardener volunteer to go inside and call 911. I removed my glove and saw two fang marks and some tear lines where I had pulled my finger away. As I slowly walked toward the road, I could see Sam Marshall, my co-worker, at the back door. He was calm as he followed instructions from the paramedic; lay victim down on their side with the wound below the heart. No ice. No tourniquet. I wanted ice. My finger was on fire.

During my 3 day hospital stay, I received anti-venom and pain medicine until the bite was lanced. After the threat of infection was minimized, I finally got to go home. When I arrived home, people brought food, birthday cake, cards and flowers. Fellow community garden members came and weeded my entire vegetable garden and family helped keep the yard mowed. I am thankful to each person who contributed to my well-being and sense of belonging in this community.

After all the initial shock wore off, I realized, if I had to sustain a serious injury, I couldn't have picked a better place to do it. My co-workers, the volunteer, Sam Marshall and Tom Woods took great care to provide the best possible outcome. They called 911 and my family, rode to the hospital with me and checked on me until I returned to work. Sheila Hannah, from Operations, was sitting beside me keeping me calm until the paramedics arrived...which they were there within 11 minutes! Passerbys from every department offered assistance. Deputies came and took pictures to identify the snake, captured it and properly dispose of it. Altogether, it was a swift and efficient team and I appreciate with all my heart everyone who helped me through that frightening time.

In conclusion, I realize that I am extremely fortunate to have I survived. I could have been bit on the face or upper body; it simply nipped my finger. Ultimately, I may loose a small portion of my finger or some range of motion. I hope that in summer where snakes are plentiful, this story prevents other similar injuries. Always be aware of your surroundings, take every precaution for safety and share your experiences with generations to come. I am one of the privileged few to have a story with a happy ending!



Employee Flu Clinics

Employee flu clinics will be held on September 17th and 24th from 9 a.m. until 4 p.m. at the Employee Clinic located in Building H. No appointment is necessary.

Any employee, employee's spouse or employee's child on the county insurance plan is eligible to receive a flu shot with no out-of-pocket cost. Your insurance card and a photo ID are required.

Free Health Screenings



Health Services will offer free health screenings on Saturday, Sept. 13th from 9:00 am until 3:00 pm at the Health Department, Bldg. A. No registration or identification is required. All services are on a first come, first served basis with the exception of dental sealants.

- Adult Health Screenings
- Child Health Screenings
- Blood Pressure Checks
- Cholesterol Screening
- Glucose Screening
- Immunizations
- Vision Exams
- Prostate Exams
- Clinical Breast Exams
- Dental Sealants (Grades 2-6)

Guest speakers, entertainment, and community agency displays will be on-site. For more information or to schedule an appointment for sealants call 253-2350.

S A F E T Y Z O N E Shingles Vaccine

A vaccine is available for persons 50 years of age and older. Talk to your health provider to determine if you should get the shot.

For more information, or to receive the shot, contact Brunswick County Health Services Immunization Line at 253-2330.

A Safety Tip brought to you by your Safety Review Team.

SAFE TRACK



Safety Always For Employees!

Recently Public Utilities and Operation Services celebrated successful safety records within their departments. There were awards, prizes, delicious food and other acknowledgments. Great job to all for demonstrating Safety Always For Employees!!

Summary of Top Ten Worker Injury by Department & Division (past 12 months)

Department/Division	# Of Claims	% Frequency	Total Losses	% Cost	Average Cost	Total Paid
Emergency Services - Medical	9	9%	132,573	36%	14,730	106,939
Sheriff - Deputy Road Patrol	32	32%	80,979	22%	2,531	66,005
Operation Services - Vector Control	1	1%	72,489	20%	72,489	41,579
Park Maintenance Division	2	2%	37,431	10%	18,716	10,265
Sheriff - Animal Protective Services	7	7%	18,072	5%	2,582	18,072
Sheriff - Detention Center	11	11%	6,285	2%	571	6,285
Health - Family Health Personnel	3	3%	3,200	1%	1,067	387
Code Admin - Building Inspections	1	1%	3,010	1%	3,010	3,010
HHS - DSS Home Care	1	1%	2,738	1%	2,738	2,738
Emergency Services	3	3%	2,001	1%	667	629

Off The Wall ...Training for your next safety meeting

Post this on the wall for everyone to see



Take Away Tips...Equipment and Environmental Safety

Taken from excerpt of OSHA Tool-box Talks May 2014

The practice of Zen is to bring one totally into the present moment. This is also a continual theme in safety: keeping one's attention on what one is doing. If your attention is wandering, you are daydreaming or simply not paying attention to what you are doing, you can easily get injured. It is a rude awakening and certainly has the effect of bringing you back to the present moment. The pain is a reminder for a while and the story of what happened is a larger reminder for everyone else at the work place.

Some of the most serious injuries in industry involved a moment of inattention. After the fact, the person usually cannot believe they did it. After the fact it is too late. So, how do we stay present?

The best advice that anybody has had on the subject recently is to build in "safety moments" into your day. Clearly we must do this at the beginning of every new task. Research has shown that taking four seconds before performing a task and doing a mini hazard assessment can reduce your chances of injury by more than 90% versus not taking the four seconds. Look around. Who is working in the area? Is the area clear? Do you have the right tools? What are the conditions around you?

Also, as we proceed with the job, watch for any changing conditions and see if they are going to affect you. Think of these changing conditions as that silent hand that wants to smack you. The "hand" can only strike you if you ignore it and change is one thing you can count on at work. Has someone started operating tools or equipment in your area? Is there a strange smell that could come from equipment or processes in your area? And ask how the change is going to affect you. It is your ability to recognize the change for what it is and deal with it that will keep you safe.

Though you may not practice Zen, you cannot ignore the "safety moments" you should be taking at work.

BRUNSWICK COUNTY SAFETY TRAINING CALENDAR

Month	Level I	Level II	Contact Person	Contact #
	<u>All Departments</u>	<u>Occupation Specific</u>		
August	Equipment Safety	Global Harmonization / Lab Safety	Fred Michael	253.2298
September	Hand Tool Safety	Confined Spaces Machine Guarding	Ronald Moore Bryan Hollis	253.2680 253.2509
October	Flammables & Combustibles	Flammables and Combustibles	Fire Marshal	253.2572
November	Electrical Safety	LOTO	Eileen Gardner	253.2078
December	Safety Review	Plant Safety Review	All Members	

Additional safety training is provided at the request of the department head. Driver training can be done throughout the year at employee orientation. Contact the Risk Manager for all your safety training needs.

Email egardner@brunscoco.net to schedule your department's training!