US Army Corps of Engineers
Mobile District

Safety Bulletin

Issue 05-08

April 2005

Mobile District
Safety and Occupational Health Office

Did You Know?

Roughly 30% of home fire deaths were caused by fires in which a smoke alarm was present and operated.

Training Requirements

So what about training? What safety and occupational health related training is required? In the last safety bulletins, we discussed Position Hazard Analyses (PHA's) and Activity Hazard Analyses (AHA's) and when they are required. Part of developing the applicable PHA's and AHA's is identifying required safety and health related training. Are you, your employees or your contractor personnel required to obtain safety and occupational health training because of the duties that you perform or are going to perform?

01.B. Indoctrination and Training

01.B.01 A qualified person(s) shall conduct all training required by this manual.

01.B.02 employees shall be provided safety and health indoctrination prior to the start of work and continuing safety and health training to enable them to perform their work in a safe manner. Employee indoctrinations will be documented in writing by date, name and content.

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Caught in the Act

You've caught someone "red handed" or better "bare handed" when they should be wearing gloves or some other PPE. How should you, as a "safety leader", react? Here are some ideas, which may help you make a skillful decision:

* Give the person(s) a chance to explain why they weren't wearing the equipment. Don't assume you already know the reason.
* Even if it's a minor matter, if you decide to ignore the situation, keep in mind that you are setting a precedent which may be difficult to reverse.
* Find out if there is anything wrong with the equipment or if the equipment was causing a safety hazard.
* Chastising a supervisor in front of her crew may cause humiliation and create a harmful reaction. It may be more effective to wait until you're alone to discuss the problem.
* Before discussing the violation with the crew, commend them for any safe practices you saw. (There had to be something they were doing safely.)
* Even when severe discipline is given, there is no need for anger or insults. Focus on the problem, not the personality.

Whenever possible, you, as the safety professional, should discuss the situation with the people involved. Explain why the equipment is needed and illustrate some specific examples of how the equipment prevents injuries.

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CESAM-SO
P.O. Box 2288
Mobile, AL 36628-0001

Phone: 251-690-2508
Fax: 251-690-2507
E-mail:
cesam-so@sam.usace.army.mil

MOBILE DISTRICT SAFETY AND OCCUPATIONAL HEALTH OFFICE

We're on the web:
www.sam.usace.army.mil/so

How to Lift and Carry Safely

Lifting and carrying are power jobs—when you lift and carry the wrong way, you can damage your back. Back injuries are the most common type of injury in the workplace, causing approximately 900,000 disabling injuries in 1995. Over half of these injuries are from lifting. Back injuries may be difficult to treat and may have lengthy and expensive rehabilitation times. Whether you are lifting at home or at work, make an effort to take care of your back. The National Safety Council recommends a number of tips to prevent unintentional injuries and keep your back strong and healthy.

Power warm-ups

Leg and back warm-up	1. Prop one foot on a chair or a stool for support 2. Take a deep breath 3. Ease forward slowly—keep your back slightly curved 4. Blow slowly outward as you ease forward to a seven count 5. Repeat seven times 6. Switch and do the same with the other foot
Backbend	1. Stand with your feet about 12 inches apart 2. Support the small of your back with your hands 3. Hold your stomach in firmly and take a deep breath 4. Arch backward—bend your head and neck as you go, blowing air slowly out for seven counts 5. Repeat seven times
Power lifting tips	• Protect your hands and feet by wearing safety gear • Size up the load—tip it on its side to see if you can carry it comfortably. Get help if the load is too big or bulky for one person. Check for nails, splinters, rough strapping and sharp edges • Lift it right—make sure your footing is solid. Keep your back straight, with no curving or slouching. Center your body over your feet, get a good grip on the object and pull it close to you. Pull your stomach in firmly. Lift with your legs, not your back; if you need to turn, move your feet and don't twist your back
Tough lifting jobs	• **Oversized loads**: do not try to carry a big load alone; ask for help. Work as a team by lifting, walking and lowering the load together. Let one person call the shots and direct the lift. Use proper mechanical devices for heavy loads. • **High loads**: use a step stool or a sturdy ladder to reach loads that are above your shoulders. Get as close to the load as you can and slide the load toward you. Do all the work with your arms and legs, not your back. • **Low loads**: loads that are under racks and cabinets need extra care. Pull the load toward you, then try to support it on one knee before you lift. Use your legs to power the lift. • **Always** use your stomach as a low back support by pulling it in during lifting. • **Remember**, a strong, healthy, powerful back is vital to your job. It also helps you enjoy life. Take pains to avoid injuries by making it a full-time job to take care of your back!

Training Requirements, continued from page 1

01.B.03 Indoctrination and training shall be based on the safety and health program of the Contractor or Government agency, as applicable, and shall include but not be limited to:

g. Specific training as required by this manual.

So what training is required for your position or for your employees' positions? The Mobile District Safety and Occupational Health Office has made this easy for you to identify. You can access this training by going to the Mobile District Internet link: Safety Page Reference the S&OH Training Matrix and Summary which are provided there. These documents are not all-inclusive, however they contain a great number of potentially required courses/ classes that may be required.