



**US Army Corps  
of Engineers**  
Mobile District

# Safety Bulletin

Mobile District

Volume 5, Issue 11

## Special points of interest:

- Flag Day is 14 June
- Engineer Day is 17 June
- June is National Safety Month
- Summer Begins 21 June

## All Terrain Vehicle Safety

It's officially Summer and June is National Safety Month! Some areas that we deal with aren't dependent on the weather or the seasons. During the course of the work that we perform in the Mobile District, the use of ATV's is year-round and the hazards associated with them are always a challenge, however, the Summer months bring extra challenges when we bring in summer hires, students and other summer help. So, let's talk "All Terrain Vehicles (ATV) Safety" and the requirements associated with their use.



shall be worn at all times while operating a Class I ATV.

18.D.04 ATVs shall be used only off-road (no paved road use unless allowed by the manufacturer).

lica or in-house resources that have been certified as trainers by an accredited organization) prior to operation of the vehicle. The operator must pass an operating skills test prior to being allowed to operate an ATV. Proof of completion of this training shall be made available to the GDA upon request.

18.D.05 ATVs shall be driven during daylight hours (unless properly equipped with lights for night use).

18.D.06 Only ATVs with four or more wheels may be used.

18.D.07 Passengers are prohibited on Class I ATVs.

18.D.08 All ATVs shall be equipped with a warning signal device (horn), tail lights, and stop lights.

### 18.D. ALL TERRAIN VEHICLES (ATV)

18.D.01. Every ATV operator shall have completed a nationally-recognized accredited ATV training course (such as provided by the Specialty Vehicles Institute of Amer-

18.D.02 The manufacturer's recommended payload shall not be exceeded at any time.

18.D.03 Gloves and an approved motorcycle helmet with full-face shield or goggles

## Enjoy Safe Grilling This Summer

No longer is summer the only season for Americans to grill that burger, steak or hot dog. Many of us now fire up our grills sooner in the year and delay putting them away until the first frost, and that's why grill safety is more important than ever.

To ensure safe cookouts, make sure someone tends the fire at all times. Here are some safety tips to consider: Keep grills away from combustibles, including the outside of your house,

balcony or garage.

Check hose integrity and hose connections to make sure gas is not leaking from your gas grill. Apply soapy water to hoses and connections to reveal any leaks.

Use only equipment bearing the mark of an independent testing laboratory. Follow the manufacturers' instructions on how to set up the grill and maintain it.

Never store propane cylinders in buildings or garages.

Enforce a 'kid-free zone' of 36" around the grill. Also keep your pets from underfoot.

Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.

Keep the grill clean.

### Inside this issue:

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# Safety Bulletin

## Hot Weather Safety

Hot weather triggers a variety of medical emergencies. Even healthy people should take it easy during extremely high temperatures, and those with respiratory and other health problems must be especially careful. Stay out of the sun as much as possible. Drink extra fluids, but avoid alcoholic beverages. Alcohol can cause dehydration.

The best ways to prevent a sun or heat stress emergency are:

- Drink before you're thirsty and drink often.
- Eat a healthy diet.
- Wear a hat or cap, keep the neck covered and wear loose fitting clothing.

If you can, work in the cool hours of the day or evening.

The greatest amount of heat loss from the body occurs at the head. This is why it is important to wear a hat or cap in the sun.

The use of table salt or salt tablets to replace body electrolytes is not recommended. Many electrolyte replacement drinks are available on the market. Electrolytes are crucial for the proper functioning of the body. Common electrolytes are:

- Calcium
- Sodium

- Potassium
- Heat-related injuries fall into three major categories:
- Heat cramps
  - Heat exhaustion
  - Heatstroke

**Heat cramps** are muscular pains and spasms that occur when the body loses electrolytes during profuse sweating or when inadequate electrolytes are taken into the body. They usually begin in the arms, legs or abdomen, and often precede heat exhaustion.

Treatment for heat cramps is to rest in the shade, get near a fan, spray the person with water and massage the cramp.

**Heat exhaustion** is a medical emergency. When a person is suffering from heat exhaustion, they will perspire profusely and most likely will be pale.

It is best treated by taking the patient to a cool place, applying cool compresses, elevating the feet and giving the patient fluids.

Heat stroke is the worst heat-related injury. The brain has lost its ability to regulate body temperature. The patient will be hot, reddish and warm to the touch. Their temperature will be mark-



edly high and there will be no perspiration. This is a medical emergency, call 9-1-1.

The emergency care of heatstroke is to cool the body as quickly as possible. One of the best methods for cooling the body during a heat emergency is to wrap the patient in cool, wet sheets.

If you note any of these injuries be sure to get the appropriate medical care.

*The greatest amount of heat loss from the body occurs at the head. This is why it is important to wear a hat or cap in the sun.*

## All Terrain Vehicle Safety, continued from page 1.



[18.D.09 A copy of the operators manual will be kept on the vehicle and protected from the elements \(if practicable\).](#)

[18.D.10 Tires shall be inflated to the pressures recommended by the manufacturer.](#)

[18.D.11 ATVs will be equipped with mufflers.](#)

[18.D.12 All ATVs shall be equipped with spark arresters.](#)

[18.D.13 All Class II ATVs shall be equipped with ROPs.](#)

**PLEASE POST AND SHARE WITH OTHERS.**

## ERGONOMICS

Whether you do office work or manual labor, ergonomics comes into play. If your job involves any kind of repetitive motion – typing, filing, line work, etc. – you’re at risk for cumulative trauma disorder (CTD). If your job requires long periods of sitting, lifting, or standing, you’re at risk to contract a musculoskeletal disorder (MSD).

Ergonomic injuries can be avoided. Here’s how:

- Prevent eyestrain by avoiding glare: use matte finishes or use indirect lighting.
- Locate commonly used displays (screens, etc.) at or slightly below eye level.
- When typing, keep wrists in a neutral position and strike keys lightly.
- Avoid back pain and fatigue by providing properly adjusted chairs and reducing the amount of time spent standing on hard surfaces. Anti-fatigue mats are a good choice.
- Whenever possible, reduce the amount of physical effort needed to complete a task or maintain control of equipment.
- Provide tools with cushioned grips and optimize the handle size to accommodate the user and the task.
- Automate highly repetitive tasks whenever possible. Otherwise, provide short breaks, allow the worker to control the pacing, increase the variety of tasks, or provide job rotation.
- Avoid carrying heavy loads by using carts. Pushing is preferable to pulling.
- Conduct periodic worksite analyses.

### Did you know...

Studies show that if a cat falls off the seventh floor of a building it has about thirty percent less chance of surviving than a cat that falls off the twentieth floor. It supposedly takes about eight floors for the cat to realize what is occurring, relax and correct itself. At about that height it hits maximum speed and when it hits the ground it's rib cage absorbs most of the impact.

## WATER SAFETY TIPS OF THE MONTH

### Who's at risk?

Drowning claims the lives of nearly 3,000 people every year. Although all age groups are represented, children four years old and younger have the highest death rate due to drowning. Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

### You can prevent drowning with these practical tips:

- Never leave a child alone near water: on the beach, at a pool, or in the bathtub. If you must leave, take your child with you.
- Kids don't drown only in pools. Bathtubs, buckets, toilets, and hot tubs present drowning dangers as well.
- Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- Teach your children these four key swimming rules:
  1. Always swim with a buddy.
  2. Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
  3. Don't push or jump on others.
  4. Be prepared for an emergency.
- Always follow posted safety precautions when visiting water parks.
- If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.
- Never consume alcohol when operating a boat or swimming.
- Always use approved personal flotation devices (life jackets).
- Don't underestimate the power of water. Even rivers and lakes can have undertows.
- Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation).

### Sources

"How to Prevent a Drowning," Family Safety and Health, National Safety Council, 2003  
Injury Facts, 2004 edition, National Safety Council, 2004

**Drowning claims the lives of nearly 3,000 people every year.**



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## Events



# Engineer Day Picnic

Friday June 17, 2005 at Walters Park (Coast Guard Station) on Tanner Williams Road



Each year more than 20 million Americans suffer disabling injuries. Another 100,000 die from their injuries. Nearly two-thirds of those who die are workers or their family members.

Your organization can help reduce these numbers by promoting on and off-the-job safety and health to employees during National Safety Month and throughout the year.

The National Safety Council is aggressively urging businesses of all sizes to set high standards for safety within their organizations that

include the safety and well-being of their employees, their employees' families, as well as the communities in which their businesses operation.

This year's National Safety Month theme, Safety where we live, work and play, reflects the need for injury prevention awareness in the workplace, in our homes and communities, and on our roads and highways.

National Safety Council data reveal:

- 54% of injury-related deaths occur in the home and community.
- 45% of injury-related

deaths happen to workers while off the job.

- 61% of injury-related deaths are workers off the job or their family members.

The national cost to businesses is more than \$200 billion in wages, productivity, medical expenses, insurance administration and costs for those uninsured.

This year's campaign provides organizations with the information and tools needed to increase awareness of injury prevention everyday, everywhere we go. We will make available a range of safety and health educational resources

that can be provided to employees and their families in groups or delivered electronically to employees individually.

We're participating in



**NATIONAL  
SAFETY  
MONTH.**

June 2005  
National Safety Council  
nsc.org/nsm