

# GARS Operations Newsletter

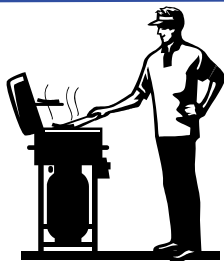
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## Happy 4<sup>th</sup> of July

Have a safe holiday weekend! This year there have been several fatalities nationwide involving workers in highway construction zones. During your holiday travels remember to **Slow Down** when approaching all Work Zones. Obey posted speed limits and drive slowly in construction zones. Don't resume normal speed until you see postings indicating it is safe to do so. Keep cool and remember to expect Delays. It will all be worth it when you arrive safely at your vacation spot or home.



## Grill Safety

In 2004-2008, U.S. fire departments responded to an average of 7,700 home fires involving grills, hibachis or barbecues per year, including an average of 3,200 structure fires and 4,500 outside fires. Grills should only be used outdoors and should be placed well away from the home, deck railings and out from under eaves and overhanging branches. Keep children and pets away from the grill area. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. Never leave grills unattended. **BBQ Grills** - Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources. When you are finished grilling, let the coals completely cool before disposing in a metal container. **Propane grills** - Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

## Safety Solutions and Pollution Prevention Proposals



B. 197

Congratulations to Barbara Roland of the Nonproliferation and National Security Dept.! Barbara's Safety Solution proposal has been funded. To improve personnel safety in Building 197 during emergency situations, she suggested that pathway markers be positioned on the hallway walls to help locate the Indoor Assembly Areas and Evacuation routes. Light motion detectors for "common areas" in several of our buildings was also funded. This idea sprung from a suggestion received during our Directorate Safety Stand Down in 2009. This will improve safety and conserve energy too. Remember to send us your suggestions for next year!

## Welcome Summer Students and Visitors!



It's that time of year when we see new faces in our buildings and around site. Mentors please ensure our summer guests are having a safe and productive stay. Remember to introduce them to the building Research Space Managers and laboratory Cognizant Space Managers, as appropriate. Local Emergency Coordinators should also be a familiar face and will ensure they know the location of the Indoor and Outdoor Assembly Areas. Everyone should have a safe summer at BNL!

## Machine Shop and Power Tool Safety



There is a new Interim Procedure for Machine Shops: <https://sbms.bnl.gov/sbmsearch/ip/2011-001/2011-001.cfm> **Some General Requirements:** 1)

Students, Visitors, and Guests may not use powered tools in machine shops. 2) All authorized persons entering machine shops will comply with the Area-Based Personal Protective Equipment requirements. For Bldg. 815 Machine Shop - Long Pants; Fully Enclosed Shoe; Safety Glasses with Side shields 3) **Tie up long hair and beards** - If your hair is caught in spinning machinery you may be pulled in and seriously injured or killed. 4) **No loose clothing** - Identification lanyards, ties, scarves, loose sleeves, etc. are prohibited. Shirts must be tucked in. Long sleeves must be rolled up above the elbows or completely down and buttoned, but short sleeves are recom-

mended. 5. **Do not wear gloves while working with powered tools in machine shops.** Gloves may be worn to work on powered tools that are not moving (i.e., while changing tools, cleaning and handling machined pieces). 6) **Remove jewelry.** Do not wear rings, hanging earrings or exposed chains or wrist bracelets. For more information contact Research Operations (x4265) or the Machine Shop Stewards (Yusuf Celebi or Scott Smith).

## Lessons Learned -Travel Safety



Vehicle Familiarization is an important first step when getting into a rental car for the first time. Often when we are on travel, we are in a hurry to check into the hotel or a meeting and we start up rental cars that are very different from our own vehicles. Recently at Lawrence Livermore National Laboratory. (LLNL) there was a fatality and a near miss related to the use of Lab Vehicles. So before you drive in a Lab or rental vehicle remember to: 1) familiarize yourself with its controls and safety features and how they affect the operating characteristics of the vehicle. Understand what they do, how to engage and

disengage them, and how they interact with each other. 2) Review and understand the manufacturer's operating instructions and caution labels prior to operating the vehicle. Do not operate the vehicle if you cannot comply or the condition of the vehicle prevents compliance. 3) If there is a problem with a Laboratory vehicle bring it to the attention of the Fleet Manager.

Do



Don't

## Back Safety

### Prevent overexertion -

Overexertion is a very common cause of painful and disabling injuries, at home and BNL, and what's especially distressing about overexertion injuries is that they are so easily avoided. Remember to: 1) **Use correct lifting techniques when moving or lifting heavy objects.** 2) **Get help rather than trying to "muscle your way through"** (don't try to save time by not seeking help). 3) **Take the extra trip when moving materials,** don't add the extra package or box to an already full load (no one will think you are weak if you need help or need to make an extra trip!). 4) **On the ladder – Do not overextend your reach,** instead just descend, reposition, and re-climb. Work smart and safe by following safe work practices. Know your own limitations and when it is sensible to ask for help. It is especially important to avoid overexertion if there is a history of heart disease in your family or if like me you are not as young as you think you are, or unaccustomed to prolonged physical activity. Refusing to get help could prove to be a painful mistake. Consider taking the Back Safety web course (TQ - BackSafe) for more useful tips.