



City Safe

A Guide To Assist In Training
Employees About:

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Protecting Workers from UV Radiation

Number 29

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City Safe is a publication of the League of Kansas Municipalities and the Kansas Municipal Insurance Trust for the purpose of educating and informing cities about loss control methods and risk management. Contents herein are not intended to provide specific legal or medical advice. Readers should seek advice on specific concerns from a qualified professional.

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We've all heard of the damaging effects that the summertime heat can have on our workers. We know of the dangers of heat stroke, heat stress, and sunburn. But there are other sources that can cause UV damage to our workforce. The following article is reprinted with permission from *Safety Compliance Alert* and *Progressive Business Publications*.



Protecting Workers from UV Radiation

More Education, Training Will Head Off Health Problems

Now that warmer weather is here along with the bright sunshine, you'll want to do whatever you can to protect outdoor workers from the harmful effects of ultraviolet (UV) rays.

Excessive, occupational exposure to UV radiation from natural sunlight or man-made sources, such as germicidal lamps, blast furnaces, and arc rays, can cause various skin cancers, premature skin aging, cataracts and retinal burns.

Employees most at risk are construction, maintenance and agricultural workers, farmers, and welders.

More attention needed

The growing concerns over these health risks have spurred the American Industrial Hygiene Association (AIHA) into action.

The organization recently issued recommendations for government and industry to follow, calling for greater public awareness of UV radiation and better employee protection.

A call to action

The AIHA is encouraging industrial hygienists and other environmental health-and safety personnel to:

- Continue research on UV radiation and its harmful health effects;
- Monitor employee exposure;
- Provide employee training; and
- Develop programs and procedures to control exposure and protect workers.

The best way to protect employees from the harmful effects of UV radiation exposure is to ensure they:

- Wear tightly-woven clothing;
- Use a sunscreen with a SPF of at least 15 to block 93% of UV rays;
- Wear wide-brim hats to protect the neck, ears, eyes, forehead, nose and scalp;
- Wear wrap-around that block 99% to 100% of UVA and UVB radiation (note: polarized lenses absorb virtually all UV radiation); and
- Use welding helmets, face shield, goggles and UV-absorbing glasses.



Cite: snipurl.com/UVRadiation

IMA Video Library

Recently, IMA has had several videos returned to our lending library that were damaged. Please remove the following videos from your list as they will not be available any longer. Kristi McCosh has added more videos, so check the KMIT website for an up-to-date list that will include new videos.

- 83: Bloodborne Pathogens The OSHA Standard
- 282: Preventing Slips & Falls
- 208: Housekeeping Responsibilities
- 292: Personal Protective Equipment Training
- 189: Safety Bite: Machine Guarding
- 229: Hard Hat Safety



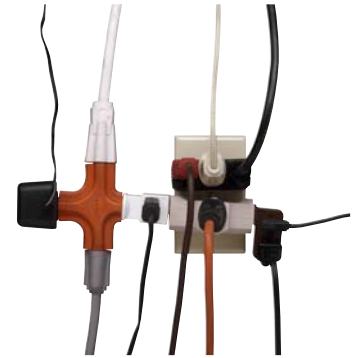
When returning videos to IMA, we ask that you use a padded envelope or box to help eliminate the possibility of videos being damaged during shipment. Thanks for your help!

KEY SAFETY FACTORS

Linking All the Elements of Safety on the Job

The Environment:

- ✓ Is the work area clean and neat and is there good lighting and ventilation?
- ✓ Are there any electrical hazards or hazardous substances present?
- ✓ Is there a danger from falling objects?
- ✓ Is there a high noise level?
- ✓ Are emergency routes easily accessible?



The Job Process:

- ✓ Is the proper equipment used for the job?
- ✓ Has the equipment been properly maintained and are all safeguards in place?
- ✓ Is there protection from electrical hazards?
- ✓ Are hazardous chemicals being used and, if so, are proper precautions taken?
- ✓ Is appropriate personal protective equipment (PPE) used, is it in good repair, and does it fit properly?
- ✓ Are all hazards recognized and precautions taken to prevent injury or illness?

You:

- ✓ Are you aware of the hazards of the job?
- ✓ Can you perform each step of the job competently?
- ✓ Do you inspect equipment before beginning work?
- ✓ Do you follow all safety rules?
- ✓ Do you concentrate on your work and look for potential problems?
- ✓ Do you remove or report any safety hazards right away?



First Aid Supplies

Here's a checklist you can use for building your own first aid kit:



Plastic bandages	Bandage scissors	Sterile eye wash	Fingertip bandages
Adhesive bandages	Adhesive spots	Safety pins	Knuckle bandages
Extra large plastic bandages	Sponges	Tweezers	Spong packs
Sterile pads	Transpore tape	Burn gel	Elastic bandages
Antiseptic ointment	Micropore tape	Extra large strips	First aid cream
Instant ice packs	Iodine prep pads	Pain reliever	Butterfly bandages
Eye pads	Antiseptic towelettes	Alcohol Preps	Burn bandages
	Ammonia inhalant	Gauze	Surgical tape

Safe-T-Tips

It's always a good idea to check and see if your first aid kit is stocked and ready for most emergencies. It is especially important after you take care of the immediate injury to re-stock your kit. See page 4 for a first aid kit checklist.



Anger Affects Injury Rates

You've heard the old saying to count to 10 when you are angry.

That's also true for workers. Research shows people, especially men, are more likely to get hurt at work when they're angry.

Some details:

- ❖ People who reported feeling irritable had a 30% rise in injuries.
- ❖ Those who said they were hostile saw their risk of injury double.
- ❖ At least 10% of emergency room visits could have been avoided if people had dealt with their anger before going back to work.

Perhaps your next safety meeting is a good time to share these stats with your people.

Monday, July 31, 2006

Tuesday, August 1, 2006

**MAIL SAFETY
CERTIFICATION
PROGRAM
MATERIAL TODAY!**

Wednesday, August 2, 2006

Reminder

If you plan on submitting additional items to move up to the next level in the Safety Certification Program, please mail documentation by August 1st to Renee Rhodes, IMA of Kansas, PO Box 2992, Wichita, KS 67201-2992. If you have questions, contact Renee Rhodes (316) 266-6345 or email renee.rhodes@imacorp.com

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