

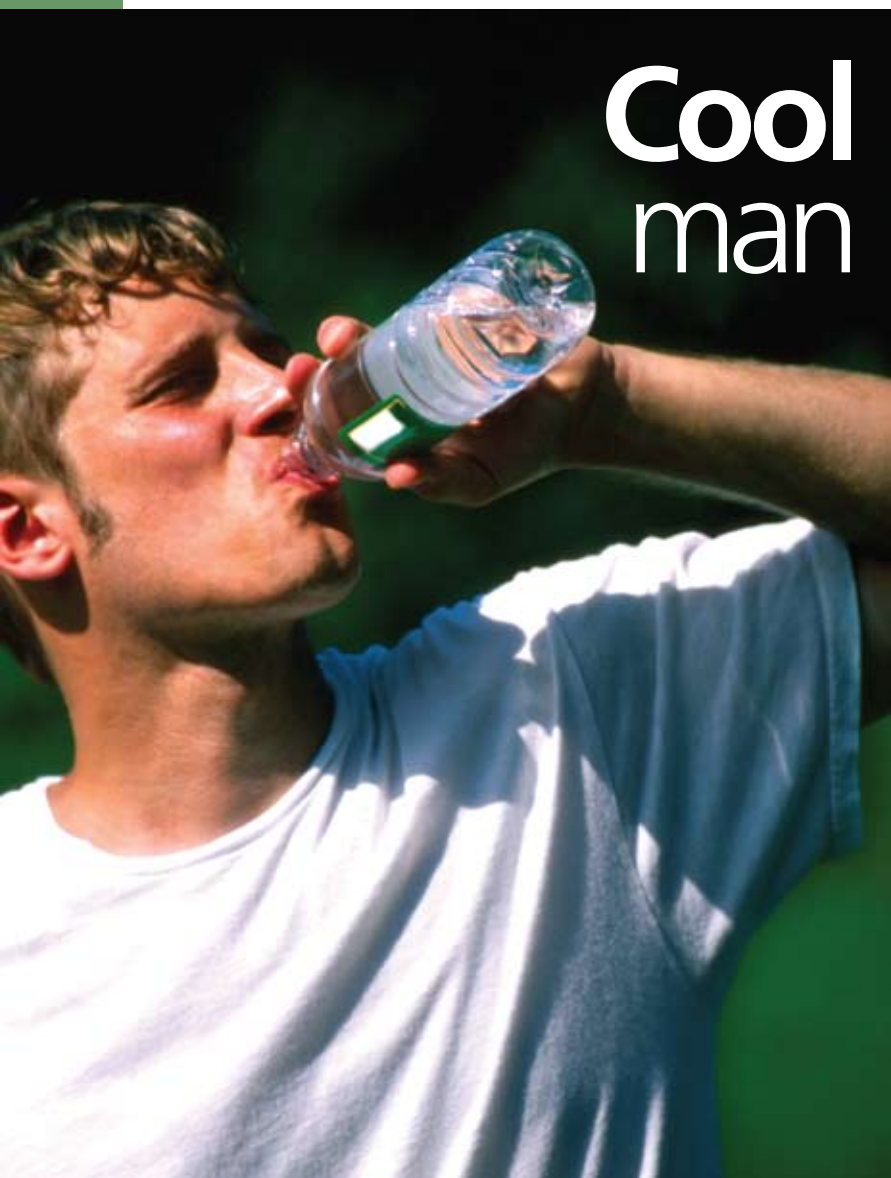
# SCF Arizona

A Safety Newsgram for Association and Chamber Executives

# Safety Pays

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## Cool man



### DON'T LET THE HEAT BRING YOU DOWN

Triple-digit temperatures will be upon us within another month or two. Whether you're hiking, playing or working outside, you should take precautions to protect yourself from heat exposure.

Three main illnesses can occur as a result of heat exposure: stroke, exhaustion and cramps.

Heat stroke is the most dangerous. A victim will have flushed, dry skin, a rapid heartbeat, loud and rapid breathing and a high body temperature. The victim may suffer from dizziness, headache, confusion, convulsions, delirium or unconsciousness.

An individual with these symptoms will need emergency medical attention. Until first responders arrive, however, cool the person down with water and massage the victim's hands and feet toward the heart to stimulate circulation within the limbs.

With heat exhaustion, the victim sweats profusely and has clammy, pale skin. The body temperature remains normal. To treat a heat exhaustion



## Building their tomorrow

Construction sites interest children. Whether it is because of big trucks or cranes, the framing or the trenches, these sites are like natural playgrounds for some youngsters.

Children can get hurt, unintentionally damage equipment, purposely vandalize a site or steal tools and equipment.

With all the building in Arizona, contractors and their subs need to take precautions to discourage kids from using building sites as gathering points or as areas to play.

When it comes to kids and construction, contractors may have to play the bad guy. Tell youngsters who gather around a construction site that it is no place for children. However, do it in a firm, friendly manner, because if they resent how they are treated, they may seek to get even by vandalizing the site.

## Daring drywall

The National Institution of Occupational Safety and Health has released a new publication that identifies the hazards drywall installers face.

The publication cites the two major causes of injuries to drywall installers as overexertion and falls. Common injuries include sprains, strains and tears that range from minor to severe.

The NIOSH research undertaken for "Preventing Injuries from Installing Drywall," found the biggest risk installers and carpenters face are physical stress from lifting, carrying or holding drywall.

To get a copy of the publication, go to [cdc.gov/niosh/docs/wp-solutions/2006-147](http://cdc.gov/niosh/docs/wp-solutions/2006-147).

## Preventing violence

Workplace violence continues to occur in businesses nationwide, the National Institution of Occupational Safety and Health reports.

Nearly 5 percent of the 7.1 million private-sector workplaces in the United States reported at least one incident of violence during the past year. About a third of those companies acknowledge violence had a negative impact on their workforce.

A vast majority of the companies did not change their violence-prevention procedures after the incident, and almost 9 percent of the firms have no program or policy to address workplace violence.

For more information, go to [bls.gov/iifloshwc/osnr0026.txt](http://bls.gov/iifloshwc/osnr0026.txt).

## Cool

continued

victim, get the individual to lie down. Provide the victim water to sip. Apply a wet cloth and loosen the person's clothing. If the condition does not improve, seek medical attention.

Heat cramps are painful spasms in the arms, legs or abdomen. This is caused by a loss of body salts because of excessive sweating. Have the person sit or lie down in the shade and provide water for sipping. Massage the cramped muscles or press firmly on them to relieve the cramps.

To avoid heat-related illnesses:

- Allow the body time to adjust to working in the heat.
- Drink at least eight ounces of water every 30 minutes when working in the heat.
- Avoid alcohol. It accelerates the dehydration process.
- Eat light. Fruits and vegetables are high in water content and contain vitamins and minerals lost through perspiration.
- Wear light-colored clothing that lets the skin breathe. Wear a cap or wide-brimmed hat.
- Take breaks to allow the body to cool down.

# safety expos

## Mark your calendar

May 16	Prescott
July 10	Flagstaff
Oct. 9-10	Tucson
Nov. 7	Yuma

# Electric avenues



Taking the proper steps to eliminate electrical threats will save lives and prevent injuries.

The Electrical Safety Foundation, located in Rosslyn, Va., provides these reminders:

- Make sure that all equipment is approved by an independent testing laboratory.
- Use appliances and equipment according to manufacturers' instructions.
- Replace damaged electrical equipment or have it repaired at an authorized repair center.
- Replace frayed cords, broken or cracked plugs that could cause hazards.
- Install an arc fault circuit interrupter to detect and stop electrical arcs that cause fires.
- Use ground fault circuit interrupter protection when working where water is near electricity.
- Plug equipment directly into a generator (when used) or heavy-duty, outdoor-rated extension cord that is free of cuts and tears and has a three-prong plug.

- Make sure power strips and surge suppressors are designed to handle the loads for their intended use.
- Avoid overloading circuits by plugging too many items into the same outlet.

## LEARN MORE

➤ Order SCF's electrical safety insert card no. 64-1020 off the SCF website or call 602.631.2809.

## You and your e-mod

Keeping a low experience-modification factor can ensure a lower premium.

The Arizona Department of Insurance determines the workers' compensation premiums companies pay based on recommendations by the National Council on Compensation Insurance.

However, companies can lower the premium by maintaining an e-mod lower than 1. For example, if the premium is \$25,000 and the e-mod is .9, the company would pay \$22,500. On the other hand, if the e-mod is 1.1, the premium would increase to \$27,500.

NCCI determines the e-mod by evaluating policyholders' payrolls and claims costs during a rolling, three-year period, re-evaluated at the end of each policy year. In other words, 2007 e-mods take into account the data from 2003, 2004 and 2005. Next year, 2003 data will be dropped and replaced by 2006 information.

For more information, order SCF brochure "You and Your E-mod," no. 81-1002 from our website, or call 602.631.2809.

# Air quality

Silica is released into the air every time roofing tiles are cut. Workers doing the cutting, and those in the vicinity, could breathe in silica dust, which can lead to silicosis, an incurable, progressive and fatal lung disease. While silicosis has no cure, it is 100 percent preventable.

The Arizona Division of Occupational Safety and Health Administration says workers' cutting tile and those in the vicinity must:

- Wear an N-95 or more protective respirator
- Be properly trained on the use and care of respirators, hazards associated with silica exposure and methods to reduce exposure
- Be trained on how to fit check the respirator
- Be aware of the location of tile-cutting operations
- Be aware of work practices that can help minimize their exposure to dust containing silica



## Map it

SCF Arizona's new Preferred Connection Network Quick Reference Guide has arrived.

The PCN is SCF's workers' compensation-specific preferred provider organization. It comprises hospitals, occupational medical clinics, urgent care facilities, physicians, physical medicine providers and ancillary service providers statewide.

SCF policyholders can save money by using PCN members by referring injured workers to a PCN member. This is because all PCN providers agree to produce the best possible outcomes and accept discounted rates.

The PCN members also agree to work in unison to achieve the ultimate goal, which is to help injured employees return to work as quickly, safely and cost effectively as possible.

To get your new PCN guide, call 1.866.835.3863 or 602.631.2809, or click on the PCN Quick Reference Guide tag on our website.



## Calendar:

### APRIL 4

ADOSH – Heat Stress Prevention  
– Phoenix

### APRIL 12

ADOSH – Violence Prevention  
– Flagstaff

### APRIL 17

ADOSH – Forklift Train the Trainer  
– Prescott

### APRIL 25

Ergonomics and Heat Stress – Yuma

### MAY 16

Safety Works Expo – Prescott

OSHA in Medical Office and  
Bloodborne Pathogens – Yuma

### MAY 23

ADOSH – Fall Protection – Phoenix

ADOSH – Respiratory Protection and  
Bloodborne Pathogens – Prescott

### JUNE 6

Behavior-based Safety Management  
– Phoenix

### JUNE 7

ADOSH – Scaffold & Ladder Safety  
– Prescott

### JUNE 20

ADOSH – Violence Prevention  
– Phoenix

Concrete & Masonry Construction  
Safety – Yuma

### JUNE 21

Welding & Flame Cutting Safety  
– Yuma

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