

Safety Sentinel

March 2011

Fond du Lac County Safety Committee Mission Statement

It is the Fond du Lac County Safety Committee's mission to provide safety awareness, education, and advocacy to all Fond du Lac County employees, while recognizing it is both the employer and employee's responsibility to maintain a safe work environment.

Driving in Work Zones

To protect themselves and others, drivers need to slow down whenever they see flashing lights, or move over, if possible, to leave the lane beside the work zone open. In some construction areas, lowered speed limits are posted and must be obeyed at all times.

Remember, when you enter a work zone, be patient. Worrying about the time and traffic won't get you anywhere faster. Instead, slow down and pay attention to your surroundings. These tips can help you get in and out of a work zone safely:

- **Don't fool around.** Eliminate distractions like eating, drinking, talking on the phone, or fiddling with electronic devices.
- **Expect the unexpected.** Speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
- **Slow down.** The faster you go, the longer it takes to stop.
- **Give yourself room.** Rear-end collisions are the most common work zone crashes, so don't tailgate.
- **Allow about three seconds of braking distance.** Look for signs. Orange, diamond-shaped signs usually give you ample warning of lane closings, construction areas, and flaggers and other workers ahead.
- **Be patient.** If you don't see workers, that doesn't mean they're not there. Observe the signs until you see one that says you've left the work zone.
- **Plan ahead.** Leave early or map out an alternate route. Find the latest road conditions and work zone news at <http://www.dot.wisconsin.gov/travel/driving-cond.htm>.
- **Follow the law.** Slow down and move over, if possible, when you see flashing lights.



Health Fair - April 5-6

10:00 am to 2:00 pm

April 5 – Government Center

April 6 – Health Care Center Gym

Follow your nose to our booth at the County Health Fair. We'll be serving popcorn. Enter our drawing for a chance to win a carbon monoxide detector, first aid kit, and four \$50 hair salon gift certificates.

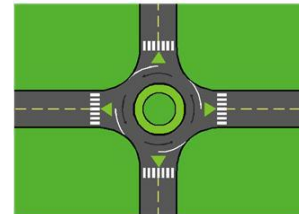
Roundabouts

Roundabouts are the newest form of intersection in the U.S. Roundabouts move traffic safely through an intersection because of:

- Slower speeds
- Fewer conflict points
- Easier decision-making

To learn more, go to:

<http://www.dot.wisconsin.gov/safety/motorist/roaddesign/roundabout-works.htm>



Source: <http://www.dot.wisconsin.gov/safety/motorist/workzones/index.htm>

----- Cut on line and return inter-office mail marked "Safety Suggestion Box" or give to a Safety Committee Member -----

Safety Suggestion

Date: _____

Please share any safety concern or suggestion:

Name (optional) _____

Safety Display

Our traveling winter safety display included a drawing for two car safety kits. Winners are:

Dan Hanks – Code Enforcement
Kathy Arpke – Dept. of Community Programs

Diggers Hotline

Diggers Hotline is a free not-for-profit one-call locating service for identifying the location of buried utility facilities. It provides excavators and the general public with the ability to inform multiple owners of underground facilities of intended non-emergency excavation via a single telephone call.

An advance call to Diggers Hotline will allow the utilities time to locate and flag underground facilities. You are required by Wisconsin law to allow three working days before digging or excavating. This is mandatory as a safety precaution, as well as to avoid disruption of utility services and costly damage to facilities.

In Wisconsin, call 1-800-242-8511. Diggers Hotline is open 24 hours a day, 7 days a week, 365 days a year. You can also find their Email-A-Locate at: <http://diggershotline.com/disclaimer.html>.

Be aware that you will be asked for very specific information about the nature and location of your digging/excavation work.

Diggers Hotline will issue you a ticket number. It is important that you keep this number as legal proof that you have contacted Diggers Hotline and complied with the state law.

Diggers Hotline Homeowners Guide: <http://diggershotline.com/How/homeowners2.htm>

Source: www.scenicriversenergy.com/services/diggers.shtml

Plants that Poison on Contact

Poison Ivy causes skin irritation and blisters, followed by scabs or crusts.



Symptoms usually occur within 24 hours of exposure. Poison Ivy is found in damp forests, especially along rivers; in woods, pastures, road banks, fence rows, parks, beaches and campgrounds.

Poison Sumac contact causes water blisters. It grows in wet areas, such as flood plains, swamps and bogs. It produces greenish-white berries similar to those of poison ivy.



Wild Parsnip sap can cause severe skin blisters and/or irritation. It is very common in roadside ditches. In the first year it produces a rosette of leaves that somewhat resemble celery and a large, fleshy tap root. In year two it produces a stem 3-5 feet tall and flowers in clusters that have small, yellow petals.



Stinging Nettle's stinging hairs cause welts, inflammation and a burning sensation when they come in contact with skin. It is frequently found around barnyards and in fence rows.



Sources:
Outdoor Hazards in Wisconsin - <http://learningstore.uwex.edu/pdf/G3564.pdf>
<http://www.uwhealth.org/poison-education/educational-materials/11145>

Safety Committee offers Adult CPR and AED Class

A CPR/AED recertification class is being offered by the County Safety Committee. It's open to all county employees. Employees may attend on work time with the approval of their department head. Cost is \$7, and will be billed to the departments. Participants who demonstrate the required skills and complete the written test will be certified for a year from the date of the class.

CPR training involves moderately strenuous activity. If you have any special learning needs or are concerned about your physical ability to complete the skills, we encourage you to participate, but ask that you discuss your concerns with an instructor, so that suitable adjustments can be made in advance.

The class will be held in the EOC (Emergency Operations Center), basement of the City/County Building.

CPR/AED Recertification:

Wednesday, May 4, 1:00 pm – 4:30 pm

Who is eligible: Anyone who has been certified in American Red Cross Adult CPR/AED within the last two years

Registration:

To register, contact Karen Stewart, Health Dept. (Ext. 3085) or email: Karen.Stewart@fdlco.wi.gov. Call Joyce Mann (Ext. 3094) for questions about course content.



Grill Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

Safety tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill 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 your grill unattended.

Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. 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.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- 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 the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

Source: National Fire Protection Association
www.nfpa.org

How to Prepare for Tornado Season

Prepare Your Tornado Plan - Just as schools and offices have specific plans in the case of a tornado, so should you for your home. The first thing you need to do is designate your "shelter room."

Know the Dangers of Mobile Homes - For those living in mobile homes, your tornado plan should take you to a preselected, permanent structure. If the warning time is not sufficient, you should never attempt to drive when a tornado is near. You are safer lying in a ditch or depression than driving or remaining in a mobile home.

Prepare Your Tornado Kit - Every household should have an emergency kit that is easily accessible when tornado conditions arrive. A tornado kit should include:

1. Battery-powered radio or television
2. Flashlight w/ extra batteries for both of the above
3. First aid kit
4. Sturdy shoes for every member of the family
5. Identification and cash
6. Spare set of keys to vehicles

Always Stay Weather-Informed - With today's technology, media outlets often know a couple of days in advance when conditions are right for tornadoes. Keep informed on the forecast, and always watch for signs of possible tornadoes such as:

1. Dark, greenish sky
2. Wall cloud
3. Cloud rotation or strong, swirling winds
4. Loud roar, often described as sounding like a freight train

Act Quickly - If your area is in a tornado warning, don't waste time. Grab your tornado kit, pillows and blankets and get immediately to your shelter room. Make sure everyone is wearing their sturdy shoes. Use the radio to listen to weather broadcasts, and don't leave your shelter room until the tornado danger has passed. If a tornado strikes, use pillows and blankets, arms and hands to cover your neck and head.

Source: About.com



Bike Safety Tips

By: Barbara Beaudoin

Increased bicycle traffic on America's roadways is becoming difficult to ignore making these bike safety tips even more important. The high price of gasoline has many parking their automobiles and riding bicycles to work, for errands around town and for recreation. Boys and girls ride bicycles to visit friends or to head to the tennis courts, swimming pools, movie theaters and malls to have a little fun. Senior citizens are adopting lower cost physical fitness routines by pedaling on two and three wheel vehicles as an alternative to paying for gym memberships. Group rides for charity are popular fundraisers, and companies are employing cyclists as couriers to deliver business documents and packages. Drivers and riders alike need to be alert to sensible safety rules, aware of dangerous maneuvers and more thoughtful as they share the road.

The first precaution for a bike rider is to always wear a helmet. Although some states don't require it, a properly fitted helmet meeting the standards of the Consumer Product Safety Commission (CPSC) is your best protection against head injury. Affordable helmets in various styles and colors are available at sporting goods stores and department stores. Don't be tempted to ride without it. The helmet is more than a fashion accessory. Make sure that it fits well, wear it the right way and fasten the straps.

Never ride barefoot, even at the beach. Wear proper footwear: sneakers (not flip-flops or sandals), and tie the laces so they won't get caught in the bicycle chain. Carry personal identification and a list of emergency contacts.

Whenever possible, use designated riding paths or bike lanes to reach your destination. If you must share the road with cars and trucks, your first priority is to avoid being struck by a moving vehicle. Wear brightly colored clothing to stand out against the traffic. Remember that drivers are not always expecting to see a bike rider. Solar glare may obscure their view temporarily, or they may be driving with one hand as they chat on a cell phone. Your sudden appearance in front or beside a car may startle the driver enough to cause an accident. Don't dart in and out of a line of traffic, but ride on the right side of the road in the same direction as motor vehicle traffic, and obey all traffic signals.

Riders must always be alert for road hazards: deep puddles of water, patches of gravel and sand that can cause skidding and changes in the surface of the road, such as sewer covers, grates, and potholes. Concentrate on the task of pedaling and steering your bicycle on uneven pavement that may need repairs. Listening to music or audiotapes is risky while riding. Headphones can block out some significant sounds: oncoming traffic, auto horns, police sirens, a train whistle. At intersections, both bikers and

walkers should heed traffic lights and cross at marked crosswalks, where drivers are better prepared to stop to let you cross safely.

Visit your local bicycle shop for suggestions on the type and size of bicycle that's right for you. Just as automobiles need regular maintenance, bicycles should be checked regularly. Shop personnel can offer advice or provide maintenance that will improve your riding experience. Before you ride, check the following for any mechanical problems:

- brakes
- tires
- well-oiled chain and freely moving pedals
- seat, handlebars, wheels-adjusted for comfort and tightened
- no protruding or broken wheel spokes
- adequate reflectors and operational headlight

Bike riding at night requires extra precautions. There is nothing quite as frightening to a driver, or potentially injurious to a rider, as a nighttime bicyclist wearing black clothing and riding without reflectors. Always wear white or light-colored clothing and use multiple reflectors on your clothing, helmet, and bike.

Remember, however, that even diligent use of helmets and regular equipment maintenance cannot protect you from accidents resulting from poor judgment. Learn the rules of the road and the hand signals you will need. Ride single file on the right side of the road when you are

in a group. Keep your hands on the handlebars at all times; don't point things out to your friends. Trying to prove you are the fastest rider or that you can do the wildest stunts on two wheels can create harmful conditions for you and your friends. Follow a safe distance behind each other and wait safely off the road for a rider to catch up to the group if he or she falls behind.

Ask your police department about the availability of safe cycling workshops in your area. With increased awareness and cooperation of riders and motorists, everyone can play it safe, reduce accident risks, and enjoy the ride.

Article provided by
"The Homesteader."

Source:
<http://www.life123.com/sports/cycling-running/bike-riding/bike-safety-tips.shtml>

Consumer Product Safety Commission (CPSC)
<http://www.cpsc.gov/>

