



Safety+Health

Newsletter



SEAT BELTS



Drowsy Driving



The Importance of

EMERGENCY

SHOWER & EYE WASH

Maintenance Procedures



November 2024

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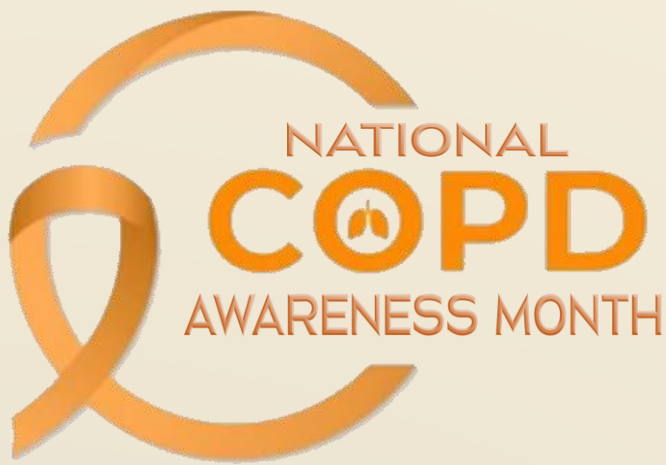
Honoring All Who Served

VETERANS DAY

November 11, 2024

WITH RESPECT, HONOR, AND GRATITUDE

THANK YOU VETERANS!



Chronic Obstructive Pulmonary Disease

In the United States, COPD affects nearly 16 million adults, and many more do not know they have it. More than half of those diagnosed are women. COPD is a major cause of disability, and it is the 6th leading cause of death according to the CDC.

COPD can cause coughing that produces large amounts of a slimy substance called mucus. It can also cause breathing problems, shortness of breath, chest tightness, and other symptoms. Because COPD is a progressive disease, its symptoms often develop slowly but worsen over time and can limit your ability to do routine activities. Serious COPD may prevent you from doing even basic activities such as walking, bathing, and getting dressed.

In the United States, the term COPD refers to two main conditions.

- **Emphysema** develops when there is damage to the walls between many of the air sacs in the lungs. Normally, these sacs are elastic or stretchy. When you breathe in, each air sac fills up with air, like a small balloon. When you breathe out, the air sacs deflate, and the air goes out. In emphysema, it is harder for your lungs to move air out of your body.

THE LUNG DISEASE 

WITH MANY DIFFERENT NAMES

COPD is a serious lung disease that over time makes it hard to breathe. Its official name is Chronic Obstructive Pulmonary Disease, but COPD has other names, like emphysema or chronic bronchitis.

In those who have COPD, the airways, or tubes, that carry air in and out of the lungs are partly blocked, making it difficult to breathe.



ARE YOU AT RISK?

COPD most often occurs in people aged 40 and over who are current or former smokers. Smoking is the most common cause of COPD, accounting for as many as 8 out of 10 COPD-related deaths. However, as many as 1 out of 4 people who have COPD never smoked.

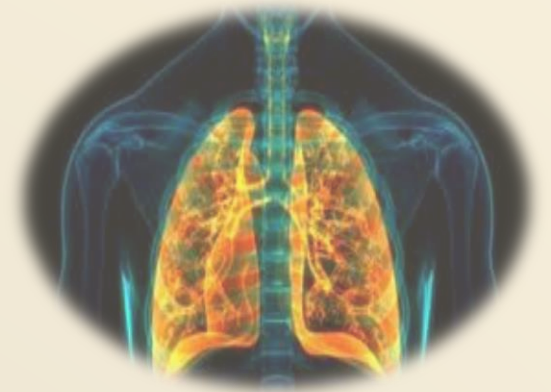
- **Chronic (long-term) bronchitis** is caused by repeated or constant irritation and inflammation in the lining of the airways. Lots of thick mucus forms in the airways, making it hard to breathe.

Most people who have COPD have a mixture of both emphysema and chronic bronchitis in different proportions, and how serious each condition is varies from person to person.

The good news is that COPD can often be prevented, mainly by not smoking. In the United States, cigarette smoking is a leading cause of COPD where the majority of people who have COPD smoke or used to smoke. In the developing world, however, air pollution plays a much larger role, and half of all cases worldwide are not related to tobacco. A rare genetic condition called Alpha-1 Antitrypsin (AAT) deficiency can also cause the disease.

Although there is no cure, treatments and lifestyle changes such as quitting smoking can help you feel better, stay more active, and slow the progress of the disease. You may also need oxygen therapy, pulmonary rehabilitation, or medicines to treat complications.

As we age, it's easy to think that some of the symptoms of COPD are just part of "getting older." But they're not. If you think you have even mild symptoms, tell your doctor or health care provider as soon as possible. □



**Know for sure.
Get a spirometry test.**

Spirometry is a common, noninvasive lung function test that can detect COPD before symptoms become severe.

It measures the amount of air you can blow out of your lungs (volume) and how fast you can blow it out (flow). That way, your doctor or health care provider can tell if you have COPD, and how severe it is. The spirometry reading can help determine the best course of treatment.





The Importance of **EMERGENCY** SHOWER & EYE WASH



Every day, we walk by emergency eyewash/shower stations hoping we never need to use them or, more likely, not giving them a second thought. However, when these stations are needed, they must work properly.

Emergency eyewash stations are an essential safety feature in the workplace where hazardous chemicals or materials are handled. The first 10 to 15 seconds after exposure to a hazardous substance, especially a corrosive substance, are

critical. If these substances come into contact with the eyes, they can cause serious injuries such as chemical burns or corneal damage.

Quick and effective treatment is essential to prevent permanent serious eye injuries or blindness. This is where emergency eye wash stations come into play.



However, many are unfamiliar with OSHA's recommendation for minimum flow and water temperature requirements to emergency eyewash or drench showers.

The Occupational Safety and Health Administration (OSHA) sets standards for using emergency eye wash stations in facilities where hazardous materials are handled. Emergency eyewash stations should be provided in the following situations where employees are:

- handling corrosive materials that can cause eye damage.
- handling materials that can cause severe eye irritation.
- handling materials that can cause serious eye infections.

- exposed to airborne particles or chemicals that can cause eye irritation or damage.

OSHA recommends that emergency eye wash stations be within 10 seconds of walking distance or approximately 55 feet of any location where workers may be exposed to hazardous materials. They should also be marked with signage that is visible from a distance and easily accessible.

OSHA and ANSI Z358.1 also set guidelines for facility eyewash stations and showers.

Eyewash stations should deliver at least 0.4 gallons per minute of tepid water between 60 and 100 degrees Fahrenheit for at least 15 minutes. An eyewash drench shower would increase the gallons per minute (GPM) requirement to 20 gallons per minute of tepid water. They should also provide a continuous water flow and be activated in one second or less. In addition, eyewash stations should be inspected and maintained regularly to ensure they are in proper working order.

According to ANSI/ISEA Z358.1-2014, plumbed emergency eyewash and eye/face wash stations should be visually inspected and activated weekly. This activation ensures that nothing is blocking the flow of the flushing fluid and eliminates any chance of contamination from stagnant water. It's also recommended that a comprehensive annual inspection of the facility takes place to evaluate modified workspaces, assess new hazards introduced into the area, and identify fixtures needing repair or replacement.

Everyone should be trained on the proper use, care and locations of all eyewash stations. You never know when you may need this important equipment. For more information, review ESHM 04.12.□

SEAT BELTS



National Seat Belt Day is observed annually on November 14 and was created to raise awareness and encourage people to wear seat belts.

You've heard it since you were a toddler: "Wear your seatbelt." As adults we tend to prioritize buckling up our children, but often neglect to wear seat belts ourselves, even though doing so significantly reduces the risk of injury in an incident for everyone in the vehicle. Essentially, we sometimes overlook our own safety despite emphasizing it for our children.

It's very important to remember just how complex our workplace is, and how easily we can get into a vehicle accident. We might believe that seat belts are not needed for short trips or when driving at low speeds, minimizing the perceived risk of not wearing one.

One thing to consider is that you can only control how you operate your vehicle, and not anyone else's. Most incidents that happen at the airport recently have been caused by other people not paying attention to the road. Seat belts protect you from being ejected from vehicles which can

Far too many incidents with employees not wearing a seatbelt have led to serious injuries in the last couple of years at our airports.





“

NO ONE EXPECTS TO DIE TODAY

but did you know on average, every 47 minutes someone not wearing a seat belt dies in a car crash.



cause serious and life-threatening injuries.

While the company doesn't actively and consistently enforce seat belt use, or it may not be convenient, it shouldn't be an excuse to protect yourself and buckle up.

We all know management should set a positive example by consistently wearing their seat belts. Replacing the company's vehicle's current seat belts with highly visible orange seat belts will not make you any safer. It's just another way to remind you to wear your seat belt.

So yes, people must be reminded to wear seat belts at work because it's a safety priority that can prevent serious injuries and fatalities.

If you won't buckle up for yourself, do it for your family who will miss you, or your pet who would never understand why you didn't come home. It only takes a few seconds and could save you from pain and suffering, even your life. Review ESHM 09.01 for the Seat Belt policy. □



BUCKLE UP and BE SAFE!

The mint green seat belt safety awareness ribbon was developed to be the symbol for seat belt safety in an effort to remind everyone to buckle up.



Drowsy Driving

Most of us are aware of the risk related to driving under the influence or distracted driving, but we seldom consider risks related to drowsy driving.

If you ever got behind the wheel while feeling tired, sleepy, nodded off at the wheel, or struggled to keep yourself awake, then you're not alone. Drowsy driving is incredibly common. Unfortunately, drowsy driving is a major problem throughout the US, and studies show that 37 million motorists are estimated to drive drowsy at least once year.

Drowsy driving results in approximately 100,000 accidents, 70,000 injuries, and nearly 1,500 fatalities each year, according to the National Safety Council. You are about 300% more likely to be involved in a car accident if you drive while fatigued.

Driving while feeling tired or drowsy may seem harmless, but it actually has severe consequences. No one knows the exact moment when sleep comes over their body. When you drive without getting enough sleep, it seriously impairs your motor functions, which can lead to severe and even deadly accidents.

Understandably, life sometimes gets in the way of getting good sleep. Maybe you had to work a late shift, perhaps your job simply requires long hours, or maybe something you were anxious about kept you up all night. However, no matter the reason, getting behind the wheel without adequate sleep is incredibly dangerous.

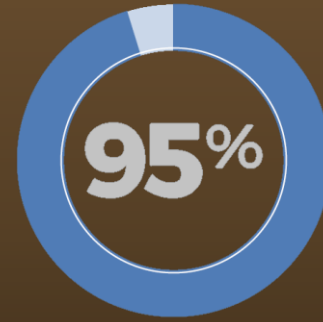
However, just because a lot of people do it doesn't mean it's okay. Drowsy driving is extremely dangerous and is considered a public health concern in the US. 95% of Americans willingly admit that drowsy driving is risky, and yet they do it anyway.

Various studies conducted by sleep foundations have shown that drowsy driving is similar to driving while drunk. And some experts believe that driving while you are tired is actually worse than if you had been drinking alcohol.

Am I too Drowsy to Drive?

Same as drunk driving, drowsy driving makes it very hard to pay attention to the road and slows down your reaction time. Although sleep deprivation has similar effects on your brain as drinking alcohol, drowsy driving and drunk driving doesn't always look the same on the road. A drunk driver may drive slowly and try to react, while a sleepy driver can nod off while still going fast. Since sleep deprivation significantly slows down your reaction time, drowsy drivers won't always break when something happens right in front of them.

The best way to prevent drowsy driving is to learn to recognize its signs. If you believe your fatigue level may be impacting your driving, here are some of the warning signs of drowsy driving you should look out for, no matter whether you are the driver or a passenger.



of Americans willingly admit that drowsy driving is risky, and yet they do it anyway.

- Inability to focus
- Constantly yawning
- Heavy eyelids
- Bobbing your head
- Drifting from your lane
- Missing signs and turns

If you notice such behavior, it is vital to safely pull over the car and take a 20-minute nap. Also, get a cup of coffee to stay more alert. If there is another driver in the car, let him or her drive instead of you. If you are driving long miles, you should drive during your most alert period of the day and take regular breaks. These precautions seem simple, but they can help a lot to lower the risk of falling asleep behind the wheel and causing a drowsy driving accident. □

***Remember...
Drowsy Driving is Deadly Driving!***



Maintenance Procedures

Have you ever given a maintenance task you felt you couldn't do by the book because you didn't have the required tools, supplies, or test equipment? Odds are that you used some kind of unwritten "alternate" method or "work-around" in order to get the task done. Technicians can come up with impressive and innovative ways to get the job done.

We often can develop unwritten alternate procedures in order to accomplish that impossible task. But that's not the way we are supposed to work. You must not deviate from a maintenance procedure, unless you first obtain authorization to do so. The authorization should be in writing and come from an approved or authorized source.

Maintenance manual procedures are developed by the manufacturer and accepted or approved by the FAA. These procedures, when properly accomplished, ensure the aircraft will continue to operate within its designed safety margins. If you deviate from these procedures without an accepted or approved alternate procedure, you made the wrong decision. You committed a human error, and this compromises safety . . . and you're liable.

Your actions affect the public confidence in our profession. Be aware that your mistakes can jeopardize the reputation of each and every maintenance professional. So, be safety conscious when performing maintenance and only use written instructions that are authored by an approved or authorized source.



Upcoming Events

Sleep First. Drive Alert.



The National Sleep Foundation's Drowsy Driving Prevention Week encourages everyone to prioritize sleep and drive when they are alert and refreshed. Our goal is to help people get the sleep they need and reduce the number of drivers who choose to drive while sleep-deprived.

*Together, we can help people drive alertly and work to prevent thousands of motor vehicle crashes each year. **November 3rd – 9th 2024***

Happy Thanksgiving!

had to overcome during the year. Be thankful for your family. And while I recognize some people in your family are closer than others, on this day be thankful for all of them. Be extra thankful for the ones that you really share genuine love with. Be thankful for your friends, and most of all, don't forget yourself.

Something for all of us to think about this holiday.

Thanksgiving is your day. A celebration day. A family day. Be thankful for the lessons that you've learned, the successes that you've had, and the issues that you've



PPE ROADSHOW

➔ **ATL – November 12th**



Safety+Health Matters!

Got Feedback?

Suggestions on Safety topics in upcoming Newsletters?

Email: Safety@local591.com