July 2006

SAFETY NET

Water Utilities Department
Environmental Health and Safety Group

Special points of interest:

- I do not need an email to tell me what I already know, it's and going to be HOT! So why the "Heat Advisory?"

  Page 2, explains your need to know...

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Poisonous Creatures

Gary Abe, Engineer/Paramedic — Tempe Fire Department

The weather is warm (or hot); school is out. People are outside enjoying the outdoor life and doing outdoor chores. Getting the most enjoyment from the outdoors requires a little common sense. Knowing potential dangers of and how to handle them is an important factor: such dangers as poisonous desert animals and insects.

What habitats do creatures occupy? How can they be avoided? What are the specific dangers? What should you do if bitten or stung? Knowing these answers can save a fun trail hike as well as your life. This article addresses preventing bites and stings of a few of Arizona's venomous creatures.

One of the best informational sources for poisonous creatures is a computer click away at http://www.bannerhealth.com/Locations/Arizona/Banner+Poison+Control+Center/Desert+Critters/_Arizona+Critters.htm. This is the Banner Health Poison Control Center web site. For **emergency information**, they may be reached at **1-800-222-1222**, 24 hours a day.

Another web site of interest is http://www.pharmacy.arizona.edu/outreach/poison/venom.php. This is the University of Arizona, College of Pharmacy site. Both of these web sites have more extensive information and pictures of desert creatures assisting with identification

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Personal Safety Information

Tempe Police Department — Crime Prevention Unit

Knowing how to protect yourself — can reduce the opportunity for muggers, purse snatchers and other street criminals to strike.

Being AWARE that you are a potential victim of a violent crime is the first step toward prevention.

3 Basic Rules:

Do stay alert. Keep your mind on your surroundings, who is in front of you and who is behind you. Do not get distracted. If you are worried about crime ask a friend to accompany you when you go out.

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Heat Advisory?

It is always Hot in Arizona...

According to the National Weather Service the July maximum average temperature is 106°F (30-Year Average) and no matter how you try to deal with that, it is just plain hot. Remembering that this is just an average it is not uncommon to see temperatures rise above 110°F. So the obvious question is "why send out an email to tell me it's hot, I already know that!"

The real answer can be found in the National Weather Service in their Supplemental's. A Heat Advisory is issued when a Heat Index of at least 115°F for 3-hours or more, with a minimum nighttime Heat Index at or above 80°F. A Heat Index or HI is a measurement of the air temperature in relation to the relative humidity, used as an indicator of the perceived temperature. It represents the heating effect felt due to a lack of body moisture evaporation, and gives the average person a "feeling" for how hot and stuffy the air is. I still know it is hot and anybody that has lived through one summer here can figure that out. I do not need an email to tell me what I already know, it is and going to be HOT!

How true, at the end of June a meteorologist can with almost a 100% accuracy give the entire forecast for all of July, " temperatures 105 to 110, with a slight chance of an evening thunderstorm. So where is all this leading? To a very tiny portion of OSHA regulations, better known as the "General Duty Clause." All City of Tempe employees are covered by this regulation which simple states that the employer will provide the safest work place possible. In this case the City of Tempe has the responsibility to ensure that all employees are protected and made aware of the potential hazards associated with Arizona weather.

It is important to remember that the Advisory does not mean normal work can not be performed, it just means we as employees need to take extra precautions to ensure everyone's safety. The email alert is just a simple reminder that a Federal Agency has determined that there is a significant threat to people from the weather. Simple things like flexible work schedules, more frequent breaks and other innovative ideas will protect our work force.

For heat stress training or heat stress monitoring of your work area, please contact EHS or visit

http://www1.tempe.gov/hpcc

Relative Humidity (%)

Air Temperature

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

Heat Index (Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

Extreme Danger

Heat stroke or sunstroke highly likely

Danger

Sunstroke, muscle cramps, heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps, heat exhaustion possible

Caution

Fatigue Possible

Hand Powered Tools

Under 29 CFR 1910, Subpart P, *Hand and Portable Powered Tools and Other Hand — Held Equipment,* OSHA requires employers to train employees in the proper use and limitations of equipment. Employees should be able to recognize the hazards associated with tools and all other applicable safety precautions.

There are five basic rules that can help prevent hazards associated with the use of hand and power tools.

1. Keep all tools in good condition with regular maintenance.
2. Use the right tool for the job.
3. Examine each tool for damage before use and do not use damaged tools.
4. Operate tools according to the manufactures' instructions.
5. Provide and use properly the right personal protective equipment.

The best way to handle this type of training is in a "Tail Gate" style meeting. Remember always keep the owners manual and only get repairs made by authorized individuals or repair facilities.

Hazardous Waste — Again

In almost every issue of this newsletter the topic of hazardous waste is discussed. The ramifications associated with hazardous waste from a regulatory and employee safety standpoint can be staggering. Typically hazardous waste is unseen until an accident, spill or fire occurs.

Hazardous waste is a chemical with properties that make it dangerous or potentially harmful to human health or the environment. The universe of hazardous wastes is large and diverse. A hazardous waste can be liquid, solid, gas, or sludge. They can be the by-products of manufacturing processes or simply discarded products, like cleaning fluids or pesticides.

In regulatory terms, a hazardous waste is a waste that appears on one of the four hazardous wastes lists, or exhibits at least one of the following four characteristics; ignitability, corrosivtivity, reactivity, or toxicity.

The responsibility for determining if a material is a hazardous waste is inherently the responsibility of the generator, or owner of the waste. Identification of a material is typically simple; the generator knows what the original material consisted of through the use of a Material Safety Data Sheet (MSDS). If the type of material is not known, analytical test must be performed to properly classify the material for disposal. That is where we come in, call us for your training, storage, handling and disposal needs. We are here to assist you!

Do you wear a respirator or “Dust Mask”

If you wear a respirator, or a N-95 respirator you have to notify the EHS Group. You may fall under the City of Tempe, written Respiratory Protection Program that requires you to receive medical clearance, be fit tested and be trained.

Once you notify the EHS Group it is a simple process. A quick assessment of the work area is performed and the type of respiratory protection needed will be identified. Medical clearance, training and fit testing will the be performed.

While it may seem unnecessary OSHA identifies certain disposable masks (paper) as respirators, especially if they are worn to protect an employee from a specific hazard. The best thing to do if you are unsure, is contact EHS for assistance.

Portable Ladders

If you use a ladder, even a small step ladder, you must follow the rules established in 29 CFR 1910.21 to 1910.30, *Waking and Working Surfaces*. An inspection before use is required and must be performed in accordance with the manufactures requirements (Owners Manual). Ladders should never be stored in an upright position and when they are determined to be defective should be taken out of service and tagged or marked “Dangerous, Do Not Use.” Ladders used to gain access to a roof or other area must extend at least 3 feet above the point of support, no exceptions! Extension ladders must be used at an angle where the horizontal distance from the top support to the foot of the ladder is ¼ the working length of the ladder (length along ladder between the foot and top support). And you just thought you had to put the ladder up!

Monsoon Safety Reminders

During the monsoon, or "summer thunderstorm season", Arizona experiences more severe weather than any other state! The most common occurrences are Severe Thunderstorms or Flash Floods. On rare occasion, a severe storm may spawn a tornado or microburst. Soon the monsoon will be upon us, and severe weather will be a routine part of life for most Arizonans. For more information check out the links below.

APS: http://www.aps.com/aps_services/residential/safetytips/
ASU: http://geography.asu.edu/aztc/monsoon.html
NWS: http://www.wrh.noaa.gov/psr/general/
SRP: http://www.srpnet.com/storm/default.aspx

Poisonous Creatures *Continued*

Prevention of Bites and Stings:

Rattlesnakes

- Leave wild animals alone. Most bites result from people provoking rattlesnakes.
- During summer, snakes are more active at night when it is cooler. In cooler months, they are more active when during the day when the sun warms the environment.
- Don't put your hands or feet where you can't see. Look before placing hands beneath or between rocks and logs.
- If you encounter a rattlesnake, walk well around them. Walking over them or trying to move them can result in a rattlesnake strike.
- Even dead rattlesnakes can bite and envenomate! DO NOT handle dead snakes!

Scorpions

- If left outside, shake shoes, clothing and towels before using them. These are common hiding places for scorpions.
- Wear shoes while outside, especially at night. They feed at night and are active.
- Scorpions are attracted to water so be cautious around damp and wet areas.
- Ensure that weather-stripping around windows and doors seal well. Scorpions can fit through an opening as thin as a credit card. Bark scorpions can climb up most surfaces with the exception of smooth glass. Baby cribs can be somewhat protected by placing jars around the legs of the crib.
- In normal light, scorpions are hard to see. Using an ultraviolet light (such as a black light) can illuminate them and aid in detection.
- Nearby construction can disturb their habitat. They may seek refuge in or near your home.
- Call a pest control service for additional advice or eradication.

Black Widow Spiders

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- Black Widow spiders do not like to have their web disturbed. Minimize clutter and keep outside areas clean. Remove webs if found.
- They are more active at night when they feed. This is when they can often be found on their web.
- Their webs have no symmetrical design and are extremely strong for their thickness.
- Insecticide is effective if the insecticide makes direct contact with the Black Widow spider. This may also reduce other insect populations which Black Widow spiders feed upon.

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Personal Safety *Continued*

- **Do** communicate the message that you are calm, confident and know where you are going. Stand tall, walk purposefully and make quick eye contact with people around you.
- **Do** trust your instincts. If you feel uncomfortable in a place or situation—leave.

In The Car:

- Keep your car in good running condition to avoid breakdowns.
- Keep the doors locked and windows rolled up.
- Plan your route in advance, particularly on long or unfamiliar trips. Have enough gas and money to get there and back.
- If threatened, drive off or sound your horn to attract attention.
- Always lock your doors when parked.
- Before returning to your car look around the parking lot for suspicious persons.
- Never pick up hitchhikers.
- If you see another motorist in trouble, signal that you will get help and then go to a telephone and call police.
- If your car breaks down, raise the hood, use flares or tie a white cloth to the door handle. Stay in the locked car. When someone stops, ask them to phone for help.
- Park in well-lighted areas that will still be well-lighted when you return.
- Be particularly alert and careful when using underground and enclosed parking garages.
- If you are being followed while driving, drive to the nearest police or fire station, open gas station or other business or well-lighted residence where you can safely call police. Try to get the cars license plate number and description. If no safe areas are near, honk the horn repeatedly and turn on your emergency flashers.

Public Transportation:

- Try to use well-lighted and frequently used stops.
- Try to sit near the bus driver. Take a seat in the subway car near the conductor.
- Do not fall asleep. Stay alert!
- While waiting stand with other people.
- If you are verbally or physically harassed, attract attention by talking loudly or screaming.
- Be alert to who gets off the bus with you. If you feel uncomfortable, walk directly to a place where there are other people.

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Personal Safety *Continued*

Walking:

- Plan your route, especially at night. Choose well-lighted busy streets and avoid passing vacant lots, alleys or construction sites. Take the long way if it is the safest route.
- Know your neighborhood. Find out what stores and restaurants are open late and where the police and fire stations are.
- Carry your purse close to your body and keep a firm grip on it. Carry a wallet in an inside coat or side trouser pocket.
- Do not flaunt expensive jewelry or clothing.
- Walk facing traffic so you can see approaching cars.
- Do not overburden yourself with packages and groceries that make it hard to react.
- Bring "emergency" change for cab fare, bus fare or a telephone call.
- Have your car or house key in hand as you approach your vehicle or home.
- Avoid dark places, short cuts and sparsely traveled areas
- Look ahead and be alert for dangerous situations
- Carry a small flashlight, whistle or some type of protective spray (pepper spray) at all times.
- If you suspect you are being followed by someone on foot, cross the street and head for the nearest well-lighted, populated area. Walk quickly or run to a house or store to call the police. If you are really scared, scream for help.
- If you are being followed by someone in a car, change direction immediately and make a visible point of writing down the license plate number.
- Never hitchhike.

In Elevators:

- Look in the elevator before getting in to be sure no one is hiding.
- Stand near the controls.
- Get off if someone suspicious enters. If you are worried about someone who is waiting for the elevator with you, pretend you forgot something and do not get on.
- If you are attacked, hit the alarm and as many floor buttons as possible.

Jogging, Biking and Other Outdoor Activities:

- Choose routes in advance that are safe and well populated.
- Vary your route and schedule.
- Avoid jogging and biking at night.
- Know businesses that are open and locations of police and fire stations.
- Consider carrying a shriek alarm.
- Consider not wearing your stereo headphones. It is safer to be alert.

"Know your neighborhood. Find out what stores and restaurants are open late and where the police and fire stations are"

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Personal Safety *Continued*

What If It Happens To You?

- Remain calm, try not to panic or show any signs of anger or confusion.
- If the attacker is only after your purse or other valuables, do not resist. You do not want to escalate a property crime into a violent confrontation.
- Make a conscious effort to get an accurate description of your attacker: age, race, complexion, body build, height, weight, type and color of clothing.
- Call the police immediately at 9-1-1 or non emergency number (480) 350-8311, identifying yourself and your location.

For further information on crime prevention tips, please visit our website at: www.tempe.gov/cpu

Poisonous Creatures *Continued*

Black Widow Spiders Continued

- Destroy all egg sacks. This will minimize the population.
- Shake out shoes and clothing before wearing, if they have been left outside.
- If bitten, call the Banner Poison Control Center at **1-800-222-1222** for assessment.

Common sense, awareness of potentially dangerous critters and preventing them from spoiling your day or event greatly increases enjoyment of the outdoors. One of Arizona's great benefits is the number of sunny days, allowing outdoor activities throughout the year. Enjoy it, but be safe. Know that Banner Poison Control Center can be contacted if trouble arises **1-800-222-1222** or call 9-1-1.

Bibliography

"Arizona Desert Critters." Banner Poison Control Center. 2006. Banner Health. 13 June 2006 <http://www.bannerhealth.com/Locations/Arizona/Banner+Poison+Control+Center/Desert+Critters/_Arizona+Critters.htm>.

"Venomous Creatures." University of Arizona, College of Pharmacy. 27 Oct. 2005. University Of Arizona. 13 June 2006 <http://www.pharmacy.arizona.edu/outreach/poison/venom.php>.

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This is a Quarterly informational publication for City of Tempe employees. If you have comments or suggestions please contact the WUD, Environmental, Health and Safety Group.

VISIT US ON THE WEB HTTP://WWW1.TEMPE.GOV/HPCC