

THE PORCELAIN PRESS

August 2011 - Weeks 3 & 4

Special Points of Interest:

Wilson Hall window washing to be completed in August.

Phase 1 - Exterior

Windows (August 1-5)

Phase 2 - Interior Windows (August 8-17)

Phase 3 - Atrium will be done at night (August 18-19)

Check the bulletin boards near the elevator for the exact date for your area. Remember to clear the windows and areas around the windows to allow for safe access.

Accelerate to a Healthy Lifestyle

August - October 2011.

Information and sign up at ES&H homepage. Prizes will be awarded monthly to participants.

ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

Poisonous Plants

Any person working or playing outdoors is at risk of exposure to poisonous plants, such as poison ivy, poison oak, and poison sumac. When in contact with skin, the sap oil of these plants can cause an allergic reaction. Burning these poisonous plants produces smoke that, when inhaled, can cause lung irritation. People may become exposed through direct contact with the plant, indirect contact (touching tools, animals, or clothing with sap oil on them), or inhalation of particles containing sap oil from burning plants. Symptoms of skin contact include red rash, swelling, itching and/or possible bumps, patches, streaking or weeping blisters. Symptoms may take a few days to appear.



If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or de-greasing soap and a lot of water.
- Rinse thoroughly so that wash solutions do not dry on the skin & further spread the sap oil.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching & blistering.
- An antihistamine may help to relieve the itching.
- In severe cases or if the rash is on the face, seek professional medical attention. Call 911 (3131 if you are on site) or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past.

Stinging Insects

Outdoor workers are at risk of being stung by flying insects (bees, wasps, and hornets). While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care. You can protect yourself from stinging insects by wearing light-colored clothing, avoid flowering plants, keep work areas clean from discarded food, avoid fragrant soaps, shampoos and cologne or perfume. Remain calm and still if a stinging insect is flying around; swatting may cause it to sting. Report all stings to the Fermilab Medical Department.

Slips, Trips and Falls

Slips, trips, & falls are a major contributor to general industry accidents. The same is true here at Fermilab. Over the last year we have had 28 slips, trips, and/or falls. Of those 28, six of them were significant enough to require medical treatment and three of those six resulted in restricted work or time away from work.

A "slip" occurs when there is too little traction between the shoe & walking surface. A "trip" occurs when a person's foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off-balance. A trip most often results in a person falling forward, while a slip most often results in the person falling backward. A "fall" occurs when you are too far off-balance.

The best way to prevent injuries such as these is to be aware of where you are going and pay attention to your walking surface. Report even a minor fall. It could prevent someone from experiencing a more serious injury down the line.

