

THE PORCELAIN PRESS

January 2012 - Weeks 3 & 4

Special Points of Interest:

Revised Material Move Request (MMR) forms. These new forms are available from the stockroom. As BSS drivers pickup materials, they will remind personnel to start using the revised MMR form. As of March 1, 2012 BSS will no longer accept the old MMR forms.

Reading Safety Glasses

These glasses are now available in the Fermilab Stockroom. Comfortable and stylish, these readers are available in a variety of magnifying strengths. Meets ANSI Z87.1-2003 high impact.

ES&H Concern or Suggestion?

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

Space Heater Safety

With the return of cold weather, many folks at Fermilab will seek the supplemental warmth of an electric space heater. Because these devices use electricity and generate heat, we need to think about their potential to produce electric shocks and fires. These hazards can be controlled by selecting the best heater for the situation and applying good practices. Get a safe space heater. Check for listing by Underwriters Laboratories (UL) or third-party certification ("FM" or "ETL"). Choose heaters that operate at lower temperatures, such as those manufactured with ceramic elements. Heaters are required to have a tip-over switch and a maximum temperature switch if they are used at Fermilab. A good choice is the 1500 W ceramic heater available through Fermilab's Stock Room (#2800-100000). <http://www-stock.fnal.gov/stock/>. Follow manufacturer recommendations. Everything you need to know about safe operation of the heater is written in the instructions. Key precautions are often summarized on equipment labels, such as:

- Place the heater in plain sight
- Avoid use near water
- Keep combustible materials away
- Turn off heater when not in use
- Do not use with an extension cord
- Watch for frayed cords or loose parts

If possible, try to avoid using electric space heaters. We are concerned about saving electricity, but more so, we are concerned about your safety. If your work area is too cold, contact your supervisor or building manager to see if the HVAC can be adjusted.

Reminder

If you have a space heater either at work or at home that is malfunctioning, or the cord is frayed, don't just ignore the problem, and don't try to fix it yourself. Home appliances such as space heaters can be turned in to local scrap metal/junk yards. You can also go to 1-800-gotjunk.com for information regarding disposal. To dispose of space heaters at Fermilab, fill out a material move request form and fax it to X3246, Fermilab Property Office.



Shoveling Snow Can Be Hard on Your Body

Although we've had no measurable snow YET...it is important to keep in mind that the hazards of snow shoveling go far beyond back strains and slips. Moving heavy snow is also hard physical labor. Here are some tips for avoiding injury during snow removal.

Fitness - The frequency and severity of heart attacks peaks in the winter. If you are over 45 and sedentary, avoid shoveling unless you get approval from your physician. If you smoke, have heart disease, high blood pressure, are overweight, or on chemotherapy, you should avoid shoveling regardless of age.

Tools - Using the right tool for the job usually reduces your risk of injury. Manual plows and ergonomic "bent shaft" shovels help to limit the need for bending and lifting.

Preparation - Warm up for 5-10 minutes. Engage in a full-body activity such as brisk walking. Gently stretch your lower back and hamstring muscles. Loosen arms and shoulders by hugging your body. Drink water before and after shoveling to avoid dehydration.

