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SAFETY TOPICS

SAFETY

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skillful execution! It represents the wise choice of many alternatives!!

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For What It Is Worth!

Who is Crazy Anyway?

A doctor of psychology was doing his normal morning rounds when he entered a patient's room. He found Patient #1 sitting on the floor, pretending to saw a piece of wood in half.

Patient #2 was hanging from the ceiling, by his feet.

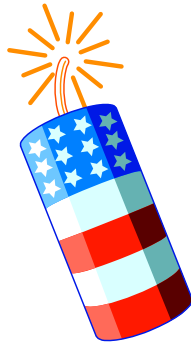
The doctor asked patient number 1 what he was doing. The patient replied, "Can't you see I'm sawing this piece of wood in half?" The doctor inquired of Patient #1 what Patient #2 was doing. Patient #1 replied, "Oh. He's my friend, but he's a little crazy. He thinks he's a light bulb." The doctor looks up and notices Patient #2's face is going all red.

The doctor comments to Patient #1, "If he's your friend, you should get him down from there before he hurts himself"

Patient #1 replies, "What? And work in the dark?"

THUNDERSTORMS AND LIGHTNING

Lightning is caused when water droplets, hail and ice collide in the clouds and create a very large static charge, which is then discharged as lightning. A bolt of lightning can carry more than a half million amps of electricity at upwards to 125 million volts. (It may be more or less because there is no good way to measure it! Ben Franklin was lucky!). Compare those numbers to the average home that has 200 amp service providing 110 and 220 volts. It is estimated that an average lightning bolt is 3 to 4 miles long and 1/2 inch to 5 inches wide.



you don't see it. A storm can travel rapidly and depending on wind speed and direction, and terrain, you may not see danger that is heading your way.

5-Second Rule Count the seconds between a flash of lightning and the audible thunderclap (5 seconds = 1 mile). If you count 10 seconds, the lightning is two miles away.

Safety Guidelines If you are caught in the open, find a low area that is not near water, crouch down with only the balls of your feet touching the ground, and keep your head down.

- Remove your tool belt and don't hold any objects in your hands.
- Stay away from trees and water as they attract lightning.

- - Continued on Back - -

Thunder is caused by the lightning bolt heating air and the water around it so fast that it vaporizes. This creates a shockwave that turns into a sound wave. Remember, if you can hear thunder, then there was in fact lightning somewhere in or around the storm cloud and you are close enough to the storm to be struck by lightning, even if

TIPS TO AVOID MOSQUITO BITES

It is that time of year when pesky mosquitoes are at their peak. With increased concern of West Nile and other viruses associated with mosquito bites the Lanacane Itch Information Center offers these tips.

Make sure to pack insect repellent for outside activities and use it as directed.

Plan your clothing outfit to minimize contrasting colors. Wear colors that blend.

Identify and eliminate sources of stagnant water that support mosquito breeding.

Try to avoid dawn and dusk outside activities. These times are peak biting times.

Citronella candles help to ward off bugs by masking the human scent that attract mosquitoes.

Wear long sleeves, socks, and long pants especially when hiking through wet, swampy areas.

Enjoy outdoor activities when there is a breeze. Increased wind makes it harder for mosquitoes to detect your scent,

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THUNDERSTORMS AND LIGHTNING CONTINUED

- Make yourself as small a target as possible. Put your feet as close together as possible and crouch down with your head between your legs and your hands over your ears.
- Do not let any part of your body other than your feet contact the ground.
- Do not lay on the ground as current could flow through you causing a heart attack, internal injuries and burns.
- Do not huddle in a group. Stay at least 15 feet away from others.
- Move inside of a building or other structure or a vehicle if possible.

What To Do If Someone Is Struck by Lightning

- Check the victim's pulse and breathing. If both pulse and breathing are absent, CPR should be administered at once.
- If the victim appears only stunned or otherwise unhurt, check for

burns, especially at fingers and toes and next to buckles and jewelry.

- Give first aid for shock and do not let the victim walk around.



- As soon as possible, have the victim checked by medical personnel.

Don't underestimate the danger associated with thunderstorms and lightning. Take cover when possible, to protect yourself! When that is not possible follow these safety tips to minimize the possibility of being struck by lightning.

"The source of this Safety Topic article was the Manitoba Construction Safety Association and ICI.

Opportunity is missed by most people because it comes dressed in overalls and looks like work.—Thomas Edison

Make Safety Soar in 2004