



"Our Work Shows Pride, With Safety As Our Guide"

IRVING MATERIALS, INC.

Safety Topics

Summer Dangers On the Job and Off

Spider Bite First Aid

Only a few spiders are dangerous to humans. Two that are present in the contiguous United States and more common in the Southern states are the black widow spider and the brown recluse spider. Both prefer warm climates and dark, dry places where flies are plentiful. They often live in dry, littered, undisturbed areas, such as closets, woodpiles and under sinks.

Black widow spider



Black Widow

The female black widow gives the more serious bite, but a black widow spider bite is rarely lethal. You can identify this spider by the red hourglass marking on its belly. The bite feels like a pinprick. You may not even know you've been bitten. At first you may notice only slight swelling and faint red marks. Within a few hours, though, intense pain and stiffness begin. Other signs and symptoms of a black widow spider bite include: Chills, Fever, Nausea, and Severe abdominal pain .

Brown recluse spider



Brown Recluse

You can identify this spider by the violin-shaped marking on its top. The bite produces a mild stinging, followed by local redness and intense pain within eight hours. A fluid-filled blister forms at the site and then sloughs off to leave a deep, enlarging ulcer. Reactions from a brown recluse spider bite vary from a mild fever and rash to nausea and listlessness. On rare occasions death results, more often in children.

If bitten by a spider

Clean the site of the spider bite well with soap and water. Apply a cool compress over the spider bite location. Aspirin or acetaminophen (Tylenol, others) may be used to relieve minor signs and symptoms in adults. Don't give aspirin to children. Give children acetaminophen instead. Treatment in a medical facility may be necessary for children under 6 years old and for adults with severe signs and symptoms.

If bitten by a brown recluse or black

widow spider

If possible, make a positive identification. If the spider bite is on an arm or a leg, tie a snug bandage above the bite to help slow or halt the venom's spread. Ensure that the bandage is not so tight as to cut off circulation in the arm or the leg.

Use a cold cloth at the spider bite location. Apply a cloth dampened with cold water or filled with ice.

Seek immediate medical attention.

Treatment for the bite of a black widow may require an anti-venom medication. Doctors may treat a brown recluse spider bite with corticosteroids.

Tick Bite First Aid

Some ticks transmit bacteria that cause illnesses such as Lyme disease or Rocky Mountain spotted fever. Your risk of contracting one of these diseases depends on what part of the United States you live in, how much time you spend in wooded areas and how well you protect yourself.

If you've received a tick bite:

- Remove the tick promptly and carefully. Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it.
- If possible, seal the tick in a jar and keep it for a week or two. Your doctor may want to see the tick if you develop symptoms of illness after a tick bite.
- Use soap and water to wash your hands and the area around the tick bite after handling the tick.
- Call your doctor if you aren't able to completely remove the tick.

See your doctor if you develop: A rash, a fever, muscle aches, joint pain and inflammation, swollen lymph nodes, or flu-like symptoms. If possible, bring the tick with you to your doctor's appointment.

Call 911 or your local emergency number if you develop: A severe headache, difficulty breathing, paralysis, chest pain or heart palpitations.

These first aid tips are from MayoClinic.com. Other first aid tips can also be found at their website.

For What It Is Worth! *On The Lighter Side*—NOT SO DUMB

One day a nice looking woman is sitting on a plane next to an annoying, pushy salesman. He asks her if she would like to play a game. She politely declines, but the man explains the game to her anyway. He says, "It goes like this: I will ask you a question and if you get it wrong you will give me \$5, and vice-versa."

She says no again, and tries to fall asleep.

The man tries harder, saying, "Aw, come on. I'll give you \$50 for each question. Or how about \$500?" At that number, the woman agrees. The salesman explains again, "If you get my question wrong you give me \$5. And then you ask a question, and if I get it wrong, I will pay you \$500."

"Got it," she replies.

He asks, "Who was the sixth president?" She admits she doesn't know and gives him \$5.

Now it's her turn, and she says, "What has purple legs, five arms and only two yellow teeth?"

The salesman doesn't know - he uses his laptop, checks the Internet, e-mails his friends. No one knows the answer. Now nearing the end of the flight he concedes and gives her \$500.00.

Then, as they're landing he asks her, "What was that thing anyway?"

She thinks a few minutes, hands him \$5 and walks off the plane.

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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"We're Proud of Our Work"



Words of Wisdom:
 Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. — *Dale Carnegie*

Location: _____

Supervisor: _____

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The suggestion for this month's lead article came from Melinda at Muncie, Indiana. Thanks Melinda.

WORK ZONE SAFETY FACTS & STATISTICS

1. Work zone activity is significant—about 20 percent of the National Highway System (NHS) is under construction during the peak summer road work season.
2. Work zones cause delay—work zones are estimated to account for nearly 24 percent of non-recurring delay. Fifty percent of all highway congestion is attributed to non-recurring conditions, such as traffic incidents, weather and special events.
3. There are more work zones in the summer—the total number of highway work zones in the summer is estimated to be more than 6,400 with a corresponding loss of capacity of 6,157 lane miles (NHS only). Work zones in the winter are about one-half of those in the summer.
4. Motorists are growing more frustrated—the American public cited work zones as second only to poor traffic flow in causing dissatisfaction in a 2000 traveler survey.
5. Vehicle miles of travel grew at a greater rate than miles of roadway—between 1982 and 2002, vehicle miles traveled increased by 79%, while highway lane miles only increased 3% during the same period.
6. More work is being done on existing roads already carrying heavy traffic—the share of capital funds used for system preservation rose from 47.6% in 1997 to 52% in 2000.
7. Night work is increasing as agencies try to manage work zone delay—a review of project information available on selected states' websites showed that approximately 53% of work zones are designated as day work, 22% as night work, and 18 % are active all day or nearly all day (18 or more hours).
8. Work zone mobility and safety are linked—as congestion builds in and approaching work zones, crash rates increase. Rear-end crashes are the most frequent work zone crashes. In 2003, 1,028 fatalities resulted from motor vehicle crashes in work zones. More than 41,000 people were injured in 2003 as a result of motor vehicle crashes in work zones.
9. Work Zone Crash/Accident Data—the National Work Zone Safety Information Clearinghouse has created a new section on its website that centralizes work zone crash/accident data and information. (http://wzsafety.tamu.edu/crash_data) These statistics were compiled by Federal Highway Administration.

None of this is news to most of us who must drive a vehicle as part of our employment. Things to remember include: plan for construction delays, stay calm when you arrive at the construction zone, avoid aggressive driving, and think how nice the road will be when the construction is completed. **Whatever you do, do it safely!**