

# IRVING MATERIALS, INC.

"WE'RE PROUD OF OUR WORK"



## 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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#### *Inside this issue:*

- Another IOSHA Inspection
- Sprains and Strains
- For What It Is Worth!

#### **For What It Is Worth!**

##### *Back to School—Just around the Corner!*

A mom and dad were worried about their son not wanting to learn math at the school he was in, so they decided to send him to a Catholic school. After the first day of school, their son comes racing into the house, goes straight into his room and slams the door shut. Mom and dad are a little worried about this and go to his room to see if he is okay. They find him sitting at his desk doing his homework. The boy keeps doing that for the rest of the year. At the end of the year the son brings home his report card and gives it to his mom and dad. Looking at it they see under math an A+.

Mom and dad are very happy and ask the son, "What changed your mind about learning math?"

The son looked at mom and dad and said, "Well, on the first day when I walked into the classroom, I saw a guy nailed to the plus sign at the back of the room behind the teacher's desk and I knew they meant business."

## OSHA—QUESTIONS AND ANSWERS

Question 1: How much extra concrete was made and sold as a result of not taking the time to replace a guard after repairs were made? Bonus question: What did it cost to have IOSHA find the guard missing? Answer to the Bonus Question: \$335 and sending one employee to a 10 hour OSHA course. Double Bonus Question: What would it have cost if an employee had been caught in the unguarded belt and pulley?

Question 2: How much does it cost if IOSHA finds an extension cord being used as a permanent wiring solution? Answer: \$335 Bonus Question: Does your plant have any extension cords in use as permanent wiring? i.e. an extension cord hung by nails or through the rafters or attached to a wall, etc. Double Bonus Question: What would it cost if a fire resulted from an extension cord being used in an improper manner?

Question 3: How long does it take to adjust the tool rest on the grinder to within 1/8 inch of the grinding wheel? Bonus Question: What does it cost if IOSHA finds the tool rest out of adjustment? Answer to the Bonus Question: \$ 100.

As you might guess, we just recently signed a settlement agreement with IOSHA after another inspection at a plant in Indianapolis. The citations mentioned above were fairly common, run of the mill, not that unusual to

see, violations. If we would start to see repeats of these citations on a frequent bases, the fines will increase significantly.

There were two other citations that were issued. One for not having large quantities of flammable liquids stored in an explosion resistant room. There are definite requirements when flammables are being stored. In this case, this location was where sealer was stored for use by all of the Indianapolis plants. There were fairly large quantities of 5 gallon containers in a room with regular light switches and fixtures. The containers were moved to a room with explosion proof switches and fixtures. Fine - \$450.

**Some information that you should know:** Combustible liquids have a flashpoint at or above 100 degrees F. Flammable liquids have a flashpoint below 100 degrees F. Refer to your MSDSs or the labels on containers for this information. In broad terms, generally you are limited to 24 5-gal containers or one 660 gallon container stored inside a building and not in explosion proof conditions. Don't store flammables in the same areas that are occupied (don't store flammables in the employee break room).

The last citation was for not having had the fire extinguishers inspected by an outside contractor within the last year (three months overdue). Now is a good time to check yours.

**Continuation of Sprains and Strains** - Although sprains can occur in both the upper and lower parts of the body, the most common site is in the ankle. Ankle sprains are the most common injury in the US and often occur during sports or recreational activities.

85% of the 1 million ankle injuries per year are sprains. The knee is another joint where sprains occur. A blow to the knee or a fall is often the cause. Be careful and avoid the number one lost time injury. Next month we'll review treatment and prevention.

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**Location:** \_\_\_\_\_

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## SPRAINS AND STRAINS EXPLAINED

Sprains and strains are far and away the most common, non-fatal injury/illness involving lost workdays. You can get a sprain or strain by lifting, climbing onto or jumping off of equipment, walking, and rolling an ankle or tripping.

**What is the Difference Between a Sprain and a Strain?** A sprain is an injury to a ligament—a stretching or tearing. Ligaments are tough, fibrous, cord-like materials that connect bone to bone. Ligaments most commonly are associated with joints, with one bone connecting to another—at the elbow where the forearm is joined to the upper arm, at the knee, at the shoulder, at the wrist, or at the hip.

Wherever there is a joint, you will find ligaments. One or more ligaments can be injured during a sprain. The severity of the injury will depend on the extent of injury (whether the tear is partial or complete) and the number of ligaments involved.

A strain is an injury to either a muscle or a tendon. Tendons are of similar material, but their function is to attach muscle to bone. De-

pending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear.

**What causes a Sprain or a Strain?** A sprain can result from a fall, a sudden twist, or a blow to the body that forces a joint out of its normal position. This results in an overstretch or tear of the ligament supporting that joint. Typically, sprains occur when people fall and land on an outstretched arm, land on the side of their foot, or twist a knee with the foot plated firmly on the ground.

A strain is caused by twisting or pulling a muscle or tendon. Strains can be acute or chronic. An acute strain is caused by trauma or an injury such as a blow to the body; it can also be caused by improperly lifting heavy objects or overstressing the muscles. Chronic strains are usually the result of overuse-prolonged, repetitive

movement of the muscles and tendons. *Continued on page 1*



**Make Safety Soar in 2004**