

# LABORSAFETY

JUNE 2004

*A guide for health & safety at home & on the job*



## HIGHWAY WORK ZONE SAFETY

### Protect yourself from hazards this season

**B**uilding roads and highways can be dangerous. Each year hundreds of highway workers are seriously injured or killed on the job.

***You can help  
protect yourself and  
your fellow workers  
if you are aware  
of the hazards –  
and take steps to  
avoid them.***

You can help protect yourself and your fellow workers if you are aware of the hazards – and take steps to avoid those hazards. Look inside to see how.

#### **Safety near equipment, traffic**

Workers must remain alert at all times. This means:

- checking surroundings often
- listening for warnings
- keeping a safe distance from passing traffic and construction equipment
- staying behind barriers
- looking out for, and warning, co-workers of potential hazards

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# Protect yourself this season

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## Protections from employers

Employers must provide proper personal protective equipment. Workers must wear:

- proper class of safety vest at all times in the work zone
- high-visibility clothing and headgear
- respirators, ear protection and other PPE when needed

## Special challenges at night

Staying alert and wearing high-visibility clothing are especially important for those doing roadwork at night. Workers should get plenty of rest, especially just before the night shift begins.

In addition to juggling communication between shifts, night workers must cope with:

- poor visibility for motorists
- poor visibility for workers
- impaired or drowsy drivers

Night work also causes physical and social disruptions, including:



- sleep deprivation and disruption
- risk of injury from drowsiness

## To increase visibility during night work

Workers should always:

- wear retro-reflective clothing
- wear a flashing light on the body or clothing
- place retro-reflective tape on equipment
- make sure the work area is well lit [H&S](#)

## CAUTION AHEAD! 10 TIPS FOR DRIVING SAFETY

It's time for extra caution while driving in construction work zones. Here are some tips for all motorists to keep in mind.

- 1.** Stay alert. Dedicate your full attention to the road.
- 2.** Pay close attention. Signs and work zone flaggers save lives.
- 3.** Turn on your headlights. Workers and other motorists must see you.
- 4.** Don't tailgate. A car going at 55 mph travels 680 feet – more than two football fields' length – during the eight seconds it takes to come to a complete stop.
- 5.** Don't speed. Obey the posted speed limits in and around the work zone.
- 6.** Keep up with the traffic flow.
- 7.** Don't change lanes in the work zone.
- 8.** Minimize distractions. Avoid changing radio stations and using mobile phones while driving in a work zone.
- 9.** Expect the unexpected. Keep an eye out for workers and their equipment; and remember that the road you traveled on yesterday may have changed by today.
- 10.** Be patient. The work zone crew members are dedicated to improving your future ride. [H&S](#)

## THIS OLD HOUSE:

# Cleanliness is next to healthiness



A cleaner home is a healthier home.

***Germs that gather in the home year round are estimated to cause millions of cases of illnesses each year, from the common cold to food-borne illnesses.***

Cleaning out and opening up your house for the warm weather is more than a way to declutter and get organized; it's also a way to stay healthy.

Germs that gather in the home year round are estimated to cause millions of cases of illnesses each year, from the common cold to food-borne illnesses. That's why there's more to traditional spring cleaning than shaking out carpets, chasing away cobwebs, and bringing shorts and tees out of storage.

For a thorough, healthful cleaning this season, remember to:

**Scrub your kitchen**, the hot spot for bacteria in the home. Use extra elbow grease on the inside of the refrigerator, counter tops and cabinet doors.

**Disinfect for added protection**. Don't forget to wipe the surfaces that are often exposed to germs and dirt, such as light switches, doorknobs, cabinetry handles, coffeemakers and toasters. Disinfect all garbage bins and trashcans.

**Move the furniture**. Get at those tight spots that are easy to ignore throughout the year, such as under beds, between sofa cushions, and behind dressers and major appliances.

**Tackle other germ-collecting spaces**, including keyboards and telephones, closets, drawers and pantries.

**Breathe easier** by opening all windows and doors, including in the basement and attic, and help keep areas dry to discourage mold and mildew growth.

**Use the right tools** for the job. For instance, rubber gloves are important for avoiding harsh chemicals that can dry out or burn the skin, while buckets or pocket aprons can help you transport cleaning products efficiently and safely.

**When in doubt, throw it out**. Don't be a packrat. Toss, donate or sell unused household items, knickknacks, clothing and other things that take up room and attract dust and mold. Decluttering helps ease tension and create harmony in the home, and having fewer dust collectors is a healthy plus.

**Work like a pro**. Professional cleaners know how to do the job efficiently. They cut time, not corners. You can master the art of speedy, thorough cleaning by:

- scheduling a specific time to clean
- avoiding distractions, such as the telephone or checking e-mail
- straightening up before you begin
- sticking with the job until it's done
- using only a few all-purpose cleaners, such as tile cleaner, abrasive cleaner and light- and heavy-duty surface or glass cleaners
- working as a team, either with friends or family members. **H&S**

# AVOID CHILDHOOD OBESITY:

## Now's the time to get your kids moving

*The health risks of obesity – and the negative social costs – only grow with time. American doctors are seeing more and more kids with Type 2 diabetes, high cholesterol and even heart disease.*

Children learn by example – and the primary example for kids is the one provided at home. A healthy diet and active lifestyle will benefit the whole family.

While it's much easier to prevent weight problems than to solve them, it's never too late to make the effort. Learning to be active and eat well in childhood helps set the tone for a healthy lifestyle later in life.

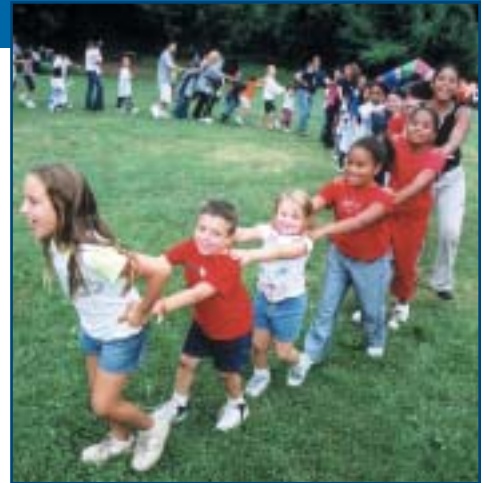
The health risks of obesity – and the negative social costs – only grow with time. American doctors are seeing more and more kids with Type 2 diabetes, high cholesterol and even heart disease.

For teenagers, issues about weight and self-image can make an already difficult time even harder to get through. And childhood obesity can effect health as an adult.

Your child's doctor can tell you if your child is overweight or obese and can help you with a plan of action. Here are some suggestions to help along the way:

### Encourage activity

- Make it fun. Exercise doesn't have to be work. Bicycling, jumping rope, playing tag, walking – these are enjoyable activities the family can do together.
- Make it work. Some work around the house can offer exercise, too. Rotate more active household chores among family members, such as vacuuming, lawn mowing or washing the car together.
- Avoid using food treats as a reward for chores. Instead, take a trip to the park, play a game of catch or let your child think of a fun activity.
- Structure activities that your child enjoys, such as soccer, martial arts or dance, all great ways to keep kids moving.



Staying active is one way to help prevent childhood obesity.

- Limit TV and computer time. These sedentary activities are two culprits in the growing weight problem among children and teens.

### Encourage healthy eating

- Make sure your kids eat enough vegetables, fruits, whole grains and lean protein.
- Limit stops at fast-food restaurants. Don't indulge more than once a week.
- Avoid rushing through meals and watching TV during mealtimes. Eating too quickly or with distractions can prevent kids (and adults) from recognizing when they've had enough.
- Don't force your children to eat if they aren't hungry. The "clean plate" mandate is one factor that promotes weight gain. Try serving smaller portions, instead. If you have concerns about your child's eating habits, discuss it with your doctor.

As the parent, you set the rules and the example for the lifestyle your family lives. Involve your kids and their ideas, and make it a team effort to develop good eating habits and active lives for their healthy future, and for your own. **H&S**



LABORSAFE is a publication of the NYS Laborers' Health & Safety Trust Fund.