BRYAN BUILDING SAFETY NOTES

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NFPA stresses cooking safety at the grill

April 30, 2009— The National Fire Protection Association (NFPA) reminds grilling enthusiasts and basic backyard cooks alike to remember grilling safety as the outdoor cooking season heats up. In 2003-2006, U.S. fire departments responded to an average of 7,900 home fires involving grills, hibachis, or barbecues per year, causing 120 reported injuries and $80 million in direct property damage.

"Nothing dampens an outdoor barbeque like a fire or burn," said Lorraine Carli, vice president of communications for NFPA. "With simple steps, mishaps can be easily avoided and dinner saved."

One-third of the non-confined home structure fires involving grills started on an exterior balcony or unenclosed porch, 18% started on a courtyard, terrace, or patio, and 11% started on an exterior wall surface. Of these fires that involved gas grills, the leading contributing factor was a leak or break in hoses or other equipment, and the leading contributing factor of fires involving charcoal or other solid-fueled grills was something that could burn being too close to the grill. In 2007, 18,600 patients went to emergency rooms because of injuries involving grills.

For general grilling safety tips, audio clips, statistical information, and a slide show on how to prepare your gas grill for grilling, visit www.nfpa.org/grilling.

NFPA offers the following grilling safety tips:

- Gas and charcoal BBQ grills must only be used outdoors. If used indoors, or in any enclosed spaces, such as tents, they pose both a fire hazard and the risk of exposing occupants to carbon monoxide poisoning.
- Place the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas, and foot traffic.
- Keep children and pets away from the grill area: have a three-foot "kid-free zone" around the grill.
- Use long-handled grilling tools to give the chef plenty of clearance from heat and flames.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

Charcoal grills

1. Use only charcoal starter fluid to start a fire.
2. Never add charcoal starter fluid when coals or kindling have already been ignited, and never use gasoline or any other flammable liquid to get the fire going.
3. Store the charcoal starter fluid out of reach of children, and away from heat sources.

Gas grills

- Check the gas tank hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame:
- Turn off the gas tank and grill.
- If the leak stops, get the grill serviced by a professional before using it again.
- If the leak does not stop, call the fire department.
- If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not attempt to move the grill. ***(Continued on page 3)***

SAFE FROM THE SUN

Reprinted from Risk Management's website

The arrival of warmer weather means that more employees will be working outdoors and will be exposed to sunlight while doing so. Sunlight is the main source of ultraviolet radiation (UV), which can cause eye damage, premature aging of the skin, and skin cancers, such as melanoma.

To help workers safeguard themselves against UV radiation, the Occupational Safety and Health Administration suggests that they take the following precautions when working outdoors:

- **Wear long sleeve shirts and long pants.**
- **Frequently apply sunscreen with a Sun Protection Factor of 15 or higher.**
- **Wear broad-brimmed hats that protect the face, ears and neck.**
- **Wear sunglasses that block UV rays.**
- **Seek shade, if possible, when the sun's intensity is at its peak-between 10 a.m. and 4 p.m.**
- **Be aware of the signs and symptoms of skin cancers and see your Doctor if an unusual skin change occurs.**

"Melanoma accounts for more than three-fourths of skin cancer-related deaths each year, though most skin cancers can be cured if detected early enough," said Ruth McCully, an OSHA Regional Administrator. "Unprotected employees working in sunlight risk exposure to UV radiation. Outdoor workers with fair skin and hair, freckles, or numerous or irregular moles are especially susceptible to sun damage. Even a few serious sunburns can increase the risk of skin cancer. However, workers can take steps to protect their health and well-being."

To further assist workers and employers, OSHA has published a free pocket-sized card, "Protecting Yourself Against Harmful Sunlight" (OSHA Publication 3166), which provides detailed information on the hazards of UV radiation, symptoms of exposure, methods of protection and sources of additional information.

"These simple precautions plus knowledge of the hazards of UV exposure are workers' best allies in combating one of nature's deadliest hazards, now and in summers to come" said McCully.

The pocket card is available in PDF format through OSHA's website at: www.osha-slc.gov/Publications/osha3166.pdf.

Further information on detecting, preventing and treating skin cancer is also available from the websites of the American Cancer Society (www.cancer.org) and the Centers for Disease Control and Prevention (www.cdc.gov/ChooseYourCover).

Pocket Card version from OSHA website

Protecting Yourself in the Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles.
- Freckles.
- Fair skin.
- Blond, red, or light brown hair.

Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths—melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

Block Out UV Rays

- Cover up. Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- Wear UV-absorbent shades. Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

OSHA 3166-06R 2003

Preventing Skin Cancer

For more information about preventing, detecting, and treating skin cancer, check out these sources:

American Cancer Society
www.cancer.org
1-800-ACS-2345

Centers for Disease Control and Prevention
www.cdc.gov/ChooseYourCover
1-888-842-6355

The Skin Cancer Foundation
www.skincancer.org
1-800-SKIN-490

OSHA Occupational Safety and Health Administration
www.osha.gov U.S. Department of Labor

Cooking Safety at the grill

from page 1

- Only use equipment bearing the label of a recognized testing laboratory. Follow the manufacturers' instructions on how to set up the grill and maintain it.
- Never store propane gas tanks in buildings or garages. If you store a gas grill inside during the winter, disconnect the tank and leave it outside.

If you have a grill fire, immediately move a safe distance from the fire and call 911.

For flare-ups:

1. Be prepared to keep the fire under control. If it is possible, raise the grid that the food is on spread the coals out evenly, or adjust the controls to lower the temperature.
2. Normal flare-ups can be handled with a cup of water.

NFPA has been a worldwide leader in providing fire, electrical, building, and life safety to the public since 1896. The mission of the international nonprofit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education.

Computers Causing Injury in the Home

TUESDAY, June 9 (HealthDay News) -- Computers are everywhere in the home these days -- the office, the kid's room, maybe even on the kitchen table.

And that, according to new research, has led to more people showing up in emergency rooms with computer-related injuries.

That increase has not been slight: From 1994 to 2006, injuries caused by people tripping over computer wires or getting hit by falling equipment rose from about 1,300 a year to 9,300 a year, an increase of 732 percent nationwide.

Children under the age of 5 had the highest injury rate. The leading cause of injury for small children, and for adults over 60, was tripping or falling over computer equipment.

But while most injuries were to the extremities such as the arms or legs, young children were five times more likely than other age groups to sustain a head injury.

"It's a pretty significant problem, given that computers are in most homes these days and many homes have more than one," said study author Lara McKenzie, an assistant professor of pediatrics at Nationwide Children's Hospital in Columbus, Ohio.

The study will be published in the June 9 online issue of the *American Journal of Preventive Medicine*.

From 1989 to 2003, the number of U.S. households with a computer increased from 15 percent to 62 percent, according to the most recent statistics available from the U.S. Census Bureau. Nearly one-third of those had at least two computers.

"There are a lot of safety recommendations for all areas of the home -- the bathroom, kitchen, bedrooms, but computers are not mentioned in the literature of the safety world," McKenzie said. "Yet kids are spending a lot of time on computers, and people are spending a lot of time on their computers or in their home offices."

McKenzie and her colleagues looked at injury data collected by the U.S. Consumer Product Safety Commission's National Electronic Injury Surveillance System. Over a 13-year period, about 78,000 people sustained computer-related injuries.

The annual rate peaked in about 2003, when about 10,000 were injured by computers. The number has since dropped off, possibly because lighter, LCD screens have become more prevalent.

Health Tips For Busy People: Healthy Diet & Exercise In the Office

Many women's lifestyle magazines frustrate us by providing exercise regimens for work and then adding: "You can do this exercise in your office!" What about those of us who work in a cube or other small space (with no floor space for Pilates-style stretches) that's not very private (do you really want your boss to wander by right when you're doing jumping jacks?). Even if you are cube-confined, you can maintain your health in a cube.

Make A "Health" Drawer

Your filing spaces are your friends. Most cubes have lots of little drawers. Make one of them a "health" drawer. Add a ziplock bag or two with healthy non-perishable snacks in it (maybe dried veggies), a few bags of herbal, non-caffeinated tea (switch over from coffee midday to help you sleep better at night), and a travel -size hand-sanitizing gel for use regularly when there's a cold going around the office (did you know most colds are transmitted through shared objects like doorknobs?). A decorative canvas bag can store an extra pair of athletic shoes in case you can take a 10 minute walk or stretch break over lunch.

Get Blood Back To Your Brain:

Pop goes the weasel. When you sit in a cube in front of a computer or on the phone for hours at a time, gravity pulls your blood towards your feet. It pools in your feet, ankles, and fanny; if you're ever noticed your feet looking puffy towards the end of the day, the puffiness may be a side-effect of having blood spending so much time down there! Our arm and leg muscles function as "pumps" to get blood back to the heart.

While you could just do jumping jacks to get the blood flowing back upwards, there are less noticeable ways to get blood moving: If you've got a shelf in your high in your cube, keep daily useables (paperclips, stapler) there; getting up regularly will remind you to stretch. While standing lift your legs up at the knee, one at a time, to help get blood flowing. One enterprising woman kept a postcard pinned up towards the very top of her cube wall - and kept an ever-growing collection of postcards that she exchanged every day in the afternoon. The new postcard each day perked her up, and it gave her a reminder to get up and stretch several times a day.

Muscular injury is common in the desk-job world. The Center for Disease Control reports that 92,576 injuries resulted from repetitive motion, including typing or key entry. Make sure to take breaks from the keyboard at least once an hour. Use a wrist support at your computer when you are typing or browsing, Your forearm, wrist, and hand should be on a level, not making a V. The Harvard RSI action group suggests some exercises to help prevent repetitive stress injuries (http://www.rsi.deas.harvard.edu/). If you spend a lot of time on the phone and can't use a speaker phone, don't hold the phone by crunching your shoulder against your ear. Instead, invest in or ask for a headset or shoulder support for your receiver.

Drink Plenty Of Water:

Drinking water is very important. It can help you recover from a cold more quickly (though it doesn't "cure" it), replenish lost fluids after exercise, and assist in weight loss (many people think they are hungry when they are actually thirsty, so make sure to take a drink before diving for the candy machine). Keep a four-cup bottle or thermos near the computer and replenish daily. Don't overdo though - excess water can dilute important minerals and vitamins in your blood stream.

Make Sure To Take Your Vitamins & Other Pills:

Pill reminders. Do you need regularly forget to take vitamins because you're busy? Find an attractive, desktop container to put the bottle in - a decorative flower pot is one option. Something attractive and eye catching will remind you it's there. This can also work for daily medications, but keep in mind that some medications can be toxic to others or have street-value (many prescribed pain killers), so these are medications that should stay with you, rather than your desk.

Table. U.S. Human Cases of H1N1 Flu Infection
Web page updated June 5, 2009,
11:00 AM ET *(Updated each Friday)*
Data reported to CDC by June 4, 2009, 5:00 PM ET

States and Territories*	Confirmed and Probable Cases	Deaths
STATES		
Alabama	94 cases	0 deaths
Alaska	3cases	0 deaths
Arkansas	9cases	0 deaths
Arizona	547 cases	4 deaths
California	973 cases	0 deaths
Colorado	75 cases	0 deaths
Connecticut	395 cases	1 death
Delaware	142 cases	0 deaths
Florida	247 cases	0 deaths
Georgia	33 cases	0 deaths
Hawaii	115 cases	0 deaths
Idaho	16 cases	0 deaths
Illinois	1357 cases	5
Indiana	173 cases	0 deaths
Iowa	92 cases	0 deaths
Kansas	92	0 deaths
Kentucky	96	0 deaths
Louisiana	134 cases	0 deaths
Maine	17	0 deaths
Maryland	89	0 deaths
Massachusetts	787	0 deaths
Michigan	298 cases	1 death
Minnesota	82	0 deaths
Mississippi	40 cases	0 deaths
Missouri	46 cases	1 death
Montana	15 cases	0 deaths
Nebraska	60 cases	0 deaths
Nevada	128 cases	0 deaths
New Hampshire	64 cases	0 deaths
New Jersey	148 cases	0 deaths
New Mexico	108 cases	0 deaths
New York	858 cases	8 deaths
North Carolina	30 cases	0 deaths
North Dakota	23 cases	0 deaths

Table. U.S. Human Cases of H1N1 Flu Infection
Web page updated June 5, 2009,
11:00 AM ET *(Updated each Friday)*

States and Territories*	Confirmed and Probable Cases	Deaths
Ohio	35 cases	0 deaths
Oklahoma	93 cases	0 deaths
Oregon	167 cases	0 deaths
Pennsylvania	299 cases	0 deaths
Rhode Island	18 cases	0 deaths
South Carolina	60	0 deaths
South Dakota	10 cases	0 deaths
Tennessee	104 cases	0 deaths
Texas	1670 cases	3 deaths
Utah	461 cases	2 deaths
Vermont	9 cases	0 deaths
Virginia	55 cases	1 death
Washington	577 cases	1 death
Washington, D.C.	24 cases	0 deaths
West Virginia	6 cases	0 deaths
Wisconsin	2217 cases	0 deaths
Wyoming	25 cases	0 deaths
TERRITORIES		
Puerto Rico	1 case	0 deaths
TOTAL*(52)	**13,217 cases**	**27 deaths**

*includes the District of Columbia and Puerto Rico
This table will be updated each Friday at 11 AM ET.
International Human Cases of H1N1 Flu Infection
See: World Health Organization.

NOTE: Because of daily reporting deadlines, the state totals reported by CDC may not always be consistent with those reported by state health departments. If there is a discrepancy between these two counts, data from the state health departments should be used as the most accurate number.

For more information about how these case counts are updated, see Questions & Answers About CDC's Online Reporting.

Computers Causing Injury

from page 3

For all ages, the most common acute computer-related injuries were lacerations (39 percent) and contusions and abrasions (23 percent).

Computers aren't the only dangerous items in the home. A recent study also by Nationwide Children's Hospital found about 15,000 children a year are treated in hospital emergency departments for injuries caused by furniture tipping.

And since the early 1990s, the number of children injured by falling TVs, shelves and dressers has risen 41 percent.

Recently, former heavyweight boxing champion Mike Tyson's 4-year-old daughter was accidentally strangled by a treadmill cord.

As much as possible, parents need to supervise their children, said Chrissy Cianflone, director of program operations for Safe Kids USA. Make rooms such as home offices and home gyms off limits.

"We know you can't watch your child 24 hours a day, seven days a week," Cianflone said. "But don't have them playing in the home office or the exercise equipment. Have them playing in a safe room that is baby-proofed."
Of the kids injured by computer equipment, 53 percent of those under age 5 and 41 percent of those aged 5 to 9 were hurt while playing near or climbing on computer equipment, the study showed.

To specifically minimize risk with computers, the machines should be kept on a wide, sturdy work surface that is away from walk areas, according to background information on the study. Organize and secure cords, keep the work space tidy and install safety covers on unused electrical outlets. And anchor heavy furniture or computer components to the wall.