

Safety Talk **AGENDA**

ENGINEERING SAFETY

Volume 6, Issue 44 Monday
November 1, 2010
NOVEMBER

PROTECT YOUR BACK! MAKE THE SAFE CHOICE



Every year, injuries to the back cost Engineering & the LIRR many lost work days & great pain & suffering for the injured employees. Many of these injuries can be avoided by making **safe choices**.

Two weeks ago a Trackworker was unloading pandrol clips (pretzels) from a grappler. While attempting to throw a bag of clips weighing 80 pounds over an adjacent tie bundle, he injured his right shoulder & elbow (this employee has a history of back & shoulder injuries). He had chosen not to remove the tie bundle first (which would have removed the unloading obstacle) or ask for assistance. These were not **safe choices**.

By following the basics when lifting, you can greatly reduce your chance of having a back injury this year.

PREPARING FOR THE LIFT:

-Before starting to lift or carry anything, check your entire walkway to make sure your footing will be solid. Your shoes should give you good balance, support and traction. -**Clear any movable obstacles out of your way**, and make sure you know where the unmovable ones are.

Performing the lift - this is the part that causes most on-the-job back injuries. Follow these keys to safe and easy lifting:

- **Size up the load first to see if assistance is required. Acknowledge your limitations!** - Face the object squarely and get as close to it as you can.
- Squat down, bending your knees-not your back. Keep your back arched.
- Grip the object firmly. Take a breath and hold it, tightening your abdomen. Cautiously heft the object you'll be moving, to check its weight and center of gravity.
- Use your legs to bring you to a standing position, keeping your back arched.
- Perform each lift smoothly and under control.
- Don't lift objects over your head and avoid reaching over an obstacle to lift a load.

Avoid attempting to 'throw' a heavy object.

MAKING SAFE TURNS

Knowing how to make a safe turn is about good judgment, experience, and awareness of the vehicles around you. Here are some ways to avoid this type of collision from happening to you:

- Step 1** -Get in proper lane position.
- Step 2** -Signal your **intention** to turn.
- Step 3**-Yield and turn *from* the correct lane *to* the correct lane.
- Step 4**- Be aware that vehicles may be in your blind spot when turning.

TODAY'S SAFETY RULE

*Refer to 2010 Safety Calendar or Rule Book

SAFETY REMINDER

Please send your weekly **Safety Talk** attendance sheets to:

Engineering_Labor_Documents@lirr.org

YTD INJURIES = 58
YTD MVA's = 49

Oct 21-Oct 27

2 reported

1-Employee was removing vines from cable. His foot slipped on wet grass & he slid on embankment. EE sustained a strained right knee.

2-While unloading crew truck with log plates off skid, some plates fell from skid which caught a metal band (which was cut by employee). The metal band hit him above the left eye.

Dept # Inj-To-Date
Final

| | 2010 | 2009 |
|----------|------|------|
| Track | 26 | 31 |
| Signal | 13 | 16 |
| Power | 5 | 11 |
| B&B | 8 | 9 |
| Comm | 6 | 7 |
| Infrastr | 0 | 1 |

* Attached is a notice from AAA NY concerning the new NYS 'Move Over Law', & the November Safety Rule Calendar for discussion & posting in all locations.

Engineering Department

-----MEETING ATTENDANCE- (PLEASE PRINT CLEARLY)-----

| EMPLOYEE | Dept | Gang | EMPLOYEE | Dept | Gang |
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Department: B&B COMM POWER SIGNAL TRACK STRUCTURES

Date _____

Discussion Leaders Signature _____ Employee # _____

Topics discussed:

*Safety Talks will be randomly checked to ensure compliance discussing each week's meeting content. PLEASE BE SURE GANG NUMBERS ARE INCLUDED

E-Mail Completed Sheet to Engineering_Labor_Documents@LIRR.org or Fax to: Scott Zalis, Safety Compliance-Engineering Dept Fax: (718)-558-3589

***November's SAFER Rule Focus**

Remember, all employees required to perform SAFER audits must use at least one of the following rules while performing their SAFER audits. Rules will be listed here and will change each month.

RWP14 Observe track is not fouled except when necessary for the performance of duties. **RWP15** Observe watchperson giving timely warning of approaching trains.

RWP16 Observe Roadway Worker has completed annual refresher training requirement as required **RWP17** Observe one Roadway Worker exercising control over working limits on one segment of track.

RWP18 Observe workers do not clear onto another track.

New York State Move Over Law

2010/2011 New York State Move Over Law

Effective September 1, 2010:

Driver's test for new license applicants may include "one or more questions" concerning the move over law & its provisions.

Effective January 1, 2011:

- Operators of motor vehicles on parkways or controlled access highways must exercise "due care" to avoid colliding with an authorized emergency vehicle that *is stopped or standing on the shoulder or any portion of the highway.*
- For purposes of this law, an authorized emergency vehicle is one displaying "one or more red or combination red & white lights."
- For purposes of this law, "due care shall include, but not be limited to, moving from a lane which contains or is immediately adjacent to the shoulder" where the authorized emergency vehicle is "parked, stopped, or standing."

Fines:

- The fine for the first violation of the Move Over Law is a traffic infraction, a fine of no less than \$250 or more than \$400, and/or no more than 30 days in jail. This fine is also subject to the state surcharge of \$85.
- The second offense (within a 3-year period) is a fine of no less than \$600 or more than \$750, and/or no more than 180 days in jail.
- The third offense (within a 3-year period) is a fine of no less than \$750 or more than \$1000, and/or no more than 180 days in jail.

NOVEMBER



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|--|---|
| | 1 (1.09.4.2) When hazardous material will... | 2 (7.08.1) Wear a hard hat, safety eyewear, face... | 3 (1.09.1.3) Keep clear of sharp edges, sliver... | 4 (1.09.1.2) To maintain visibility... | 5 (1.09.1.1) Keep the platform and floor... | 6 (1.09.1.4) To keep your hands and feet clear... |
| 7 (1.09.1.5) To prevent falling material... | 8 (1.09.1.6) To handle heavy material safely... | 9 (1.09.4.1) When handling hazardous... | 10 (1.09.3) To store and secure material safely... | 11 (1.09.6) When using hand trucks... | 12 (1.09.10.1) Only authorized personnel... | 13 (1.09.10.2) Do not operate machines that... |
| 14 (7.10) To work on a circuit supplying... | 15 (23.12) Before starting a locomotive, make sure... | 16 (1.01.31.3) Use tools for the purposes for which... | 17 (1.09.10.3) Follow these precautions when... | 18 (1.09.10.4.1) When using a forklift... | 19 (1.01.31.4) Prior to using a tool to perform a... | 20 (1.09.12) Only authorized personnel... |
| 21 (1.09.13.1) Dispose of environmentally... | 22 (1.09.13.2) Dispose of hazardous material... | 23 (1.11.1) Follow these precautions when... | 24 (19.13.3.1) Dispose of infectious material... | 25 (1.02.5.8) When needed or when directed by... | 26 (1.05.9) Evacuating a train... | 27 (1.09.10.3B) Follow these precautions when... |
| 28 (1.09.10.3C) Gas-Powered or Propane... | 29 (1.09.10.3D) Leaving equipment unattended... | 30 (1.01.31.1) Familiarize yourself with the... | | Read the Safety Rule Daily. | | For Use with the Corporate Safety Rule Book |
| | | For LIRR Employees to report a Railroad Emergency, Unsafe Condition, Defect, or Other Safety Concern, use the SAFETY ONE CALL NUMBER and follow the Prompts. One Call gets you Directed & Connected! 347 494-SAFE (7233) | | | System Safety Department | |

2010