

Safety Talk **AGENDA**

AVOID BEING 'STRUCK BY'



'Struck By' injuries continue to happen too often to our workers. In August, 4 employees sustained injuries after being struck by various objects. An employee replacing rail bars was struck in the leg by a small piece of flying metal. Another employee injured his hand when a pipe he was carrying with another worker dropped & fell on it. Another was struck by a ballast stone that was kicked up while he was using a pick. Yet another worker was struck on his left foot by a concrete tie that fell after a jack slipped out.

We know that struck by injuries have 'trended' to increase during the summer months. Contributing to this trend might be the increased amount of work being performed on the tracks during these good weather months. Workers being exposed to summer extreme heat; being preoccupied with stresses; losing focus as a result of distractions; all of these factors may contribute. Whatever the cause, these type of injuries can be avoided.

Have you ever asked yourself- as I perform this work task, am I putting myself or any part of me in a potential **DANGER ZONE**? Am I using the right tool for the job, checked to see if it was defective & am following the right procedure? Am I using the tool safely -if it misses the target by an inch or bounces back will it strike me on my foot or face? Am I placing my feet or hands unnecessarily in areas that are **DANGER ZONES**? Am I working carefully-not short cutting or rushing?

What about protecting yourself from, not just your own actions, but the actions of your co-workers- Are you within a co-workers **DANGER ZONE**?

The best way to avoid a 'struck by' injury is to stay clear of the **DANGER ZONE**, but this is not always possible. Limited track time & multiple tasks within one area often require us to work within the **DANGER ZONE** of our coworkers. When we are in this situation, we must make sure that we are fully protected against the risks of all activities in the work zone.

These risks should be discussed during the job briefing and periodically as work progresses. **Communication with co-workers is key.** Where we place our feet, hands, arms or any other part of our body when working with tools, equipment or materials is also important.

ENGINEERING SAFETY

Volume 6, Issue 40 Monday
October 4, 2010
OCTOBER

TODAY'S SAFETY RULE

*Refer to 2010 Safety
Calendar or Rule Book

SAFETY UPDATE 'Watchmen's Bag'

Please Note: the correct name of the blue (flagging) bag is 'Watchmen's Bag'. As is stressed in every RWIC class, Engineering employees are Watchmen, not flagmen. In addition to the required equipment listed for the bag last week, it is suggested that an extra air can & extra batteries (for light) be included.

YTD INJURIES = 51
YTD MVA's = 44

Sept 23-Sept 29

2 reported


- 1- Employee slipped on a wet tie & injured his left knee in Harold Interlocking.
- 2- Employee was feeding 2 CMC cable into duct line. End of cable from reel came loose striking EE in the head causing lump.

Dept #	Inj-To-Date 2010	Final 2009
Track	23	31
Signal	12	16
Power	4	11
B&B	7	9
Comm	5	7
Infrastr	0	1

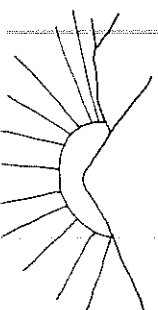
* Attached is the October Safety Rule calendar & an Everyday Stretches guideline for discussion & posting in all locations.

OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read the Safety Rule Daily.		For Use with the Corporate Safety Rule Book			1 (27.03) To handle cylinders safely:	2 (27.04) When using oxygen and acetylene...
3 (27.04.1) When using oxygen cylinders...	4 (27.04.2) When using acetylene cylinders...	5 (1.06.1) Fire Prevention:	6 (23.13) To respond to a fire on the engine...	7 (1.05.1) Evacuating a building...	8 (27.05.1) To store and transport cylinders...	9 (27.06.1) Use compressed air as...
10 (6.11.1) When hooking up an oxy-acetylene...	11 (6.06) Using welding screens...	12 (1.10.2.6) Before crossing tracks or...	13 (17.01) Follow these precautions when...	14 (17.02) When storing fuseses...	15 (17.03.1) Follow this procedure to light a...	16 (17.03.2) When placing fuseses...
17 (17.03.3) To extinguish a fusee, tap it gently...	18 (17.03.4) Do not discard extinguished fusees...	19 (6.05) Preventing fires...	20 (5.07) To extinguish fires caused by explosive...	21 (2.01.5.2) Do not leave a tool standing on end...	22 (5.05) When storing flammable liquids...	23 (4.0.1) Hazardous Material Emergencies...
24 (1.01.21.2) Follow these precautions when...	25 (18.03.3) Do not store ties against poles, on...	26 (5.03) Do not use open flames in the...	27 (4.0.2) Stores Department truck...	28 (5.01) Handle explosives and flammables...	29 (5.02) Keep areas clean as follows to prevent...	30 (5.04) When using flammable liquids...
31 (18.03.2) Do not leave ties where they will...			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

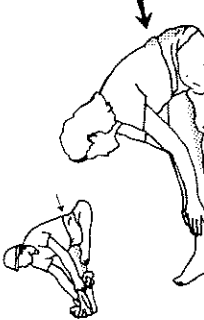
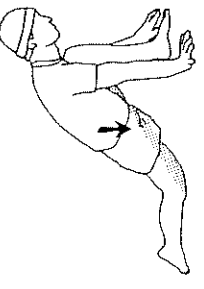
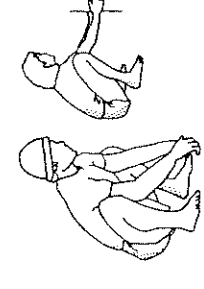
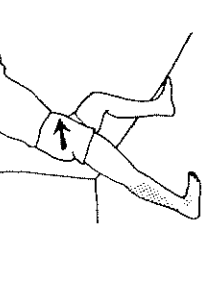
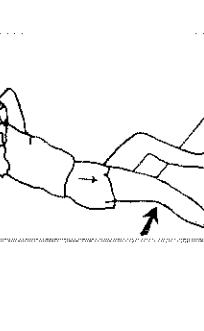
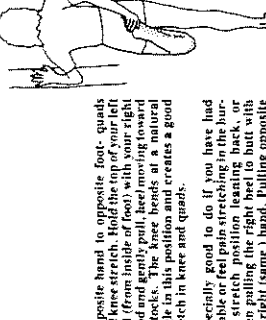
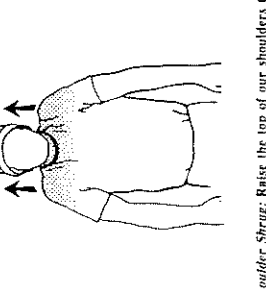
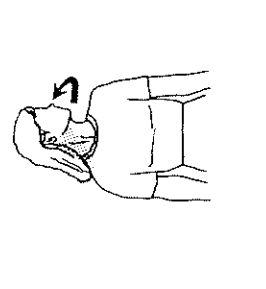
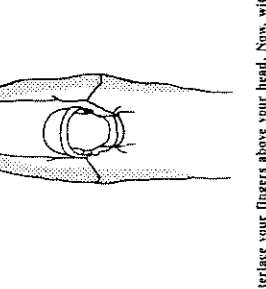
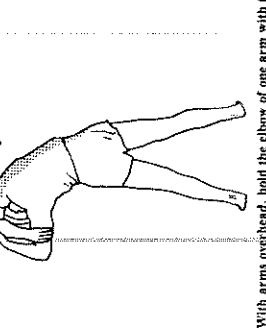
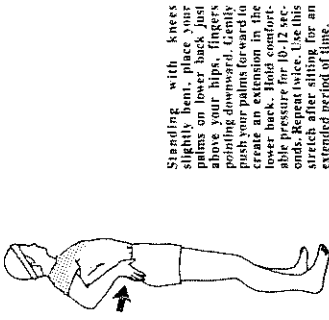
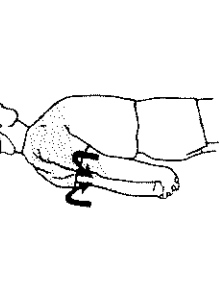
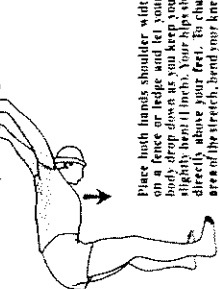
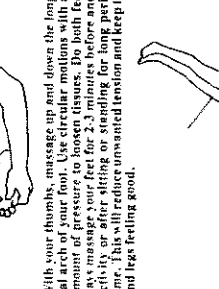
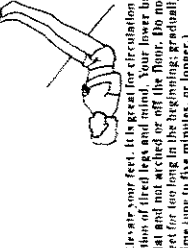



Everyday Stretches

For a free catalog of Stretching Inc. publications write or call:
 P. O. Box 767
 Palmer Lake, CO 80133 USA
 fax (719) 481-9058
 1-800-333-1307

Stretching should be done before and after activity or whenever you feel like it. This series of stretches takes approximately twenty minutes.

<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>32</p>	<p>33</p>	<p>34</p>	<p>35</p>	<p>36</p>
<p>37</p>	<p>38</p>	<p>39</p>	<p>40</p>	<p>41</p>	<p>42</p>	<p>43</p>	<p>44</p>	<p>45</p>

<p>15 Repeat stretches #12-15 for other leg.</p>		<p>Straighten your right leg. The sole of your left foot will be resting next to the inside of your straightened leg. Lean slightly forward from the hips and stretch the hamstrings of your right leg. Find an easy stretch and relax. Repeat with the other leg. Do not lock your knee. Your right quadriceps should be soft and relaxed during the stretch. Keep your right foot upright with the ankle and toes relaxed. Do both legs. Breathe relaxed.</p>	<p>17</p>		<p>As shown in the drawing, move one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Now, without changing the position of the knee on the floor, move the foot of the forward leg forward until you feel a good stretch. Create an easy stretch. This stretch should be felt in the front of the hip and possibly in your hamstrings and groin. This will help relieve tension in the lower back. Hold the stretch for 20-30 seconds. Do both sides.</p>	<p>18</p>		<p>With your feet shoulder-width apart and pointed out to about a 15 degree angle, bend your knees and sit on your heels. If you are unable to sit on your heels, sit on a mat or blanket. Hold onto your ankles, Achilles tendons, groin, lower back and hips. Hold stretch for 20-30 seconds. Be careful if you have had any knee problems. If pain is present, discontinue this stretch.</p>	<p>19</p>		<p>To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor. If you are unable to do this, sit on a chair or bench behind you. Slowly move your hip forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 30 seconds. Do not bounce. Stretch both legs. Do not hold your breath.</p>	<p>20</p>		<p>Now, to stretch the soles and Achilles tendon, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch which is also good for maintaining or regaining ankle flexibility. Hold for 15 seconds, each leg. This area needs only a slight feeling of stretch.</p>	<p>21</p>		<p>Opposite hand to opposite foot, quads and knee stretch. Hold the top of your left foot (from inside of foot) with your right hand and gently pull, heel moving toward buttocks. The knee bends at a natural angle in this position and creates a good stretch in knee and quads. Especially good to do if you have had trouble or feel pain stretching in the burdette stretch position leaning back, or when pulling the right heel to butt with foot with opposite hand. Do not create any adverse angles in the knee and is especially good in knee rehab and with problem knees. Hold for 15-20 seconds. Do both legs. Breathe deeply.</p>	<p>22</p>		<p>Shoulder Stretch: Raise the top of one shoulder, toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.</p>	<p>23</p>		<p>Turn your chin toward your left shoulder, to create a stretch on the right side of your neck. Hold correct stretch tensions for 10-15 seconds. Stretch to each side twice.</p>	<p>24</p>		<p>Interlace your fingers above your head. Now, with your palms facing upward, push your arms slightly back and up. Feel the stretch in arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere, anytime. Excellent for slumping shoulders.</p>	<p>25</p>		<p>With arms over head, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (1 inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance and will protect your back.</p>	<p>26</p>  <p>Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an arch in the lower back. Hold for 10-15 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.</p>	<p>27 Repeat stretch #25 28</p>  <p>The next stretch is done with your fingers interlaced behind your back. Slowly turn your elbows toward the left and right. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done at any time. Hold for 5-15 seconds. Do twice.</p>	<p>29</p>  <p>Place both hands, shoulder width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent (1 inch). Your hips should be directly above your feet. In change the area of the stretch, bend your knees just a bit more and/or place your hands at another height. Find a stretch that you can work with. Hold a stretch for 10-15 seconds. The top of the refrigerator or a file cabinet are good to use for this stretch. Remember to always bend your knees when coming out of this stretch.</p>	<p>30</p>  <p>With your thumbs, massage up and down the length of the foot. Use a firm, but gentle amount of pressure to loosen tissues. Do both feet. Always massage your feet for 2-3 minutes before and after activity or after sitting or standing for long periods of time. This will reduce unwanted tension and keep the feet and legs feeling good.</p>  <p>Place your feet in a great position and stretch the sides of the feet and ankles. Your lower back should be flat and not arched or off the floor. Do not elevate your feet for too long in the beginning; gradually increase the time (up to five minutes, or longer).</p>	<p>Bob and Jean Anderson, creators of this stretching program are also the authors of the book STRETCHING.</p> <p>For a free catalog of additional books, posters, videos, body locks, and more, contact: Stretching, Inc. P.O. Box 767 Palmer Lake, CO 80133, USA FAX (719) 481-9058 1-800-333-1307</p> 
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