

TEXAS CATTLE FEEDERS ASSOCIATION SAFETY LINE

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Moore Safety For Cattle Feeding Country



Gordon Moore, who has over 30 years of experience in safety, firefighting and instructor training, is now contracting with TCFA to promote and teach safety throughout Cattle Feeding Country. He received his bachelor's degree in safety engineering, which served him well to aid in creating a top-notch safety program during his 11 years with Hitch Enterprises. Gordon has been a part of the Agriculture Safety and Health Council of America, the TCFA Safety Committee and the National Pork Board.

"Gordon will be a valuable asset to the TCFA safety program," TCFA Regulatory Manager Brady Miller said. "With the safety experience that he brings to TCFA and his ability to communicate with TCFA members, this will be an excellent way to improve safety awareness within the feedyards."

He will be utilizing the TCFA safety training trailer to help feedyard members in conducting individual, hands-on employee training in areas including lockout/tagout, confined space entry, personal protective equipment, fire extinguisher, oxygen/acetylene equipment and cowboy safety. He will also be responsible for helping feedyards to implement feedyard safety policies and programs and conducting safety inspections.

Time To Post Your OSHA 300 Logs

OSHA requires that the Form 300 Log be posted from Feb. 1 through April 30 in a place where employee notices are customarily placed. Form 300 is the Log of Work-Related Illnesses and Injuries.

Copies of Form 300, as well as Form 301, the Injury and Illness Incident Report Form, and Form 300A, the Summary of Work-Related Injuries and Illnesses, are available at <http://www.tcfa.org> under "Safety Information."

You must use the forms for all recordable injuries and illnesses. Information must be entered on the OSHA 300 and 301 Incident Report Form within seven days after the employer receives information that a recordable injury or illness occurred. Questions? Contact Brady Miller at brady@tcfa.org, call TCFA at (800) 299-8232 or catch him on his cell phone at (806) 676-9771.

Willis
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TCFA has teamed up with Willis Insurance of Amarillo and Texas Mutual Insurance Company to offer competitive workers comp rates, providing eligible members an immediate discount of 10.7%! In addition, two excellent dividend programs have saved feedyards in the TCFA group nearly \$2,000,000 over the last five years. For detailed information, call Janet Cooper at (806) 376-4761 and request information about the TCFA plan.

Preparing For Summer

Even though it seems months away, summer is just around the corner. Summertime is when bees, wasps, snakes and other crawling critters are abundant. If left to themselves, most will leave employees alone. However, in daily feedyard work, leaving them alone is not always possible.

SNAKES

It's best to avoid snakes if possible. Most people are bitten while handling or trying to kill a venomous snake, according to the Texas Department of Health. Often, rattlesnakes will be around buildings, sheds or other structures where mice and other prey are present. Encourage employees to watch where they walk and to not reach blindly into areas where snakes may be found. If an employee gets bitten, seek medical help immediately. Experts agree that it's best to get the victim to a hospital within an hour and that antivenin is the only cure. Keep these tips in mind:

- Keep the victim calm. Take deep breaths to stay relaxed and reduce movement of the bottom limb. Frantic activity will cause the venom to spread faster.
- If possible, keep the bite area lower than the heart.
- Remove jewelry and tight-fitting clothes before swelling begins.
- Do not try to remove the venom yourself and do not apply heat or cold.
- Do not use home remedies and do not use a tourniquet or constricting band around the bite.
- Do not take aspirin or related medications because they increase bleeding.
- Do not eat or drink, especially alcohol.



BEE/WASP STINGS

If an employee gets stung, do they know what to do? Do their fellow employees? Most of the time, it's a matter of taking care of a painful bite and getting back to work. Sometimes it may be a matter of life and death. Forty to 50 people die every year from the allergic reaction to bee and wasp stings. First aid for bee and wasp stings—

- Remove the stinger right away, the faster the better. Remove the stinger by scraping it—squeezing the skin will only release more venom.
- Watch the employee to make sure he or she doesn't have an allergic reaction. If the signs below begin to occur, call 911. Signs of an allergic reaction include:
 - Swelling anyplace other than the sting. Look for swelling in the face, neck or mouth.
 - Difficulty in breathing, wheezing or dizziness.
- Wash the sting area with soap and water.
- Apply ice or cold water to reduce the swelling and reduce pain.
- Apply hydrocortisone cream or calamine lotion.



HEAT

Summertime means heat and that means employees need to be careful about heat exhaustion (primarily from dehydration) and heat stroke, which can be fatal. Here are some tips:

- Train employees to recognize signs of heat stress. They include dizziness; nausea; weakness; dry, pale skin or hot, red skin; seizures; and mood changes.
- Train supervisors to detect early signs of heat-related illness and permit workers to take a break if they become extremely uncomfortable.
- Consider a worker's physical condition. Some medications, lack of conditioning, obesity, pregnancy and inadequate rest can increase susceptibility to heat stress.
- Work in pairs.
- Help workers adjust by allowing longer rest periods the first five to seven days of intense heat.
- Encourage workers to drink plenty of water – one cup of cool water every 15-20 minutes—and avoid alcohol or caffeine that can dehydrate the body.
- Encourage workers to wear lightweight, light-colored, loose-fitting clothing. Workers should change clothes if they get completely saturated.
- Use general ventilation and spot cooling at points of high heat production. Good airflow increases evaporation and skin cooling.
- Alternate work and rest periods, with rest periods in a cooler area. Shorter, more frequent work-rest cycles are best.

Pesticide Precautions!

Springtime is just around the corner and that means weeds and bugs will make themselves at home. It is important that employees know how to safely handle herbicides and pesticides before they venture out to eliminate pests.

According to the National Ag Safety Database, employees are not allowed to enter areas that have been treated with ag chemicals until re-entry requirement and the manufacturer's recommendations on the label allow. Here are some tips courtesy of NASD:

Storage:

- Store pesticides in a properly labeled container and in a safe, secure and well identified place away from extreme temperatures.
- Avoid storing pesticides near food, feed or seed.
- Check containers regularly for leaks, breaks or other defects.
- Keep chemicals under lock and key and clearly mark the room or building with pesticide warning signs.

Mixing and Loading:

- The most dangerous pesticide job is pouring and mixing the concentrated chemicals. Before you start, read the label.
- Wear protective clothing as indicated by the label.
- Use a specially-designated knife to open containers. Don't use this knife for anything else.
- Keep the container below eye level to avoid splashing or spilling the chemical into your face and eyes.
- If you spill, stop immediately, remove contaminated clothing and clean up the spill. Wash contaminated clothing before wearing again.
- Don't eat, drink or use tobacco around pesticides.

The key to using pesticides and herbicides safely is to be aware of the hazards and take adequate precautions. Read the label and then follow the guidelines outlined by the manufacturer.

Create A Safe Work Environment, Win \$1,000!

Don't forget to be thinking about your safety ideas for the 2012 Best Safety Practices Award. Your bright idea could help you win \$1,000 cash, a steak lunch for your feed-yard or one of several other great prizes simply by sharing your efforts that are currently used to keep yourself and fellow employees safe on the job. Watch your inbox for more information in the coming months and mark your calendar to **submit your idea by Friday, June 1.**

For more information, contact Brady Miller at (806) 358-3681 or brady@tcfa.org.



Being In Hot Water Can Be Good For Your Health

Something as simple as a cold or flu can cause real problems for managers. In fact, a survey released by The Soap and Detergent Association (SDA) reveals that the workplace is often a weak link in halting the spread of cold and flu germs.

Hand washing is the single, most effective way to prevent the spread of these diseases. SDA offers these recommendations on when to wash:

- Each time you use the restroom.
- Before and after any meeting where food is served.
- After reading newspapers or magazines in the break room.
- Before and after lunch.
- After using someone else's keyboard or tools.
- When using shared office equipment like faxes, phones, etc.

Use hot water and plenty of soap. Scrub for at least 20 seconds, rinse well and dry with a disposable paper towel.

