

J. F. White Contracting Company

Safety Newsletter

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Project Spotlight:

Lowell Co-Generation Plant (76 megawatt)

- Updated existing National Grid Substation
- Installed new Rolls Royce Turbine
- Updated fire alarm system
- Replaced motor and breaker controls
- Installed new cabling and tray systems

This plant was back up and running with no lost time accidents.



Tips To Improve Your Gas Mileage

What can I do to save gas?

- Walk, bike, take a bus, or carpool when possible. Use your car only when necessary. Public transportation authorities often have carpooling information as well as transit services. If you own more than one vehicle, drive the one that gets the best gas mileage whenever possible.
- Combine errands into one trip. Consolidate trips to destinations that are near one another. Once you arrive, park and walk between destinations. Save errands for one afternoon and plan your trip so you don't retrace your route. You not only save gas this way, but reduce wear-and-tear on your car.
- Drive your car wisely and maintain it properly. The way you drive and take care of your car can make a big difference in your gas mileage.

What can I do to get better gas mileage when I drive?

You can greatly improve your mileage by having your car serviced regularly and by driving wisely. Any of these eight points can help improve your mileage:

- Go easy on the brakes and gas pedal. Avoid "jackrabbit" starts by accelerating gradually whenever possible. Also, anticipate stops to avoid sudden braking.
- Avoid long idles. Turn off the engine if

you anticipate a lengthy wait. Instead of idling at a drive-up window, park the car and go in. Idling burns more gas than restarting the engine. Limit car warm-ups in winter.

- Avoid carrying unneeded items in the trunk. Extra weight decreases gas mileage. Also, reduce drag by placing items inside the car or trunk rather than on roof racks.
- Avoid high speeds. You can improve your gas mileage about 15 percent by driving at 55 miles per hour (mph) rather than 65 mph.
- Use overdrive. If your car is equipped with overdrive gearing, be sure to make use of the overdrive gear as soon as your speed is high enough.
- Keep tires properly inflated and aligned. Periodic wheel alignments and keeping tires inflated to the maximum recommended pressure can improve your gas mileage.

Get regular engine tune-ups and car maintenance checks. Tune-ups improve performance as well as gas mileage. Check your owner's manual for recommended maintenance schedules. By following the manufacturer's recommendations, you should avoid fuel economy problems.

Tips developed by EPA. Additional fuel-efficiency tips can be found at <http://www.fueleconomy.gov/feg/drive.shtml>. Use www.fueleconomy.gov's Find and Compare Cars section (<http://www.fueleconomy.gov/feg/findacar.htm>) to find the most fuel efficient vehicle that will meet your needs. Even within a size class, there is a tremendous range of mpgs to choose from.



ARE YOU PREPARED FOR AN EMERGENCY OR DISASTER? IF YOU AND YOUR FAMILY HAD TO EVACUATE, WOULD YOU HAVE THE BASIC ESSENTIALS READY TO GRAB AND GO?

We all have been admonished to be prepared incase we need to evacuate due to a disaster, but according to a recent survey by the American Red Cross, only 10% of families in the United States have an emergency plan, a disaster kit, and any training in first aid and CPR.

INDIVIDUAL EMERGENCY EVACUATION GEAR: For each member of the family, a prepared selection of items should be placed in a small, waterproof bag or box that can be easily accessed if evacuation becomes necessary. Listed below is a list of the basic items for the kit:

- A selection of personal travel-size toiletries (shampoo, toothpaste, toothbrush, soaps, lotions, repellent)
- A lightweight flashlight with batteries
- Extra pair of eyeglasses, if needed
- Whistle to signal for help
- A few days worth of any prescription meds
- 1-2 bottles of water
- High-protein, high-calorie energy food bars
- At least 1 change of clothes & shoes
- Small, soft comfort toy for children
- List of allergies, illnesses, and other pertinent medical information, (primary physician phone number)
- Family photos or photo identification card (1 for each child and adult)

FAMILY ESSENTIALS: In addition to the individual emergency preparedness gear, one adult in each family should carry in a separate waterproof container:

- Family first aid kit
- Lightweight battery operated radio & batteries
- Extra bottled water and an assortment of non-perishable snacks and foods (preferable foods that do not have to be cooked)
- Can opener, assorted sizes of resealable storage bags
- Blankets and pillows
- Extra set of car, home, safe deposit box keys
- Credit card & cash
- Toilet tissue, paper towels, baby wipes
- Board or card games
- Copies of essential documents (birth certificates, tax returns for past 2 years, driver's licenses, passports, social security cards, and credit cards (both sides), copies of deeds, vehicle titles, insurance policies, appraisals of values.
- Originals should be contained in a safe deposit box.
- List of emergency contacts, including name, relationship, address, and telephone numbers
- Current road map
- Pet supplies (food, litter pan, carrier, etc.)

NOTE: The American Red Cross sells a pre-packed Deluxe Emergency Preparedness Kit for \$65, and a 3-day adult Emergency Preparedness Kit for \$50, available through their Red Cross Store at www.redcross.org.

Carbon Monoxide Safety: You Can't See It, Smell It or Taste It

Carbon monoxide poisoning is a subject that people know very little about. Not only can it kill you, it can cause permanent Neurological Damage in the longer term. In the short term, it can make you feel ill and inhibit your life potential. Called the silent killer, CO is an odorless, colorless gas produced by incomplete burning of fuel, such as propane, kerosene, gasoline, oil, natural gas, wood and charcoal. Sources of CO in homes can include malfunctioning gas-fired appliances, space heaters and chimney flues. Each year, more than 450 people die from accidental carbon monoxide poisoning, most of them (64 percent) inside homes, according to the Centers for Disease Control and Prevention (CDC).

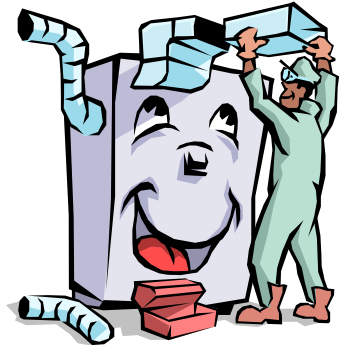
Symptoms of CO poisoning include nausea, fatigue, headaches, dizziness, breathing difficulty and confusion -- but they are general enough to be confused with the flu, according to Dr. Jerrold Leikin, director of Medical Toxicology for Evanston Northwestern Healthcare in Illinois. CO alarms are designed to alert residents before carbon monoxide concentrations grow to toxic levels, often giving homeowners hours of advance notice.

Here are some steps to prevent CO poisoning:

Make sure appliances are installed according to manufacturer's instructions and local building codes. Most appliances should be installed by professionals. Have the heating system (including chimneys and vents) inspected and serviced annually.

Install a CO detector/alarm that meets the requirements of the current UL standard 2034 or the requirements of the IAS 6-96 standard. Install a CO detector/alarm in the hallway near every separate sleeping area of the home.

- Never burn charcoal inside a home, garage, vehicle, or tent.
- Never use portable fuel-burning camping equipment inside a home, garage, vehicle, or tent.
- Never leave a car running in a garage, even with the garage door open.
- Never service fuel-burning appliances without proper knowledge, skills, and tools.
- Never use gas appliances such as ranges, ovens, or clothes dryers for heating your home.
- Never operate un-vented fuel-burning appliances in any room with closed doors or windows or in any room where people are sleeping.
- Do not use gasoline-powered tools and engines indoors.



Peer Training Programs A strategic system of training peer trainers can achieve significant safety results and accomplish many safety objectives simultaneously.

Train-the-Trainer programs can accomplish a number of objectives, including:

- Boosting credibility for safety and for the organization
- Enhancing involvement
- Generating more effective solutions to longstanding safety issues
- Saving time and money
- Recognizing valued workers

Of course, not every employee makes an ideal peer trainer. A few of the qualities to look for in a potential trainer include:

- Respected by co-workers
- Has a positive interest in employee safety and workers' satisfaction
- Has sufficiently strong communication skills
- Is in a good position to take on the task in terms of their job and working hours





OSHA Publications

OSHA Posters and Publications: Free for the Asking

Advertisements and sales practices suggesting that OSHA workplace posters must be purchased from private companies may be misleading some employers.

OSHA reminds employers that official posters - such as the [OSHA Workplace Poster](#) - are available at no cost. Posters, and most other OSHA publications, are available by visiting the [Publications](#) page on the agency's Web site, or by calling the Publications office at 202-693-1888.

We need your input....

If you find an interesting article or safety related story, please email to my attention for inclusion in upcoming editions of the Safety Newsletter.

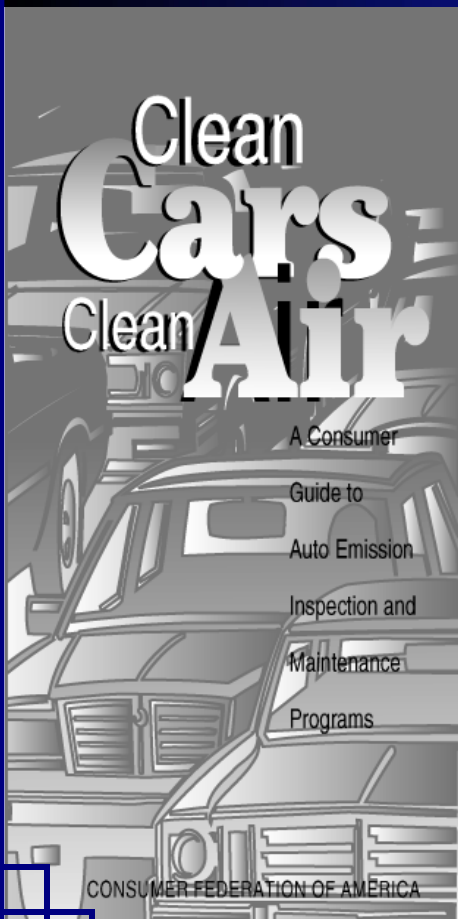
If your jobsite has received safety awards or has ideas that can be helpful to other sites, send that information as well.

We appreciate all interest and entries!

-Lecia Shronce, Editor

Remember.....
Your Family Depends
on
Your Safety!

A Consumer Guide to Auto Emission Inspection and Maintenance Programs



"A car is a major investment, second only to buying a house, for most people. Part of the cost of a modern car is its pollution control system -- the catalytic converter and other equipment that removes smog-forming pollution from the tailpipe.

Maintaining your car will help you protect your investment, help your car run better, improve your gas mileage -- and also help fight smog.

Automobile emission inspection tests are important because it is very hard for the driver to tell when there is a problem with the pollution control system.

Modern emissions testing, combined with required auto repair programs, is so effective that these measures are required in all states with serious smog problems. States have plenty of flexibility to design an inspection and repair program that fits their needs.

Auto Inspection and Maintenance (I/M) programs are designed to make sure that the cars we buy and drive perform their best -- and live up to their pollution control promise. That protects the consumer. And it makes the air cleaner for all of us."

For more information and tips on how to pass your vehicle emissions testing requirements, please visit the EPA website at:

<http://www.epa.gov/otaq/cfa-air.htm>



