

Accident Prevention

CWIP Bulletin

Injury Summary: April

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| These injuries occurred on properties throughout the G&W system. They could be anywhere, even at YOUR location. What steps will YOU take to help make your workplace safer for everyone? | AUS | 4/9 | Employee struck head on a mobile sanding tower at our contractor's site (EDI facility). The tower had been elevated to head height and he did not see it as he turned the corner. | R |
| | RL | 4/12 | Employee attempted to release a hand brake that was tight and felt sharp pain in shoulder. | R |
| | CA | 4/22 | Employee sustained cut to index finger and received two stitches when he attempted to detangle pile of metal shavings. | R |

Summertime hazards

As the temperatures increase across North America, students look forward to summer vacation and time outdoors. While most will find productive, wholesome ways to occupy their newfound free time, many will pursue other ventures, perhaps by "exploring" places where they should not be.

Regardless of motive—and age—trespassing on

railroad property poses a risk to everyone, not only to the trespasser but our employees and even the public.

As the thermometer rises, so do other risks to G&W employees. This Accident Prevention Bulletin summarizes a few potential summertime hazards, and how to prevent them.

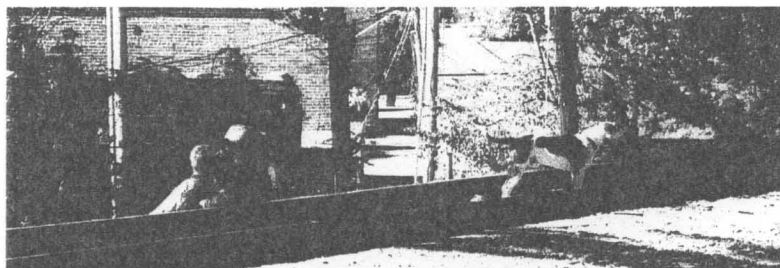
Stay safe this summer!

Trespassing always unacceptable

Regardless of knowledge or intent, trespassing on railroad property poses a risk to everyone.

If in doubt whether an individual or vehicle is trespassing or is a legitimate user of railroad property, err on the side of caution by reporting their presence to the proper authorities. The trespassing party also should not be approached alone unless they are in immediate danger.

A milepost number, nearest siding or other description of the location, as well as a description



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of the person or vehicle from the top down, are important components of a meaningful trespasser report.

Snakes

Snakes will become more prevalent on many G&W locations as temperatures rise. Keep an eye on switch stands, gaps between ties and the path ahead. If spotted, treat the snake as if it were venomous—stay away.

If bitten, seek medical attention immediately. Stay calm, reduce movement and keep the bitten area lower than heart level to slow venom flow toward vital organs. Clean

the bite with soap and water. Watch for symptoms of shock, which can be more dangerous than the actual bite. Do not cut the wound, attempt to suck the venom out or give medication to the victim unless instructed to do so. Do not use cold packs around the wound or a tourniquet.

Again, seek medical attention immediately.

Poisonous plants

Poison ivy, oak and sumac cause a skin rash which often forms a line of red, itchy, swollen blisters. The rash develops after coming into contact with the irritating oil called urushiol (you-ROO-shee-ol) that these plants produce.

How can I identify the plants that cause this rash?

The old expression “leaves of three, let it be” while only partially correct, is a good rule of thumb. However, these plants can vary in their appearance depending on the location, climate, water supply and shade. Generally, poison ivy grows east of the Rocky Mountains, poison oak grows west and poison sumac grows in standing water in peat bogs in the north and in swampy parts of the south.

How does the oil get on your skin?

The oil is contained not only in the leaves but also in the stem and roots of these plants. The leaves are very fragile. When your hand, boot, pants or tools break these

plant parts, the oil is released and holds on to whatever broke the plant. Inhaling the smoke from burning poisonous plants can be another route of entry into the body. For the sensitive individual, this could create a significant reaction resulting in a medical emergency.

How do you keep the oil from getting on you and if it does get on you, how do you remove the oil from your skin, clothes and equipment?

Wearing all of your PPE such as safety goggles and long-sleeved shirts can prevent contact. Remember to wash these items after their use to remove the oil. Cold running water is the best method to remove the oil. If done within 30 minutes after contact, the reaction can be greatly reduced. If the rash is on the face, particularly around the eyes, a physician should be consulted. Avoid scratching the blisters. Calamine lotion or Burrow’s solution can assist in drying the blisters.

Insect stings and bites

Insect stings and bites can become a hazard for anyone who works outside. Stings and bites can cause discomfort, but rarely cause serious problems unless the person is allergic.

Anaphylactic shock is the body’s response to an allergic reaction from a sting or bite and requires immediate medical attention. Employees with suspected or known allergies should have prescriptions readily available in case of a bite or sting.

For most affected people, stings and bites will cause itchy, red swollen areas that forms at the site of the bite or sting. Take an antihistamine to reduce the swelling and discomfort, but seek medical attention if conditions worsen. Signs of a serious complication include difficulty breathing, hives, dizziness

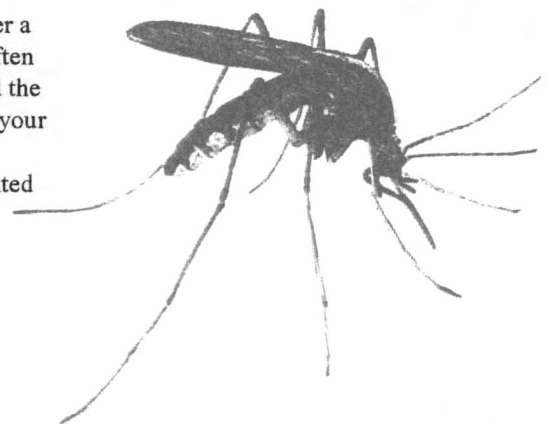
and shock.

If the stinger is still visible, remove it by scraping with a fingernail or credit card. Elevate the affected body part above the heart if possible.

Risk from bee stings and insect bites can be reduced with a few simple tips:

- Wear light-colored, long-sleeved clothing.
- Avoid areas that attract insects, such as underbrush and tall grass.
- Wear an insect repellent with DEET.
- Inspect yourself for ticks after a long period outside. Ticks are often found on a person’s head, behind the ears, and can become hidden by your hair.
- Do not wear perfume or scented lotions.

- Do not wear bright-colored clothing because it can attract insects.
- If you are stung, run to an indoor area, or shaded area if there is no indoor location. A sting can attract more bees.
- Carry an epinephrine auto injector (EpiPen) if you have a history of allergic reactions.
- Keep your body as clean and dry as possible.



* Stay tuned to the June edition for information on heat-related illness.