

Safe Living

Fatigue and Multi-tasking

In a Virginia Tech Transportation Institute study (2006), the following contributing factors were the leading causes of automobile crashes:



- Primary Factor: inattention to the forward roadway, resulting in 93% of all rear-end collisions.
- Most Dangerous Factor: fatigue, resulting in 12% of all crashes and 10% of all near-crashes. Also, drivers suffering from moderate to severe fatigue were 4.7 times more likely to be involved in a crash than an alert, attentive driver.
- Task Distraction Factor: use of handheld wireless devices, resulting in a crash or near crash.

www.research.vt.edu/

Stroke - Know the Signs

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may just look unaware or confused. Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly.

- ◆ Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- ◆ Sudden confusion, trouble speaking or understanding speech
- ◆ Sudden trouble seeing in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination
- ◆ Sudden severe headache with no known cause

If you believe someone is having a stroke – if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side – call 911 immediately.

The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:

- ◆ High blood pressure
- ◆ Heart disease
- ◆ Smoking
- ◆ Diabetes
- ◆ High Cholesterol

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WORKPACE™

WorkPace 3.0 assists in preventing musculoskeletal disorders (MSDs), and provides many features, such as determining when it is time for the computer user to take a 7-second *micropause* to rest the hands and wrists, or when it is time to take a *rest break*, complete with exercises and stretches. A brief tutorial on WorkPace can be found at `\\masters\Ergonomics\training\cbt.exe`. Per **LWP-14604**, it is a requirement that WorkPace be installed on every PC. Please call 526-1000 and the OPS Center will assist you.

Thankful that CWI Cares...



I wanted to say how thankful I am that CWI takes safety seriously. Last week as I was in the drive through at Wendy's on 17th Street where they are building the new bank, I was watching some laborers cutting concrete blocks and bricks and was appalled that the individual using the saw was not wearing any eye protection and he was not wearing gloves. There was another person picking up broken bricks right below him also. He, too, did not have any eye protection nor was he wearing a hard hat. It is only a matter of time before someone gets hurt. I am thankful that CWI cares about us.

Reporting Guide

Environmental Compliance Concerns/Issues Report environmental compliance concerns, such as a spill or release of chemical or radiological material that might reach the environment, to your manager. Prompt reporting allows the company to respond appropriately and fix the problem.	Reporting Concerns At the Site and In Town	Environmental releases should be reported even if the release occurs in an area previously contaminated (such as a radiological soil contamination area).
	BEA Pager: 6400 or Phone: 241-6400 CWI Pager: 6663 or Phone: 351-6663	

Submit your "Safety Lessons Learned" - both on and off the job, and "Pause for Applause" to bw@inel.gov (INL) or campjl@inel.gov (ICP)

