

March 2012

# M & E SAFETY NEWSLETTER

Take Safety  
Personally....

Make It Part Of  
Your Daily Routine



Think Safety! Your  
Life Depends  
On it.....

## MAINTENANCE & ENGINEERING SAFETY COMMITTEE.....

**The M&E Safety Committee's Mission Statement. Who are the members of this committee? What is their objective, scope and purpose..... What promoted the implementation of the committee? How often does the committee meet?**

### **M & E Safety Committee Mission**

**Statement:** Create a culture of safety and accountability for M&E employees through open communications, identifying and mitigating safety concerns, and developing solutions to improve safety.

### **What Is The Objective, Scope and**

**Purpose?** The committee's objective, scope and purpose consist of reviewing current safety practice and making sure it makes sense for employees and the District. Their paradigm is to ensure industry best practices are incorporated and are actively being practiced by all disciplines and crafts in the District. Additionally, identify deficiencies that exist and implement solutions where appropriate.

**What Precipitated the Implementation of the Safety Committee?** In the latter part of 2011 the District saw an increase in a number of electrification accidents. At C55 two Track

workers came in contact with the 3rd rail, At ORY a Train Control Technician working too close to the 3rd rail came in contact with rail and an RS&S Mechanic came in contact with 1KV on a brake grid. Although no one was seriously hurt, it could have resulted in serious injury or in a loss of life. Ironically in all three accidents rules governed by the OR&P were violated. Had these rules been followed all three accidents could have been avoided. We must encourage a culture of Safety when performing work. So the objective is to make sure that all District employee put safety first when performing their job.

### **Who Are The Members On The Safety**

**Committee?** The committee includes representatives from Systems Maintenance, M&E Technical Training, Operations Control Center, Maintenance & Engineering, Safety, Track & Structures, Power & Mechanical, and Technical Support. Committee members include Don Allen

(Maintenance & Engineering) Saul Almanza (M&E Technical Training), Mike Smith (M&E Technical Training), Fred Edwards (Operations Control Center), Len Hardy (Safety), Roy Aguilera (Operations Control Center), Duncan Lawson (Track & Structures), Rich Leonard (Track & Structures), Jerry Lockett (Power & Mechanical), Randy Clark (Power & Mechanical), Phil Loyd (Train Control), Felix Marten (Systems Maintenance), Lynette Toney (Technical Support), Eric Wenrich (Power & Mechanical), and Yolanda Vega (Facilitator Program Management).

### **How Often Does The Committee Meet?**

The Safety Committee meets regularly to review safety related issues or concerns. Currently the committee meets every Tuesday at LKS. Moving forward the Safety Committee will meet twice a month.

# THE HEAT IS ON



Safety affects us all when not made a priority!

## Proper Lifting Techniques

DID YOU DIDN'T KNOW the majority of work-related injuries in our industry involves the back. This is often a result due to improper lifting. Improper lifting can cause an immediate back problem, or can contribute to accumulated trauma and an eventual injury.

The spine is made up of many small bones called vertebrae. In between each vertebra is a disc that acts like a cushion between the bones. Improper lifting can place undue pressure on the discs, causing them to be displaced and re-shaped and puts pressure on the nerves in the spinal column. This results in pain that can be quite severe and may require, at the least, rest; at the worst, surgery.

What must an employee know: When a person is standing straight, the back supports approximately 80% of the body's weight. In the case of a 200-pound person, the back is supporting approximately 160 pounds. When we bend at the waist, the weight that the back must support increases by six times (160 pounds X 6 = 960 pounds).

If we lift while bent over, the weight we lift is magnified by 6 times. A 45-pound weight, therefore, would cause the back to lift the equivalent of 270 pounds (6 X 45 = 270). This 200 pound person, bending at the waist, lifting 45 pounds, is actually putting the stress of 1230

pounds on his back. (960 pounds + 270 pounds = 1230).

The technique of proper lifting:

- Warm up before lifting; stretch with side and back bends.
- Let your abdomen, legs and buttocks do the work.
- Look for slip, trip, and fall hazards that your load must follow.
- Get close to the load and place your hands under the load.
- Bend your knees with feet slightly spread apart for balance.
- Keep head, shoulders and hips in a straight line. Do not twist. To change direction of a load, turn your entire body, including your feet.
- Lift the materials with your legs while holding materials tight. Make sure you keep good balance.
- When the load is too heavy, GET HELP.
- Push, rather than pull a load.
- Use lifting equipment for heavier loads (fork lift, hand truck, lift gate, pallet jack).

People who lead an inactive lifestyle are more prone to back injury. Walking, stretching and light weight lifting exercises will help to strengthen the back and abdominal muscles, which will better prepare the back for the lifting that must be done.

## Know Your (Work) Environment Before You Take a leap....

Job plan review and Safety meetings are paramount prior to commencing work. This will ensure that all members of your party understand and know the scope and work limits. Designate a member to probe the 3rd rail when necessary. Review and have a signed Track Allocation paper work to verify work area protection.



## M&E Safety Committee Symposiums

We recently created the M&E Safety Committee to take a comprehensive look at all aspects of safety in M&E. The task at hand is not to create a long term committee, but to take a very intensive approach and address as many issues as we can immediately. We are counting on you to assist us in this effort. Representatives from each discipline are invited to attend one of two safety symposiums to provide direct participation in the process. No one is better qualified to help direct our efforts than the people who utilize and count on our safety procedures every day. Creating rules from the ivory tower never works. The first symposium is 9:00 – 12:00 on Tuesday, March 27 at the Metro Building. The second symposium is 0430 – 0700 on Wednesday, March 28 at the Oakland Shop Conference Room.

# REDUCE INJURIES WEAR PPE AT ALL TIME



## Personal Protection Equipment

Work related injuries and Illness are avoided and rob the District of valuable human resources. In 2011 the District experienced more than 8800 lost workdays due to Injuries and Illnesses. Listed below were the top 5 OSHA recordable injuries and Illnesses. The top 5 injuries and illnesses by type are Sprain/Strain, Laceration, contusion, puncture, and Eye injuries.



**What is all the talk about “BARTfit”** BARTfit is a free, voluntary, industrial athlete model wellness and exercise program introduced on a trial basis to the employees at the Oakland Shop. The program was developed by HR, M&E and Safety Department personnel to engage our employees in improving their physical wellbeing through exercise and nutritional advice. The exercise activity is conducted under the direction of a licensed fitness trainer each weekday morning at 7:00 a.m. and continues for 15 to 20 minutes. Equipment and encouragement is in good supply.

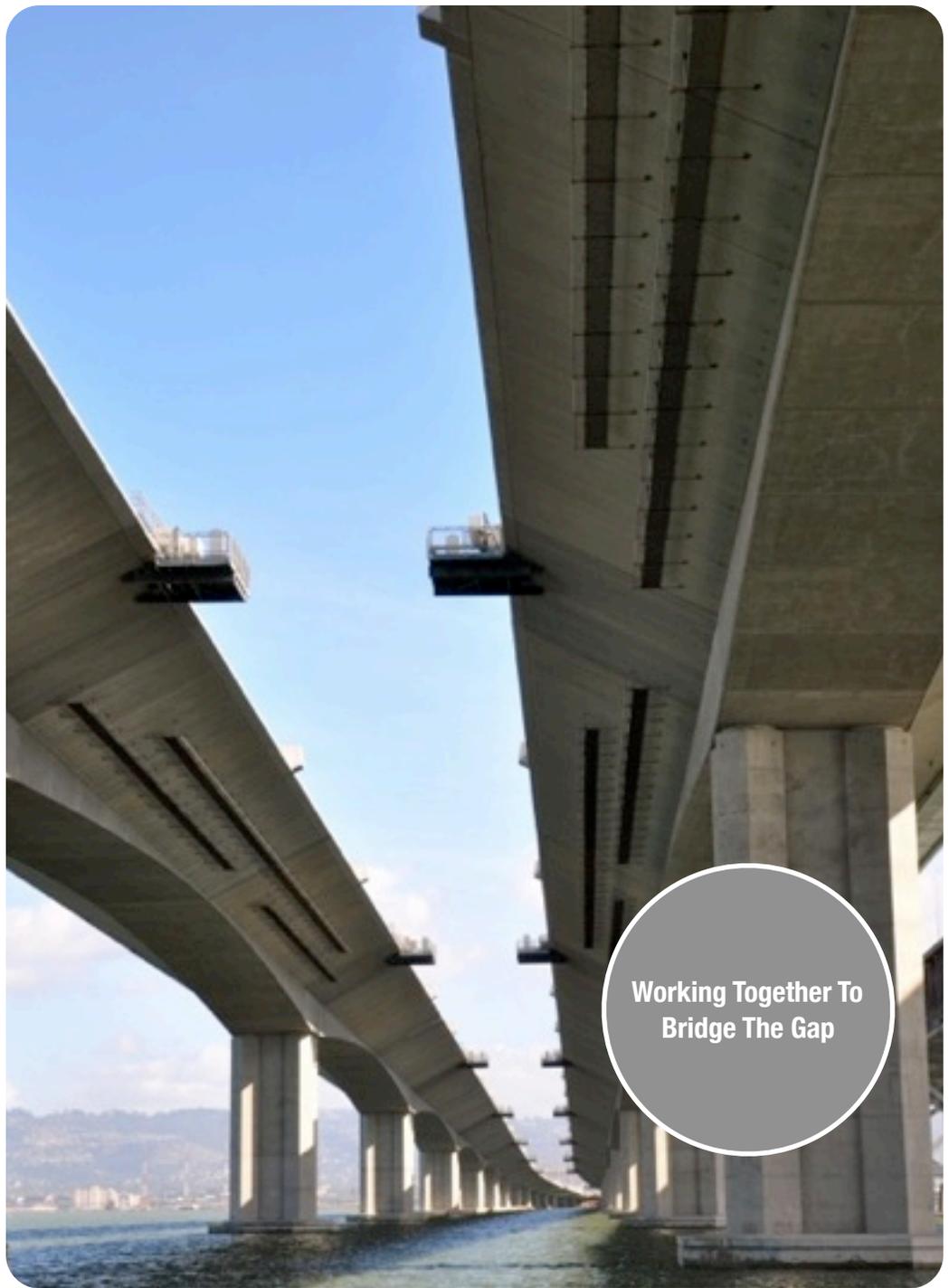
**Working Together to reduce work injuries**

The program has been enthusiastically embraced by about 20 employees who have participated actively over the past 8 weeks. It is our goal to expand this program to other shifts and locations where employees express interest in improving themselves and their fitness in preparation of performing their daily work assignments. Although the exercise area is crowded due to the volume of participants we welcome all newcomers. Contact Margaret Saget, Len Hardy or Richard Leonard if you would like to learn more about the program.

WORK RELATED INJURIES	SPRAIN/STRAIN	LACERATION	PUNCTURE	EYE INJURY
	In 2011 there were 254 recordable injuries. This number was up from 2010 at 241 injuries.	In 2011 there were 30 recordable injuries. This number was up from 2010 at 26 injuries.	In 2011 there were 6 recordable injuries. This number was down compared to 2010 at 8 injuries.	In 2011 there were 7 recordable injuries. This number was up from 2010 down from 7 injuries.

March

CHIEF ENGINEER & SAFETY COMMITTEE 2012



Working Together To  
Bridge The Gap

CHIEF ENGINEER'S & SAFETY COMMITTEE CORNER

M&E HAS KICKED OFF A VERY IMPORTANT INITIATIVE AS YOU CAN SEE BY THE CONTENTS OF THIS NEWSLETTER. WE ARE TAKING SAFETY VERY SERIOUSLY, AND UNDERSTAND THAT WHAT WE HAVE DONE IN THE PAST DOES NOT MEET THE NEEDS FOR TODAY. AS OUR SYSTEM AGES, OUR NEED TO SAFELY ACCESS THE SYSTEM FOR PREVENTATIVE MAINTENANCE AND REPAIR IS RAPIDLY INCREASING. YOU COUNT

HEAVILY ON OUR SAFETY PROGRAMS AND ARE THE MOST QUALIFIED TO IDENTIFY ALL ASPECTS OF OUR SAFETY PROGRAMS THAT NEED IMPROVEMENT. WE WILL BE HOLDING TWO SAFETY SYMPOSIUMS TO OFFER OPPORTUNITIES TO PROVIDE FEEDBACK. WE HAVE ALSO CREATED A COMMENT FORM THAT WILL BE DISTRIBUTED FOR YOUR USE. I STRONGLY ENCOURAGE YOU TO BRING YOUR

SUGGESTIONS AND COMMENTS FORWARD. THIS WILL NOT BE SUCCESSFUL UNLESS YOU BECOME ENGAGED; CREATING RULES FROM THE IVORY TOWER NEVER WORKS. LETS CREATE A CULTURE WHERE WE ALL WATCH OUT FOR EACH OTHER, AND AN ENVIRONMENT THAT ENSURES WE ALL GET TO GO HOME TO OUR FAMILIES AFTER WORK. THANK YOU!