

SAFETY MATTERS

MAY/JUNE 2019

RLI'S NEW ICRA PANELS

System protects medical staff and patients; lighter and faster to install

RLI's new ICRA panel system does a great job of protecting medical staff and patients from construction dust, debris and noise.

The temporary panel systems also have benefits for the construction team:

- The panels are lighter than drywall.
- Each panel can be lifted by one person.
- No need for power tools to complete assembly, unless the custom filler panel options are used.
- No need for a visqueen temporary wall to install the ICRA class IV wall system.
- Quick installation - two people can dismantle, move and reinstall a complete wall system in a few hours.

The eco-friendly walls are 100 percent reusable, constructed with a foam core and aluminum framing.

The panels have a 4-inch base with a foam gasket for stability. The panels are raised and can be clipped to the acoustical ceiling track with the provided hardware. The foam gasket at the top of the panel provides a snug fit to the ceiling.

Once a section is complete, clean room tape is applied to the top, around penetrations, extension/filler panels, and at wall connections to ensure the construction site is sealed.

The system includes different size panels:

- door panels
- extension panels up to 8 inches, which require tape
- 5/8-inch custom fillers, which allow the crew to use drywall or plywood to create a tight seal to an existing wall,

and allow them to cut around a bump rail or handrail

The first project to use the panel system was the Mercy Health-Perrysburg medical campus.

The crew installed 121 linear feet of panels to seal off work areas from the adjoining cancer center, during OR fit-outs and in pre- and post-op areas while current ORs were in use.

"You show up, put the panels in place, attach them to the ceiling, brace them and walk away," says Corey Bettenbrock, RLI project manager who worked on the Mercy project.

"They're also good for office and hotel renovations - any time you need protection from dust, debris and noise," Bettenbrock says. "They look very professional from the customer's side."



Jim Babkiewicz (left), RLI carpenter general foreman, and Rick Turner, RLI superintendent, working on ICRA panels at the Mercy Perrysburg project.

INSECT BITES AND STINGS

Here's how to avoid and treat them

- Keep work areas clean and free of discarded food and wrappers.
- Stay calm and still if a single stinging insect is flying around. (Swatting may cause it to sting.)
- If you're attacked by several stinging insects, get away from the area. (When bees sting, they release a chemical that attracts other bees.)
- If an insect is in your vehicle, stop slowly and open all windows.

What to do if you are stung

- Wash the site with soap and water.

- Remove the stinger by wiping gauze or scraping a fingernail over the area.
- Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Don't scratch because it can increase the risk of infection.

Get medical attention immediately if you have:

- Nausea
- Faintness or dizziness
- Shortness of breath and/or tightness in the chest or throat

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DRINK MORE WATER!

Even when it's not very hot outside, it's easy to get dehydrated

It's easy to get dehydrated when you're working hard. To boost your hydration:

- Drink at least eight glasses of water a day.
- Start drinking plenty of water before work starts.
- Drink water throughout the day — don't wait until you're thirsty.
- Working hard and sweating? Drink extra water.
- Avoid caffeinated drinks (coffee, tea, energy drinks and pop).

The color of urine can indicate dehydration. Urine should be pale yellow.

If urine is bright or dark yellow, orange or brownish, it can mean you're not drinking enough water. Other symptoms of dehydration include:

- Headache
- Dizziness
- Nausea
- Weakness
- Fatigue

- Loss of balance
- Muscle cramps

If you notice any of these symptoms, especially combined with dark urine:

- Stop working and get out of the sun.
- Loosen your clothes.
- Sit down and rest.
- Take sips of water.

If your symptoms don't go away or worsen, seek medical help.

FIND IT-FIX IT

Investigate, anticipate and be proactive as you identify hazards

Unsafe condition: An overloaded shelf in the warehouse was ready to fall.

Solution: A worker removed half the load and placed it on another shelf.

Unsafe behavior: A subcontractor in a lift had his lanyard attached to the handrail.

Solution: A worker showed him the proper anchor point.

Unsafe condition: A box knife was left on a work table with the blade exposed.

Solution: A worker closed the blade and put it back in its proper location.

Unsafe behavior: Subcontractor workers were in a trench when a worker parked a

gator facing the trench about a foot away, with a tire near the edge.

Solution: Another worker told the subcontractors to stop work and move the gator away from the trench.

Unsafe condition: A subcontractor's workspace was in the way of another worker who was installing pipe.

Solution: The subcontractor moved his workspace.

Unsafe behavior: Students were told by their professor to mix cement and stone dry in a lab class.

Solution: A co-op suggested using a wet method to eliminate exposure to extreme

amounts of silica dust.

Unsafe condition: In the area where the crew was working and prepping forms, a 4-inch stump was sticking about a foot out of the ground.

Solution: A worker stopped, grabbed a sawzall and removed the hazard.

Unsafe behavior: A worker was trying to move a 130-pound stone mop sink by himself.

Solution: His coworker stopped him and helped him move the sink.

WORKING AT HEIGHTS

Try to eliminate fall hazards first before using personal fall arrest systems

Working at heights over 6 feet? Try to eliminate the fall hazard by:

- Using a lift, scaffold or platform ladder.
- Assembling material on the ground and hoisting it into place.

Can't eliminate the fall hazard? Consider using:

- Guardrails
- Catch platforms
- Warning lines

If you cannot protect yourself with these methods, use a properly anchored personal fall arrest system – a harness and retractable/lanyard.



RLI and GEM associates at Iron Units participate in OSHA's 2019 Fall Protection Stand-Down in May.