

# Porcelain Press

Issue 38, December, 2003

## Essential Ergonomics



The PNNL [Ergonomics Subject Area](#) was developed in response to increasing concerns over injuries and illnesses to the musculoskeletal

system caused by improper “fit” between workers and the equipment they use to perform work tasks. The Subject Area was later modified in response to new ergonomic regulations issued by the Washington Industrial Safety and Health Administration. The subject area covers activities involving specific tasks known to produce Work-Related Musculoskeletal Disorders. A task is identified as a “Caution Zone Job” (CZJ) when the duration and frequency of the physical demands of the activity is significant. (3L360)

People in potential CZJs are initially identified through their Employee Job Task Analysis tool. An ergonomics evaluation is scheduled with the [Worker Safety and Health \(WSH\) representative](#). If the individual is confirmed to be in a CZJ, a [web-based training course \(#001656\)](#) must be completed. Furthermore, if the duration and repetition rate of the work is extensive, the resulting ergonomic work hazard must then be mitigated by feasible control measures.

Although voters approved Initiative 841 on the November 2003 election ballot, thus repealing the Washington State Labor & Industries mandatory ergonomics rule, PNNL will continue to use the (former) regulations as guidance for its ergonomics safety program, as are many other companies.

## Electrical Edict--Don't be Shocked!

Electricity is uniquely unforgiving; even the smallest mistake can cause fire, injury or death. According to statistics from the [National Fire Protection Association](#), between 1994 and 1998 there were an average of 406,700 residential fires a year, resulting in 860 deaths, 4,875 injuries and nearly \$1.3 billion in property damage. Of these, 17% were related to electrical distribution, appliances and equipment. Another 42,700 were related to heating and air conditioning systems. Many of these incidents could have been prevented with electrical inspections to find the hidden hazards lurking behind walls, electrical panels and appliances. (3K015)

When it comes to electrical safety, the best way to avoid hazards which may cause fire, injury or death is to purchase electrical equipment that is listed by a nationally recognized testing laboratory such as

Factory Mutual (FM) approved or Underwriter's Laboratories (UL). If approved equipment isn't available, staff should verify that potential purchases meet the requirements in the [Examining Unlisted or Custom-Fabricated Electrical Equipment for Safety exhibit](#).

Staff should follow these guidelines to verify that unlisted, altered or custom-fabricated equipment is safe:

- If the equipment is to be included in a client deliverable that is to be used elsewhere in the Laboratory or outside the Laboratory, staff should contact [Electrical Safety](#) for an examination. (3E463)
- If the equipment is to be used within a defined workplace, the electrical worker responsible for the equipment should document the examination of the equipment using the [SBMS safety criteria checklist](#).

Staff can find more information at the [Electrical Safety Subject Area](#).

## How can YOU enhance Emergency Response?

If emergency responders are requested, (i.e., fire or ambulance) be sure that someone is located outside the building to meet and assist them as necessary when they arrive. PNNL's facilities have been described as being “maze like” and assistance from a facility staff member would be appreciated by all.

The Porcelain Press is sponsored by the Voluntary Protection Program (VPP) Steering Committee. Comments on this issue should be addressed to the editor, 373-9238.

If your payroll number is listed in this issue, you've just won a VPP Prize! Contact Julie Fisher <[julie.fisher@pnl.gov](mailto:julie.fisher@pnl.gov)> to redeem your prize!

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The NFPA mission is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating scientifically-based consensus codes and standards, research, training, and education. [More about NFPA.](#)



**Candle fires jump 20 percent** The number of home fires caused by candles is at a 20-year high. December is the peak month, with almost twice the average number of candle fires. Members can download NFPA's candle report for free, a \$39.50 value.

## highlights

- > [Order "Rookie Year" -- the perfect holiday gift for firefighters.](#)
- > [Play it safe with NFPA's tips for a fire-safe holiday season.](#)
- > [Interfacing elevators and fire alarm systems: a feature from NFPA's \*necdigest\*™ magazine.](#)
- > [NFPA members: Which standards apply to SAFETY Act compliance?](#)

## news releases

- > [NFPA establishes an Association chapter in Colombia](#)
- > [Alabama adopts latest edition of national fire codes](#)
- > [NFPA discourages use of turkey fryers](#)
- > [Home fires from candles reach 20-year peak](#)

## → NFPA FACT OF THE WEEK

A Christmas tree was the item first ignited in an estimated 370 home fires in 1999, resulting in five deaths, 60 injuries, and \$15.7 million in property damage. **Source:** NFPA's [One-Stop Data Shop](#).

**All visitors:** [Visit NFPA's Christmas tree fire fact sheet.](#)

\* [Information about PDF files.](#)

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- **NFPA Codes Online:** Access 24 hours a day

## Conferences/Seminars

- [World Safety Conference & Expo](#), May 23-26, Salt Lake City 
- [necforum: NEC® Users Symposium and Expo](#), May 23-26, Salt Lake City
- [Americas' Fire Expo](#), July 20-22, Miami, FL
- [NFPA seminars](#)

## Periodicals

- [NFPA Journal®](#)
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- [NFPA Update](#)
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## Other Web Sites

- [Comprehensive Code Set®](#)
- [Risk Watch®](#)
- [Sparky the Fire Dog®](#)



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*Subject Area: Electrical Safety*

# Exhibit: Examining Unlisted or Custom-Fabricated Electrical Equipment for Safety

Effective Date: March 2003

Point of Contact: [Electrical Safety](#) 

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Electrical equipment that is designed and fabricated onsite or purchased offsite and that is not listed or labeled by a nationally recognized testing laboratory must be examined to verify that it is safe for its intended use.

Staff follow one of the scenarios listed below:

- If the equipment is to be included in a client deliverable, used elsewhere in the Laboratory, or used by others outside the Laboratory, staff contact Electrical Safety for an examination.
- If the equipment is to be used within a defined workplace, the electrical worker responsible for and knowledgeable of the equipment documents the examination of the equipment using the [Safety Criteria Checklist](#) (Word). Similar types of equipment may be grouped on one checklist.

See the definition of [electrical worker](#). Contact [Electrical Safety](#)  if assistance is needed.

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4.0-303-/standard/07/0712e010.htm

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