

PPSA Conference Charleston, SC June 2017



Demopolis Mill



1930's Safety Committee



Central Safety Committee

Demopolis Mill



Central Safety Committee

Confined Space

Lockout/Tagout

Line Break-In

New Hire Orientation

Fall Protection

Ergonomics

Electrical

Machine Guarding

Emergency Preparedness

Walking/Working

How We Got Started

- Seventy Hourly Volunteers
- Kick-Off Meetings
- Elected Chairpersons & Records
- Created Mission Statements
- Scheduled Monthly Meetings
- Began Prioritizing Projects

Emergency Preparedness Subcommittee



Emergency Preparedness Subcommittee

- Invited local authorities into the Mill for a walk-through.
- Using diagrams of the Mill, potential security deficiencies were discussed.
- Active Shooter Awareness Training was administered to the entire Mill, (4 hrs.).

Ergonomic Subcommittee

Symptoms Survey: Ergonomics Program

Date: _____

Name: _____

(optional; required for Safety Points)

Job Title: _____

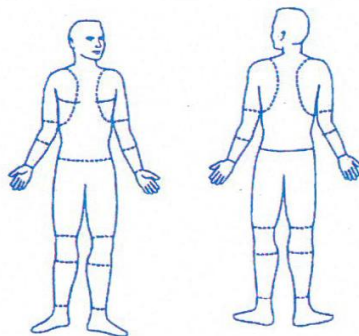
Task Description: _____

(Required)

Have you had any pain or discomfort during the last year?

☐ Yes ☐ No (If No, Stop Here)

If YES, carefully shade in area of the drawing which bothers you the MOST.



Front

Back

(Turn Over)

Place a check by the word(s) that best describe your problem

☐ Aching ☐ Numbness (asleep)

☐ Burning ☐ Pain

☐ Cramping ☐ Swelling

☐ Loss of Color ☐ Stiffness

☐ Weakness ☐ Tingling

☐ Other _____

What do you think caused the problem?

Comment on what you think would improve your symptoms.

Ergonomic Subcommittee

Based on an **8 hour day**:

72" core is 26.8 lbs/119.21N x 96 repetitions(8 hour shift) =
2,572.8lbs/11,444.16N

68" core est. 20lbs/88.96N x 48 repetitions(8 hour shift)=
960lbs/4,270.08N

The lumbar spine has been shown in multiple studies to exert 3x Force of the weight being manipulated. This would equate to 10,598.11lbs/47,142.72N cumulative force on the lumbar spine disc over an 8 hour shift.

The cumulative torque at the shoulder for this series of sets would be 4,118.4 ft/lbs of torque in an 8 hour shift with just the weight of the cores.


For the 42" cores, at 224 sets per 8 hour shift, the cumulative force on the lumbar spine discs is calculated to be 10,483.2lbs/46,630.8N, and 5,196.8 ft/lbs of torque at the shoulder.

Ergonomic Subcommittee

Sittingsafe® 3-MINUTE WORKOUT & MICROBREAKS


Try to do this routine on a daily basis. If you can't do them all, concentrate on the areas that you feel are the most fatigued, and stretch the muscles and joints that feel the tightest. Move slowly and hold each stretch for one to three relaxing breaths.

NECK STRETCHES




Bend head downward, and slowly upward. Side bend neck towards shoulder, hold, look down, then switch sides. Slowly and fully turn head to one side, then the other.

LATERAL NECK STRETCH




Sit upright with one hand under thigh or seat. Reach over head with other hand and gently pull head away from shoulder. Vary direction of pull to stretch tightest muscles.

CHIN TUCK




Pull the chin and head straight backward as if to make as many chins as you can, hold for a few seconds, repeat three times.

CROSS SHOULDER PULL




Cross your arms with one hand on each shoulder. Bring your shoulders up, then relax them as you gently but firmly pull them downward and forward.

REACH AND CLIMB




Reach both arms upward, look up and move arms and hands as if you were climbing a rope.

HANG AND SHAKE



Let arms hang comfortably at your sides, slowly and gently shake your hands.


HAND AND WRIST STRETCHES



CAUTION: This must be done slowly and with minimal force. Hold each stretch for 5 seconds.


- Palm up with elbow at side and forearm level with ground. Hold fingers and gradually pull down and back.
- Gently pull thumb down.
- Return to fingers. Gently hold as you slowly straighten arm.
- Arm straight, turn palm down and gently pull fingers away and down. Bend elbow, palm down, pull fingers away and down. Switch hands.

SEATED TWIST




With the hands on the hips, pull the shoulders back then turn the shoulders slowly and completely to each side several times.

HAMSTRING STRETCH




Stand in a staggered stance with both feet facing forward. Place your hands on your waist, fingers forward to help maintain the curve in your back and keep your head up. With the elbows back, bend at the waist. Bring your chest toward the floor until you feel a stretch in your front leg. Hold the stretch for 5 seconds. Switch legs.

FINGER STRETCH



Widely open and stretch your fingers, hold, then slowly close them together into a fist.


CHEST AND SHOULDER STRETCH



Clasp hands with the palms together behind your back. Keep your head level and try to lift your arms away from your back. Sitting forward in the seat or standing up may help.


BACK EXTENSIONS

Standing-Seated



After sitting for a while, and especially prior to sitting or bending, place your hands on your hips, gently push downward, pull shoulders backward, raise the chest upward and arch back.

20-20 EXERCISE



After 20-30 minutes of continuous focus on a monitor or source material, shift gaze to some object at least 20 feet away for 20 seconds. Then rub hands together and rub them gently over eyes.


SITTINGSAFE® CODE OF CONDUCT

To reduce fatigue, increase energy and avoid physical stress:

- Change positions often
- Take regular breaks

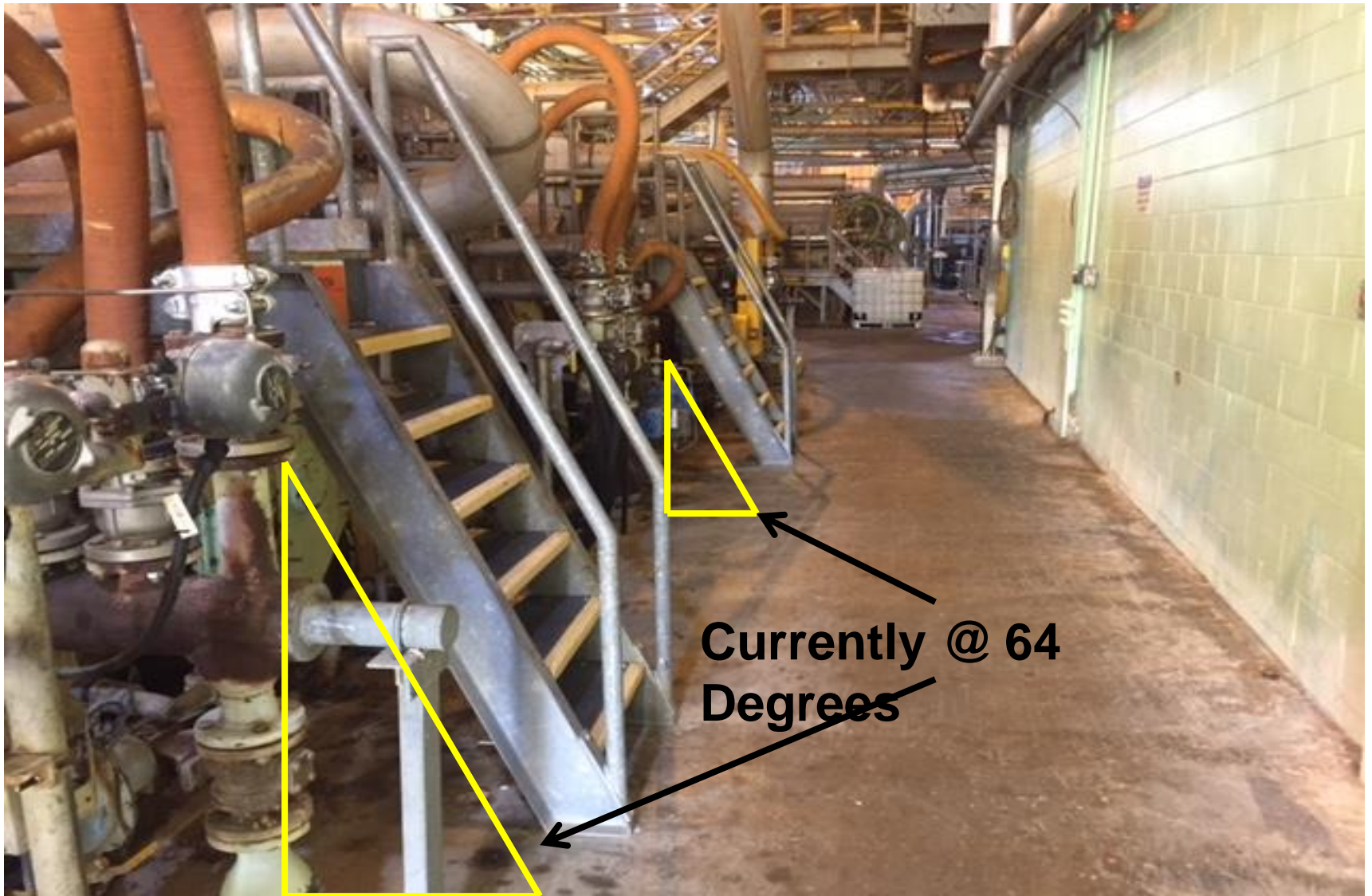
- Sit deep in the seat.
- Elbows at your sides and wrists straight.
- Keep head neutral.

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Walking/Working Surfaces Subcommittee

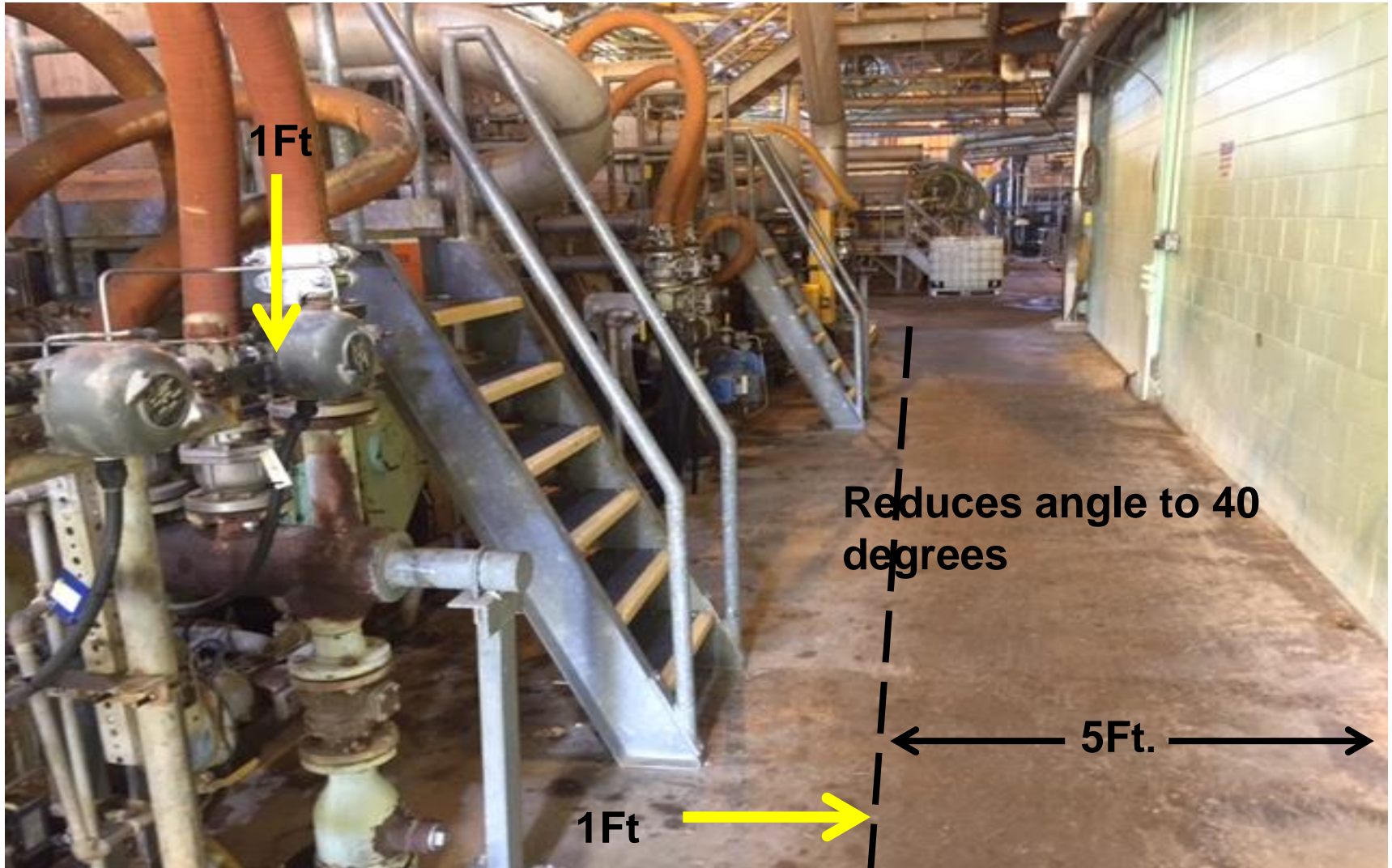


**Currently @ 64
Degrees**

Walking/Working Surfaces Subcommittee



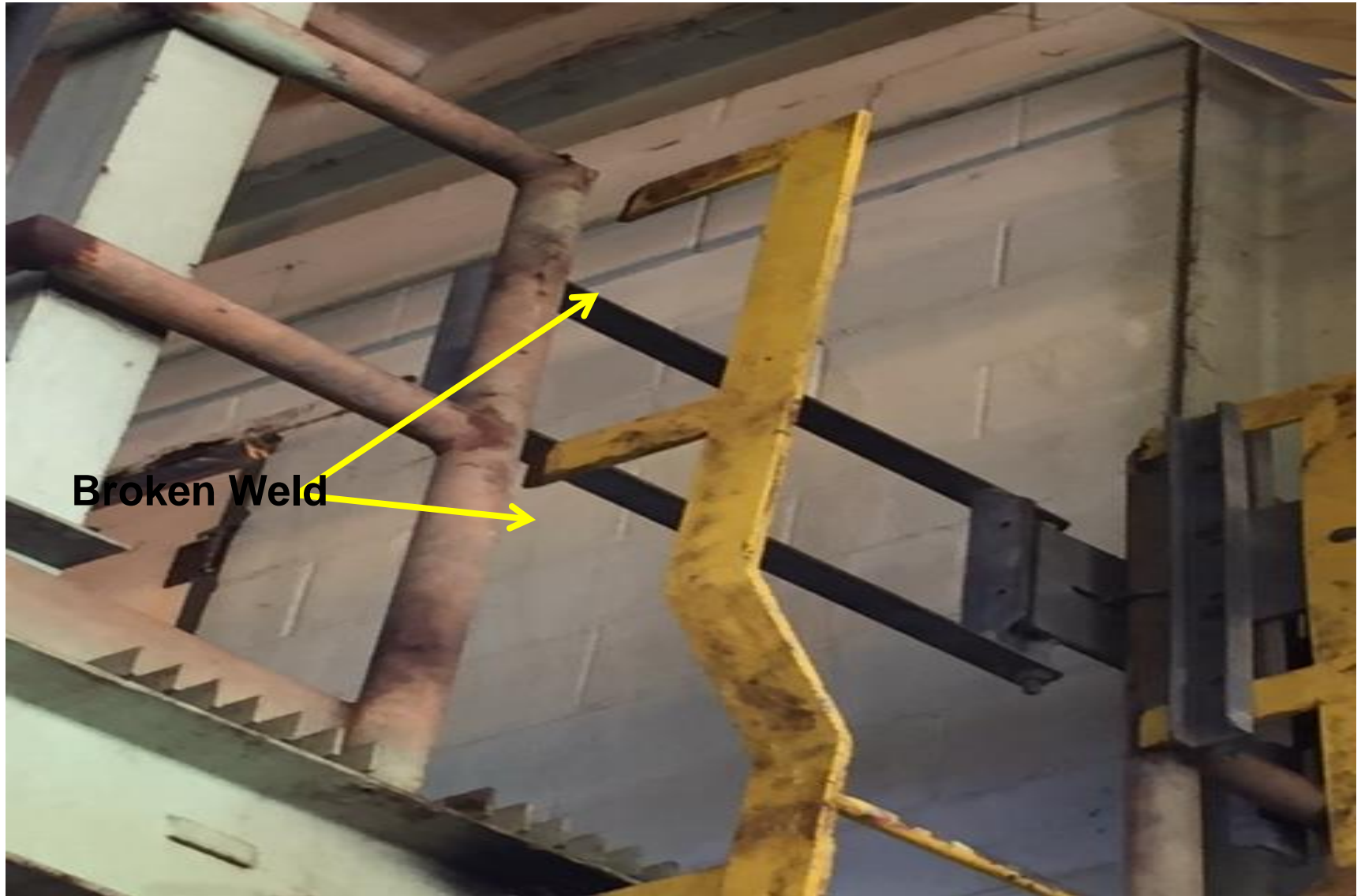
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Walking/Working Surfaces Subcommittee



Walking/Working Surfaces Subcommittee



Other Subcommittee Activities

Lockout/Tagout

- Labeling valves for double identification.

Confined Space

- Verifying all confined space locations are in the Mill's database.
- Ensuring proper labeling.
 - Unit number
 - Contents of the vessel
 - Hazard placard

Other Subcommittee Activities

Line Break-In

- Modified permit.
- Improve routing system for distribution and completion of permits.

New Hire Orientation

- Developing Mill hand book for new hires
 - Resources Available
 - Contact Information
- Follow-up every 2 weeks
 - Questions/Answers

Other Subcommittee Activities

Fall Protection

- Conducting audits throughout Mill.
 - Anchor Points
 - Horizontal Lifelines
- Training in the inspection of F/P equipment Mill.

Machine Guarding

- Updated existing audit, (Performed several yrs. ago), and writing work order for completion.
- Hazard Assessment of guarding.

Other Subcommittee Activities

Electrical

- Introduction of Remote Racking Device
 - Removal and insertion of electrical devices remotely.
 - Allows operator to be outside the flash protection boundary.
- Administered general awareness training for unqualified employees.
- Administered Arc Flash Training to affected employees performing electrical work.

In Summary

The Demopolis Central Safety Committee, coupled with the Subcommittees have been able to accomplish the following:

- Identify and prioritize safety projects/concerns throughout the Mill.
- Create an avenue for employees to get more involved.
- Heightened the overall safety awareness.
- Foster the notion of “making a difference” through employee engagement and empowerment.
- Enhance the overall safety and well-being of our employees.

QUESTIONS - ?