Central Safety Committee
Demopolis Mill
How We Got Started

• Seventy Hourly Volunteers
• Kick-Off Meetings
• Elected Chairpersons & Recorders
• 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 shoulders, hold, keep down, then switch sides. Slowly and fully turn head to one side, then the other.

**LATERAL NECK STRETCH**

- Sit up right with one hand under nose to seat. Reach out with other hand gently pull head away from shoulder. Very gentle directions of pull to stretch tightened muscles.

**HAND AND WRIST STRETCHES**

- CAUTION: This must be done slowly and with minimal force. Hold each stretch for 5 seconds.
  1. Palm up with elbow at side and forearm level with ground. Push fingers and gradually pull down and back.
  2. Gently pull thumb down.
  3. Return to fingers. Gently hold as you slowly straighten arm.
  4. Arms straight, turn palm down and gently pull fingers away and down. Bend elbow, palm down, pull fingers away and down. Switch hands.

**FINGER STRETCH**

- Gradually open and stretch your fingers. Hold, then slowly close them together into a fist.

**CHEST AND SHOULDERS STRETCH**

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

**CHIN TUCK**

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

**CROSS SHOULDER PULL**

- Cross your arms over your chest. Bring your elbows up, then relax them down and away.

**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 your bottom back, bend at the waist, bring your chest forward until you feel a stretch in your front leg. Hold the stretch for 5 seconds. Switch legs.

**BACK EXTENSIONS:**

- Standing/Sitting:
  - Sitting for a while, and mobility lower in Sitting or Seated, place your hands on hips, gently push downward, pull shoulders back, ease the chest upward and arch back.

**20-20 EXERCISE**

- After 20-30 minutes of continuous focus on a monitor or screen material, shift your gaze to some object at least 20 feet away for 20 seconds. Then relax.

**SITTINGSAFE® CODE OF CONDUCT**

- To reduce fatigue, increase energy, and avoid physical stress:
  - Change positions often.
  - Take regular breaks.
  - Sit deep in the seat.
  - Breathe at your sides and work straight.
  - Keep head neutral.

Future Industrial Technologies, Inc.
1-800-775-2225
www.BackSafe.com
Walking/Working Surfaces Subcommittee

Currently @ 64 Degrees
Walking/Working Surfaces Subcommitteee

**Signage**

- **CAUTION**
  - ALWAYS FACE STAIRS/LADDER WHILE DESCENDING

**Anti-Skid Surface**

**High Visibility Edge**
Walking/Working Surfaces Subcommittee

Reduces angle to 40 degrees

1 Ft

5 Ft.
Walking/Working Surfaces Subcommittee
Walking/Working Surfaces Subcommittee

Broken Weld
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 - ?