# CPPD HEALTH & SAFETY NEWSLETTER

April 30th, 2016

**THE CPPD HEALTH AND SAFETY OFFICE IS LOCATED ON THE 1ST FLOOR OF THE PETERSON SERVICE BUILDING ROOMS 116 AND 118. CONTACT JOHN SUMMERSETT OR RANDALL ROUTT**

For information related to health and safety within CPPD please visit our web page at www.ppd.uky. edu/safety/

## CPPD HEALTH & SAFETY FIRST AID TRAINING

Red Cross certifications are available to any CPPD employee interested. There will be two available courses:

- First Aid/CPR/AED ( approx. 5-6 hours)
- CPR/AED (approx. 3-4 hours)

Everyone should consider signing up for one of the courses. First Aid CPR/AED training is not just something that can be used at work. You could possibly save a life or give someone a chance at surviving a medical emergency anywhere. We have 5 CPPD employees that are certified Red Cross Trainers. Contact Randall Routt (7-4144), Melissa Dunlap (7-3697), or Jennifer Williams (7-1672) if you are interested in acquiring a certification.

## SAFETY VIDEO OF THE QUARTER

https://www.youtube.com/watch?v=UeB7l_O8T6o&list=PLB75837C30A5607AF&index=8

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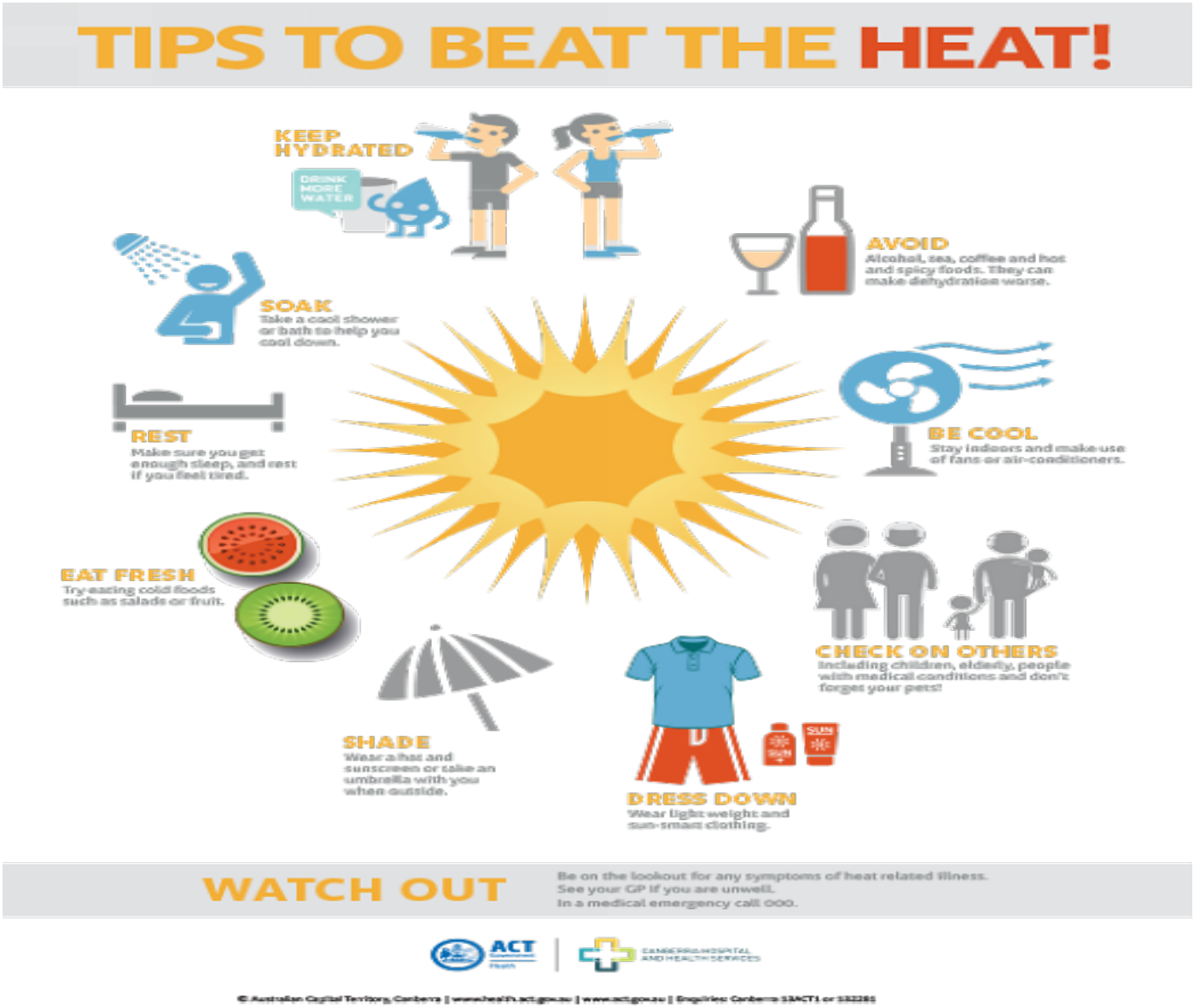
## Warm Weather Season is Here!!!!!!!!!

Spring is here which means the temperature is rising. Working in the spring and summer months come with a new set of workplace hazards that need to be taken into consideration while working. Heat Exhaustion and Heat Stroke are some heat related illnesses that can occur in the warm weather months. Here are some precautions to take into consideration while working in Hot Weather Conditions.



## Severe Weather Hazards!!!!

Severe weather incident also increase during this change of the season. Here are some hazards that will help you understand severe weather.

# Radiofrequency (RF) Radiation - Dangers Of Exposure

Working near radio transmission devices, such as dishes and antennas typically mounted on roofs, can be dangerous or may affect health if exposure to excessive levels of radiofrequency (RF) radiation occurs.

Workers may be exposed to RF radiation if the work area on a building or structure has radio transmission devices. Workers most at risk are those involved in tasks where access is required to roof spaces containing communication transmission hardware. Such tasks include:

- Roof maintenance
- Window cleaning
- Facade maintenance

Delivery, installation or maintenance of any plant or gear, or any other task where access to the roof is required.

**What is RF radiation?**
RF radiation, also known as EME, EMR or EMF, is low frequency radiation (less than 300 GHz) which includes microwave transmissions. The major sources of RF radiation are radio, television, mobile telephone and paging transmission antennas.

**Health effects**
RF radiation heats in the same way that microwave ovens heat food. Harmful heating of body tissue is a possibility where there is exposure to RF fields above the maximum recommended exposure levels.

Shocks, similar to electric shocks, due to touching or receiving arcs from RF devices are also possible from over-exposure to RF radiation.

**Currently there is no known link between exposure to RF radiation and an increased risk of cancer.**

**Responsibilities**

Employers must ensure that employees, independent contractors or the general public are not exposed to RF radiation above recommended maximum levels outlined in the radiation protection standard, *Maximum Exposure Levels to Radiofrequency Fields -- 3 kHz to 300 GHz* published by the Australian Radiation Protection and Nuclear Safety Agency, ARPANSA (see Further Information for more details).

Any person who has management or control over the workplace, including access to and egress from the workplace must also, so far as is practicable, provide a safe workplace. This includes building owners, occupiers or building managers who control access to the roof.

No person should be able to access a roof with radio antennas without receiving training and information on the risk of any RF radiation present and the controls needed to avoid over-exposure. This is a joint responsibility of those persons who control access to the roof area and any principal contractors and subcontractors undertaking works on the roof.

**How to avoid over-exposure**Section 5 of the ARPANSA radiation protection standard recommends how the risk of occupational exposure may be managed. Key factors to ensure a safe workplace include:

**Hazard identification / Risk assessment**

- Identify radiation sources and list the contact numbers of all companies controlling transmissions from the roof or work location.
- Determine "NO GO" areas where maximum exposure levels may be exceeded. This may be by measurement, or on the advice of a competent person.
- Document information on No Go Areas.

These actions of hazard identification and risk assessment need to be taken prior to workers accessing any area where RF radiation is likely.