

Meeting Minutes

Facilities Directorate Zero Accident Council
December 3, 2009

Introductions – Steve Black

- The Laboratory is working on an Emergency Response Procedure for a disaster.

Walt Flannery – Working in New Orleans following the Hurricane

- What can go wrong?
 - Earthquakes, hurricanes, tornadoes
 - Floods, mudslides, storms
 - Hazardous materials spills, “sick” buildings
 - Utility failures – electricity, water, gas, etc.
 - Police actions, street closures
 - Civil disorder, protest, riot
 - Fire, explosions
 - Pandemic illness
 - Tsunami, volcanic eruption
 - Oil spill
- Things to think about before the next disaster hits
 - Can you get to where you need to go?
 - Will you have the right safety equipment?
 - Are your emergency supplies readily available?
 - Can you get more resources if needed?
 - Emergency systems will work.....?
 - Will your normal routes will be open?
 - Will transportation be available?
 - Do you have the right PPE *before* you get there
 - Can you get the resources you need?
 - Can you get to your Emergency Supply Storage?
- Total Preparedness
 - Individual Preparedness
 - Family Preparedness
 - Community Preparedness
 - Facilities Team Preparedness
 - LBNL Preparedness
 - During emergencies no power, no cell phones, no radios, no internet = No COMS (you must have a plan to bring in your COMS system)

Bill Kenney – ISM in Fencing

- See attachment

First Aids/Recordables

- First Aids – 1 (Tripped over a car stopper and hit head on metal bollard).
- Recordables – 3 (Custodian knee Injury, Driver knee injury, Custodian shoulder injury).

Ladder Levelers

- Located in Tool Crib.
- Do not use cardboard or other devices to level ladders.

Winners from Near Miss Wall

- Pipes in Walkway (Tom Price, Fred Burt, Larry Begley).

Round Table Session

- B76 area people are not pulling their cars up to the curb. They need to pull all the way forward. It is difficult for large trucks to get through.
- B62/66 turn about trucks/vans need to back up to the curb. It is difficult for big trucks to get through.
- GEMs to install hook hangers for the cords. Cords are a tripping hazard and are being run over and damaged.
- B76 entrance cars are parked on both sides and it is difficult to drive through.
- B69 area dumpsters are being left out in the road. Dumpsters can hook on to the buses. Dumpsters need to be placed in their area.

Forwarding DZAC Information

- Reminder to turn in your review sheets before our next meeting on February 4, 2010.
- Send your monthly safety ideas to Janice Sexson.

Reminder to Everyone

- You have the right to work in a safe environment.
- You have the right to tell anyone at any level that they are not working in a safe manner.

Fencing a lifelong exercise

Some form of fencing has been around for centuries. In fact, fencing is one of only four events to have been contested at every Olympics since the modern Olympic Games started in 1896.

The swashbuckling action of fencing often works out stress after a hectic day. Because it provides a cardiovascular workout, it strengthens the heart and lungs while improving general stamina. It is also believed to reduce cholesterol, which would, in turn, reduce the risk of heart disease. Fencing provides an aerobic workout that burns calories and helps to tone muscles, keeping the body in better shape. And it's long been determined that people who feel better and look better maintain a more positive mental attitude and possess greater self-esteem.

In studying your opponent and making defensive and offensive decisions, fencing also works out the mind, much like playing a game of chess. Lastly, it provides the psychological benefits of developing a social network with like-minded people who also enjoy fencing.

Calories burned while fencing

408 Calories per hour (for a 150 pound person)

354, 422, 518 calories per hour (for a 135, 155, 190 pound person, respectively)

Below is a link to a site to input your own stats to find calories burned.

(http://www.fitday.com/WebFit/burned/calories_burned_Fencing.html)

The University of Helsingfors, Finland--which shows sabre fencing as 4.02 calories per minute. Stair exercises, which is supposed to be the most difficult of the aerobic machines according to the trainers and burn about 350 calories for 20 minutes of high-intensity training (equal to about 100 flights of stairs in the session).

Is it Safe? (We are talking about sword fighting.)

Fencing is one of the safest sports that you can compete in. The most common injuries in fencing reflect those of other sports – ligament sprains and muscle strains account for over half of the injuries. (<http://extra.org/FencingChptr.htm>)

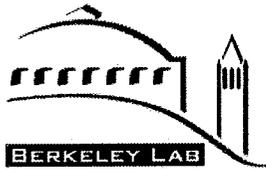
Though puncture wounds can occur due to a broken fencing blade, these injuries are rare and the safety equipment for fencing is specifically designed to prevent injuries.

There have been seven recorded deaths in fencing since 1937 – only 4 in the past 13 years studied. Compare that with sports such as football, where there were 22 deaths since 2000.

(http://seattletimes.nwsourc.com/html/highschoolsports/2002033258_tyee12.html)

Even the insurance companies agree! When comparing insurance rates for “Accident Medical Coverage” for sports teams and leagues, the insurance premiums for fencing are the least expensive – cheaper than for volleyball and basketball.

Pool size varies between five and seven fencers per pool, depending on the size of the field. Each competitor fences a bout against all of the other members of the pool. The bouts last a maximum of three minutes (start-and-stop time, not continuous time), or until one fencer scores five points.



Directorate Zero Accident Council

Safety issues requiring immediate resolution should be raised upon discovery and not delayed until the monthly meeting.

Issues to bring forward are:

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