Health and Safety Overview

PHYSICAL HAZARDS

• Animal Related Incidents
• Musculoskeletal Injuries
• Slips, Trips and Falls
• Fatigue

Animal Encounters

• Injuries - Kick, crush, bite, scratch
• Zoonoses
• Aggressive dogs
• Prevention
  – Remain alert
  – Proper restraint
  – Avoidance

Musculoskeletal

• Strains, sprains
• Ergonomic injury
  – Awkward postures
  – Highly repetitive motions
  – High hand force
  – Heavy, frequent, or awkward lifting

Safe Lifting

• Assess object
  – Get assistance if needed
• Lifting technique
  – Bend at knees
  – Grasp object firmly
  – Lift using legs
    • Keep back straight and upright position
    • Keep object within your power zone
  – Pivot, if turning – do not twist

Slips, Trips and Falls

• Common
  – Uneven, wet, icy surfaces
  – Personal Protective Equipment
    • May limit motion and vision
• Prevention
  – Watch for hoses, cables, ropes
    • Keep out of walkways
  – Adequate lighting
  – Identify hazardous areas
Sharps

- Needles and other sharps
  - Needle sticks very common
- Handle and dispose of properly
  - Avoid recapping
  - Direct disposal
  - Use rigid disposal containers
  - Account for sharps after use

Fatigue

- Extended shifts
  - Increased errors, accidents, injuries
- Signs of fatigue
  - Sleepiness, decreased alertness or motivation
  - Irritability
  - Giddiness
  - Headaches, decreased appetite
- Rest or time off

ENVIRONMENTAL HAZARDS

- Weather Related Injury
- Insects
- Noise
- Electrical Shock
- Chemical Exposure

Extreme Heat

- Sunburn, dehydration
- Heat cramps
  - Muscle spasms
- Heat exhaustion
  - Paleness, dizziness, nausea, fainting
- Heat stroke
  - High body temperature, little or no sweating, confusion
  - Seek medical attention immediately

Extreme Cold

- Frostbite
  - Cold, numb, hard, pale
- Hypothermia
  - Numbness, lethargy, behavior
- Prevention
  - Appropriate clothing
    - Cover ears, hands, and face
  - Stay dry and avoid over-exertion
  - Warm individual, seek medical attention
Insects

- Bites and stings
- Vector-borne diseases
- Prevention
  - Repellants with DEET or Picaridin
  - Wear long sleeves and long pants
  - Tuck pants into boots

Noise

- Can lead to permanent damage
- Hazardous at 85 dBA for 8 hours
  - Conversation difficult at 3 feet

Electrical Shock

- Power equipment, cords, downed power lines
- Prevention of shock and electrocution
  - Inspect cords/ cables for damage
  - Do not use damaged cords/cables
  - Use caution when working in wet areas
  - Observe area for downed power lines
  - Assume all power lines are active

Chemical Hazards

- Examples
  - Animal facilities
  - Carbon monoxide
  - Disinfectant products
- Prevention
  - Awareness
  - Do not use in confined spaces
  - Personal Protective Equipment

PSYCHOLOGICAL HAZARDS

- Stress
- Depression

Stress

- Recognize the signs
- Physical
  - Nausea, dizziness, headaches
- Cognitive
  - Disorientation, memory
- Emotional
  - Anxiety, guilt, grief, irritability
- Behavioral
  - Anger, withdrawal, depression, drug or alcohol abuse
Dealing with Stress

- Ways to reduce stress
  - Monitor self and others for signs
  - Take frequent rest breaks
  - Accept what cannot change
  - Maintain schedule as possible
  - Communicate with loved ones
  - Take advantage of support programs

Contingency Plans

- Evacuation
  - Pre-determined signal and site
  - All are accounted for
- Shelter-In-Place
  - Pre-determined locations
  - Remain until “all clear” is given

Fire/Explosion Response

- Attempt to extinguish if deemed safe
  - Extinguisher kept in every vehicle
- If fire is out of control
  - Sound warning alarm
  - Evacuate to safe distance
  - Account for team members
  - Notify Command Staff and fire department
  - Remove vehicles and equipment if possible

Severe Weather

- Considerations for halting work:
  - Heavy precipitation
  - Extreme heat or cold
  - Limited visibility
  - Treacherous conditions (tornadoes)
  - Lightning
  - Flood potential

Roles and Responsibility
ICS: Health and Safety

- Safety Officer
  - Assure safe working environment
  - Identifies hazards and sets procedures
  - Provides training
  - Develops Health and Safety Plan
  - Authority to issue stop work order
- Other Sections also have a role
- Everyone’s responsibility

Responder Responsibility

- Follow health and safety procedures
- Report all injuries, accidents
- Report unsafe conditions or safety concerns
- Adhere to the chain of command
- Be aware of surroundings
- Wear all PPE correctly

Resources

- USDA Foreign Animal Disease Preparedness (FAD PreP) Guidelines: Health and Safety

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