

Anayahait

To Be Safe



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CORPORATION

Safety Tip of the Month

Spring Outdoor Activities

Spring outdoor activities carry unique risks including unpredictable weather, wildlife encounters, slippery terrain, insect bites, and seasonal hazards that require careful preparation and awareness.

Weather Related Risks

Spring weather can be highly unpredictable, with sudden rainstorms, hail, high winds, or lingering cold snaps.

Terrain and Slippery Surfaces

Melting snow and spring rain create wet, muddy, and slippery surfaces. Trails, sidewalks, and roads can be hazardous, increasing the risk of falls and injuries, particularly for older adults.

Wildlife and Insect Hazards

Animals emerging from hibernation, such as bears or snakes, may be territorial or irritable. Insects like ticks, mosquitoes, yellow jackets, hornets, and fire ants become active, carrying risks of stings, bites, and diseases.

Plant and Allergy Risks

Spring brings allergenic plants like poison ivy, poison oak, and abundant pollen, which can trigger allergic reactions.

Activity-Related Hazards

Spring encourages outdoor sports, playground use, and home maintenance activities. Equipment left unused over winter may have rust, splinters, or structural issues, increasing the risk of injury.

<p>SAFE & CLEAN FUN</p> <p>Lock & Key Keep household cleaners properly labeled and locked away from children's reach. Properly dispose of leaking or expired cleaning products.</p> <p>Grill Your Grill Check barbecue grills for leaks and cracks. Keep propane stored safely away from the house and garage.</p> <p>Careful with Chemicals Always read safety directions and avoid mixing chemicals in the same container. Properly dispose of all hazardous materials and never throw them in the trash or pour them down the drain.</p>	<p>SPRING SHOWERS</p> <p>Watch the Weather If skies look threatening, check weather reports to make sure you're prepared for whatever mother nature brings.</p>	<p>SAFE & SHAPED YARD</p> <p>Know Your Weight Yard work may seem easy but objects can be heavier than they appear.</p> <p>Mow Meticulously Wear safe and covered shoes while using a lawn mower. Be sure to start and refuel lawn mowers outdoors and fully read manuals for safe operation.</p> <p>Weed Warily Before touching any weeds, be wary of poison ivy, oak, and similar toxic plants.</p> <p>Ear Gear Loud noises from lawn care machinery can be potentially harmful to your hearing.</p>
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Preventive Measures

- Dress in layers and wear synthetic, moisture wicking clothing.
- Carry water to prevent dehydration and antihistamines for allergies.
- Check weather forecasts and avoid high-risk areas during storms.
- Inspect playgrounds, sports equipment, and home areas before use.
- Use insect repellents and protective clothing to prevent bites and stings.
- Educate children and family members about wildlife and plant hazards.

By staying aware of these seasonal risks and taking preventive measures, you can enjoy spring outdoor activities safely while minimizing the likelihood of accidents or injuries.



Head Protection on the Job

Why Bump Caps and Head Gear PPE Matter

In many workplaces, head injuries don't always come from falling objects. Often, they occur from everyday hazards such as low ceilings, exposed pipes, beams, machinery, or tight workspaces. That's where bump caps and protective head gear come into play. While they are not a replacement for hard hats in high-impact environments, bump caps provide an important layer of protection in areas where workers are at risk of minor bumps, scrapes, and head impacts:

What Are Bump Caps?

Bump caps are lightweight protective head coverings designed to protect against minor head injuries caused by accidental contact with stationary objects. Unlike hard hats, bump caps are typically made with a plastic shell insert and foam padding inside a baseball-style cap or similar head covering.

They are commonly used in environments where:

- Workers operate in confined spaces
- There are low ceilings or overhead obstructions
- Employees frequently move around machinery, shelving, or equipment
- The risk of falling objects is minimal

Common Industries That Use Bump Caps

Bump caps are widely used in industries where comfort, mobility, and lightweight protection are important. These include:

- Warehousing and logistics
- Automotive maintenance
- Manufacturing facilities
- Airline baggage handling
- Food processing plants
- Maintenance and inspection work

Their design allows workers to stay protected without the weight or bulk of traditional hard hats, making them ideal for long shifts and active environments.



Benefits of Bump Caps

Bump caps offer several advantages for workers and employers alike:

- Lightweight and comfortable
- Appearance often resembles regular baseball caps, making them comfortable and easy to wear throughout the day
- Improved worker compliance
- Less bulky than hard hats, encouraging consistent use when required
- Protection from minor impacts
- Helps prevent cuts, bruises, and minor head injuries from fixed objects
- Breathable and adjustable
- Includes ventilation holes, moisture-wicking fabrics, and adjustable straps for better fit



When A Hard Hat Is Still Required

It's important to remember that bump caps are not designed to protect against falling or flying objects. In construction zones or areas with overhead hazards, hard hats that meet safety standards must still be used.

Employers should perform a hazard assessment to determine whether bump caps or hard hats are appropriate for the work environment.

Promoting A Culture of Head Safety

Head protection is a key part of any workplace safety program. Encouraging employees to wear appropriate protective equipment, including bump caps when necessary, helps reduce preventable injuries and keeps operations running smoothly.

Simple safety reminders, training sessions, and visible leadership support can go a long way toward building a strong culture of safety.

Final Thoughts

Even minor head injuries can lead to lost productivity and unnecessary risk. By using bump caps in the right environments, organizations can provide workers with comfortable, effective protection against everyday hazards.

Protect your head. Protect your team. Safety starts at the top.

Personal Protection Equipment

Expiration, Maintenance, and Hand Protection Guidelines

OSHA does not specify exact expiration dates for personal protective equipment (PPE), but it emphasizes the importance of following manufacturer guidelines and industry standards for replacement.



General Guidelines for PPE Expiration

Manufacturer Instructions: OSHA recommends that employers adhere to the manufacturer's instructions regarding the service life of PPE. This includes understanding when the equipment should be replaced based on wear, damage, or expiration dates provided by the manufacturer.

Hard Hats

For hard hats, while OSHA does not set a specific expiration date, ANSI guidelines suggest that hard hats should generally be replaced no more than five years after their manufacture date, even if they have not been used. This is due to the degradation of materials over time. If a hard hat has been subjected to impact, it should be replaced immediately, regardless of its age.

Critical PPE

Some PPE, such as latex gloves used in medical settings, is considered critical and is typically designed for single-use only. This type of equipment should be disposed of immediately after use.

Signs of Wear

PPE should be replaced whenever it shows signs of damage, wear, or discoloration. Regular inspections are essential to ensure that PPE remains effective and safe for use.

Specific Types of PPE

Different types of PPE have varying guidelines for replacement. For example, face shields and N95 respirators can often be cleaned and reused if they remain undamaged, while fall protection equipment must be replaced after a fall event.

In summary, while OSHA does not provide specific expiration dates for all types of PPE, it is crucial for employers and employees to follow manufacturer guidelines, conduct regular inspections, and replace PPE as needed to ensure safety in the workplace.

For more information visit: [General requirements | Occupational Safety and Health Administration](#).

Hand PPE

The hands and fingers are the most often injured parts of the body. There are few work activities which do not involve the hands. The potential for injury is always there, and we must be constantly aware to avoid hazards and injury. Potential hazards include skin absorption of harmful substances, chemical or thermal burns, electrical dangers, bruises, abrasions, cuts, punctures, fractures and amputations.

Types of Protective Gloves:

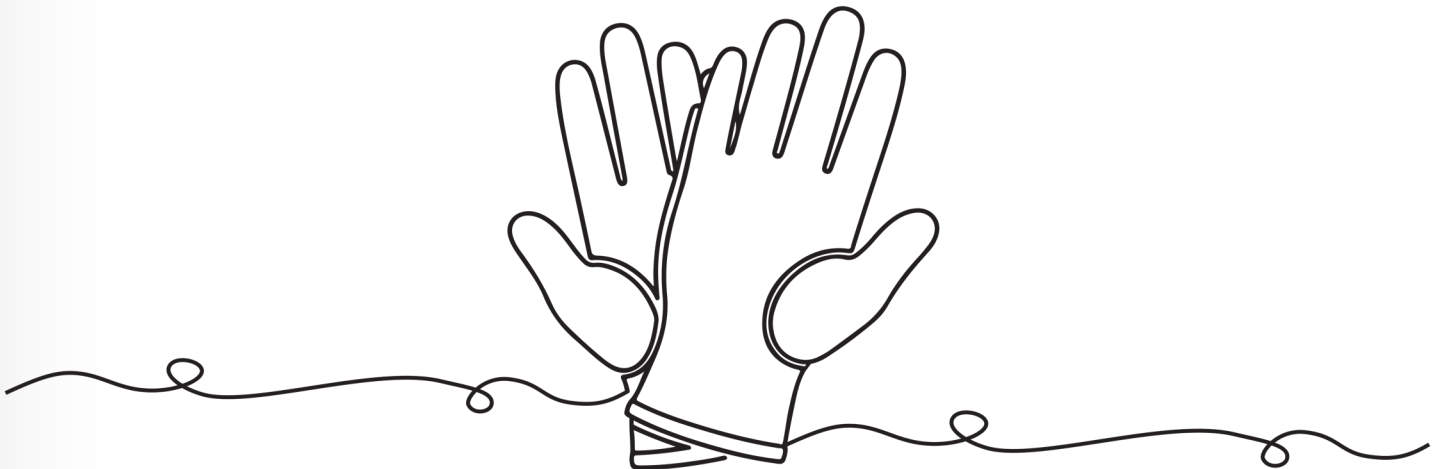
- Leather, Canvas or Metal Mesh Gloves: Sturdy gloves made from metal mesh, leather or canvas provide protection against cuts and burns. Leather or canvas gloves also protect against sustained heat.
- Fabric and Coated Fabric Gloves: Fabric and coated fabric gloves are made of cotton or other fabric to provide varying degrees of protection.
- Chemical- and Liquid-Resistant Gloves: Chemical-resistant gloves are made with different kinds of rubber: natural, butyl, neoprene, nitrile and fluorocarbon (viton); or various kinds of plastic: polyvinyl chloride (PVC), polyvinyl alcohol and polyethylene.
- Electrical-Insulating Gloves: Specialized rubber gloves used to protect against shock, categorized by voltage resistance.

For more information on hand protection, please visit the below websites.

[Personal Protective Equipment](#)

[How to Keep Hands Safe from Cuts and Impact](#)

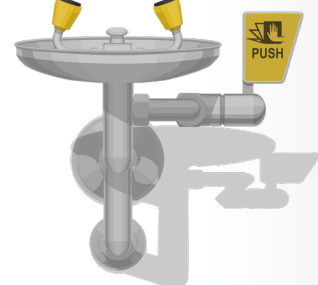
[Safety Resources Toolbox Talks: Hand Safety](#)



Protection For the Eyes

Is Your Eye Washing Station Sat?

Emergency eyewash stations are essential for protecting workers from eye injuries, but without proper maintenance, they can become a health hazard. Stagnant water in neglected units can harbor harmful microorganisms, making regular flushing critical to ensure both safety and proper function when needed.



- Poorly maintained eyewash stations can cause eye infections or be inoperable when needed.
- Organisms such as acanthamoeba and especially legionella and pseudomonas can be present in eyewash stations that are poorly maintained due to the fresh water sitting stagnant.
- Case studies show that flushing an eye wash station for longer durations WILL reduce the presence of free-living organisms in the water.
- Testing on eyewash station water found that in 7-day stagnant water, the microbial count dropped (from $30,275 \pm 27,957$ CFU/100 mL to 34 ± 70 CFU/100 mL) after 10 minutes and dropped even more (to 1 ± 1 CFU/100 mL) after flushing for 20 minutes (Swanson et al., 2023).

Summary

Prevent Contamination:

Regular flushing removes stagnant water and sediment, preventing the growth of harmful microorganisms like Acanthamoeba, Pseudomonas, and Legionella. These pathogens can cause serious eye and skin infections.

Ensure Proper Functioning:

Flushing ensures that the eyewash station is ready for immediate use in emergencies, with a sufficient flow of water and clean water free of contaminants.

References

ANSI. (2014). American national standard for emergency eyewash and shower equipment (ANSI/ISEA Z358.1-2014).

To read more click the below links: [OSHA3818.pdf](#) | [ANSIGuide.pdf](#)

Drone Guidance

FAA Requirements for Drone Operation

Operating a drone in the United States comes with specific regulatory requirements that vary depending on how the drone is being used.



Commercial Drone Operations (UIC Work)

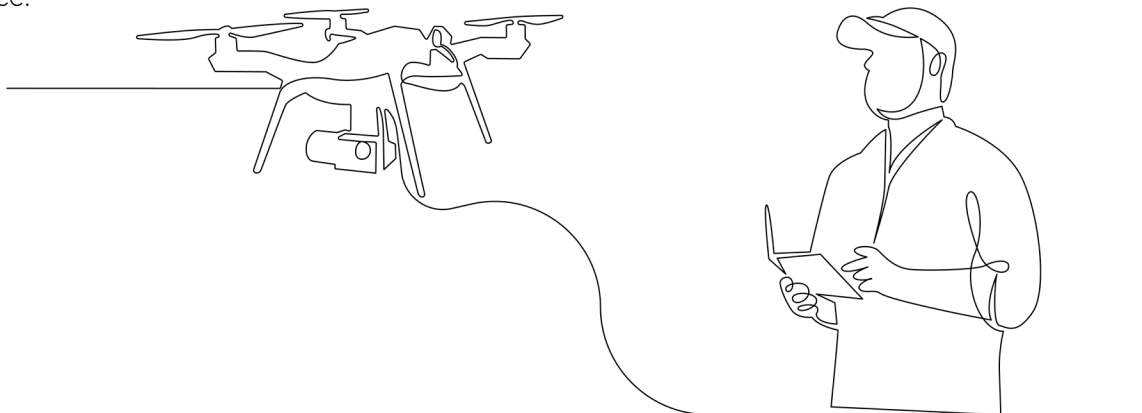
For commercial operations—including any work conducted on behalf of UIC—you are required to obtain a Remote Pilot Certificate from the Federal Aviation Administration (FAA) under the Small UAS Rule (Part 107). This certification ensures that operators understand airspace rules, safety procedures, and operational limitations necessary to fly safely and legally.

Recreational Drone Use

For recreational use, a Remote Pilot Certificate is not required; however, operators must still follow FAA guidelines. This includes registering any drone that weighs more than 0.55 pounds, adhering to airspace restrictions, and completing the FAA's recreational safety test. Regardless of purpose, all drone operators must prioritize safety, maintain visual line-of-sight, and avoid restricted or controlled airspace without proper authorization.

It is important to note that drone requirements can vary based on how, where, and why the drone is being used. Regulations are subject to change, so operators should regularly review the latest FAA guidance to remain compliant. Additional information can be found on the [FAA website under Remote Pilot | Federal Aviation Administration](#).

Finally, all drones operated for UIC purposes must be properly insured. If you have questions regarding compliance, certification, or insurance requirements, please contact hse@bowheadsupport.com for guidance.



Four-Step Reporting Process

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Report ALL bodily injuries (workers compensation), property damage (automobile/building), and near misses/close calls. Below are the four steps for reporting an incident:



EVALUATE

Evaluate the situation & determine if 911 should be called. When in doubt call 911.



CONTACT

Contact your supervisor. Be prepared to give them the following information: **Who, What, Where, and When.**



CALL

Call your local Health and Safety team member:

Michelle Brickie	(UICGS) (Killeen, TX)	907.677.5219
Carl Nayakik	(UICAOD) (Utqiagvik, AK)	907.852.7072
Mauricio Gueco	(UICCS) (Anchorage, AK)	907.600.9233
Kevin O'Shea	(BT) (Anchorage, AK)	907.677.5292
Ron Hoon	(UICGS) (Lead, PA)	717.422.6626
Martanaze Hancock	(UICGS) (Springfield, VA)	703.399.9477
Aaron Ludwick	(UICGS) (Springfield, VA)	571.329.6618
Kenneth Scott	(UICGS) (Springfield, VA)	443.252.7074
Thomas Olemaun	(UIC Science) (Utqiagvik, AK)	907.677.5220
Michael Timo	(UICGS) (Portland, OR)	571.319.9490
Michael Hawkins	(UICGS) (Fac. Mgt.) (Springfield, VA)	703.405.0314
Bernice Oyagak	(UICCS) (UIC Municipal) (W&S) (North Slope, AK)	907.360.5047
Jason Howard	(UICGS) (Crane, IN)	812.854.3523
Christopher Monetta	(UIC) (Springfield, VA)	540.656.0740



COMPLETE

Complete & return the **INOI** (Initial Notification of Incident) form(s).

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Let Us Go Without Injury

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