

# KWORDS *from* KWORCC

## Road Work Ahead!



As the spring season gets under way, Road and Bridge departments gear up for a busy season of road repair and new construction. Keeping your crews safe should always be a top priority! For a complete list of suggested county rules and safety precautions, please see your 2008 KWORCC Loss Prevention Manual. Here are some highlights:

First, make sure your workers are wearing the appropriate visibility gear. The new Kansas standard - ANSI/ISEA 107-2004 — establishes a set of performance criteria for high-visibility apparel. The standard defines three garment categories, which are based on worker hazards and tasks, complexity of the work environment and vehicular traffic and speed. Class 1 garments should not be used by any county department, so they will not be discussed further.

For daytime and nighttime activity flaggers must wear safety apparel meeting the requirements of ISEA's "American National Standard for High Visibility Apparel" and labeled as meeting the ANSI standard for Class 2 risk exposure. The apparel background material color should be either orange, yellow, white, silver, yellow-green or a fluorescent version of these colors and shall be visible a minimum of 300m (1000 feet). The retro-reflectivity safety apparel shall be designed to clearly identify the wearer as a person.

**Class 2 garments** cover workers who perform tasks that divert their attention from approaching traffic, or that put them in close proximity to passing vehicles traveling at 25 miles per hour or higher. Examples of workers who use Class 2 apparel include:

- \* Forestry operations;
- \* Ship cargo loading operations;
- \* Roadway construction, utility and railway workers;
- \* Survey crews;
- \* School crossing guards;

- \* Delivery vehicle drivers;
- \* High-volume parking and/or toll gate personnel;
- \* Airport baggage handlers/ground crew;
- \* Emergency response and law enforcement personnel;
- \* Trash collection and recycling operations;
- \* Accident site investigators;
- \* Railroad inspection and maintenance crews.

**Class 3 garments** provide the highest level of visibility and are intended for workers who face serious hazards and often have high task loads that require attention away from their work. Class 3 garments should be used for all nighttime activities. Garments for these workers should provide enhanced visibility and include the arms and legs. Examples of workers who use Class 3 apparel include:

- \* Roadway construction personnel and flaggers;
- \* Utility workers;
- \* Survey crews;
- \* Emergency response personnel.

Next, make sure you follow proper signage techniques: The type, size and placement of warning signs should be in accordance with the MUTCD and LVR

1. Warning signs should be placed on the right curb of the roadway. On divided roads, a parallel sign should be placed on the median.
2. On city streets, signs must be at least seven feet above and two feet from the edge of the right side curb.
3. On rural roads, warning signs should be at least one foot above and one foot from the edge of the roadway.
4. Cover warning signs until work begins and remove them from view when work is completed.
5. Signs and safety vests should be reflective so night drivers may be able to view them clearly.
6. Temporary signs in the work area should not block or contradict visible permanent signs.
7. Cover permanent signs.

**See page 4 for a special offer on safety vests!**



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 Topeka, Kansas 66603  
 Toll Free 1-877-357-1069  
[www.kworcc.com](http://www.kworcc.com)

**CLAIMS REPORTING**

For assistance with on-the-job injuries, contact IMA at 1-800-333-8913. Questions on claims should be directed to Annette Duncan. All correspondence, bills or other documentation for your claims can be mailed to Annette's attention at: 250 North Water, PO Box 2992, Wichita, Kansas 67201.

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 Hutchinson, Kansas 67501  
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 Council Grove, Kansas 66846  
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 201 S Pearl Street  
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 (913) 294-3976

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 300 Jefferson, PO Box 321  
 Oskaloosa, Kansas 66066  
 (785) 863-2272

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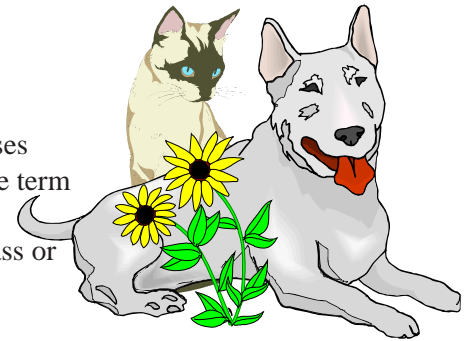
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 Oberlin, Kansas 67749  
 (785) 475-8101

# Allergies: How to Control Your Symptoms

## What causes allergies?

You have an allergy when your body overreacts to irritants known as allergens. This overreaction causes symptoms (see below). For example, sometimes the term "hay fever" is used to describe your body's allergic reaction to seasonal allergens in the air, such as grass or pollen.



Your doctor may recommend an allergy skin test to help determine your allergy's cause. This test puts tiny samples of allergens on your skin to see which ones cause a reaction. After this test you and your doctor can decide the best treatment. Your doctor may also decide to do a blood test, such as the "radioallergosorbent" test (called RAST).

## Common Allergy Symptoms:

- Runny nose
- Watery eyes
- Itchy nose, eyes and roof of mouth
- Sneezing
- Stuffy nose
- Pressure in the nose and cheeks
- Ear fullness and popping
- Dark circles under the eyes
- Hives



## What are the most common allergens and how do you avoid them?

**Pollen from trees, grass and weeds.** Allergies that occur in the spring (late April and May) are often due to tree pollen. Allergies that occur in the summer (late May to mid-July) are often due to grass and weed pollen. Allergies that occur in the fall (late August to the first frost) are often due to ragweed.

Shower or bathe before bedtime to wash off pollen and other allergens in your hair and on your skin. Avoid going outside, especially on dry, windy days. Keep windows and doors shut and use an air conditioner at home and in your car.

**Mold.** Mold is common where water tends to collect, such as shower curtains, window moldings and damp basements. It can also be found in rotting logs, hay, mulches, commercial peat moss, compost piles and leaf litter. This allergy is usually worse during humid and rainy weather.

You can reduce the amount of mold in your home by removing houseplants and by frequently cleaning shower curtains, bathroom windows, damp walls, areas with dry rot and indoor trash cans. Use a mix of water and chlorine bleach to kill mold. Open doors and windows and use fans to increase air movement and help prevent mold.

Don't carpet bathrooms or other damp rooms and use mold-proof paint instead of wallpaper. Reducing the humidity in your home to 50% or less can also help. You can control your home air quality by using a dehumidifier, keeping the temperature set at 70 degrees and cleaning or replacing small-particle filters in your central air system.

**Animal dander.** Proteins found in the skin, saliva and urine of furry pets such as cats and dogs are allergens. You can be exposed to dander when handling an animal or from house dust that contains dander.

If your allergies are severe, you may need to keep your pets outside. Cat or dog dander often collects in house dust and takes four weeks or more to die down. However, there are ways to reduce the amounts of pet dander in your home. Using allergen-resistant bedding, bathing your pet frequently and using an air filter can help reduce pet dander. Ask your veterinarian for other ways to reduce pet dander in your home.

**Dust and dust mites.** Many allergens, including dust mites, are in dust. Dust mites are tiny living creatures found in bedding, mattresses, carpeting and upholstered furniture. They live on dead skin cells and other things found in house dust.

To reduce dust mites in your home, remove drapes, feather pillows, upholstered furniture, non-washable comforters and soft toys. Where possible, replace carpets with linoleum or wood. Polished floors are best. Mop the floor often with a damp mop and wipe surfaces with a damp cloth. Vacuum regularly with a machine that has a high-efficiency particulate air filter. Vacuum soft furniture and curtains as well as floors. Install an air cleaner with a high-efficiency particulate or electrostatic filter. Wash carpets and upholstery with special cleaners, such as benzyl benzoate or tannic acid spray. Wash all bedding in hot water (hotter than 130°F) every 7 to 10 days. Don't use mattress pads. Cover mattress and pillows with plastic covers. Lower the humidity in your home.

### Things that make allergy symptoms worse

- Aerosol sprays
- Air pollution
- Cold temperatures
- Humidity
- Irritating fumes
- Tobacco smoke
- Wind
- Wood smoke



### What medicines can I take?

**Antihistamines** help reduce the sneezing, runny nose and itchiness of allergies. They're more useful if you use them before you're exposed to allergens.

Some antihistamines can cause drowsiness and dry mouth. Others are less likely to cause these side effects, but some of these require a prescription. Ask your doctor which is best for you.

**Decongestants**, such as pseudoephedrine and phenylephrine help temporarily relieve the stuffy nose of allergies. Decongestants are found in many medicines and come as pills, nose sprays and nose drops. They are best used only for a short time. Nose sprays and drops shouldn't be used for more than three days because you can become dependent on them. This causes you to feel even more stopped-up when you try to quit using them.

You can buy decongestants without a doctor's prescription. However, decongestants can raise your blood pressure, so it's a good idea to talk to your family doctor before using them, especially if you have high blood pressure.

**Cromolyn sodium** is a nasal spray that helps prevent the body's reaction to allergens. Cromolyn sodium is more helpful if you use it before you're exposed to allergens. This medicine may take two to four weeks to work and is available without a prescription.

**Nasal steroid sprays** reduce the reaction of the nasal tissues to inhaled allergens. This helps relieve the swelling in your nose so that you feel less stopped-up. They come in nasal sprays that your doctor may prescribe. You won't notice their benefits for up to 2 weeks after starting them.

Your doctor may prescribe steroid pills for a short time or give you a steroid shot if your symptoms are severe or if other medicines aren't working for you.

**Eye drops.** If your other medicines are not helping enough with your itchy, watery eyes, your doctor may prescribe eye drops for you.

### What are allergy shots?

Allergy shots (also called immunotherapy) contain small amounts of allergens. They're given on a regular schedule so that your body gets used to the allergens and no longer overreacts to them. They are only used when the allergens you're sensitive to can be identified and when you can't avoid them.

Have you seen the  
Safety Coordinator Video  
by Zoman Productions?

## See below for special pricing on safety vests!

### Safety vests can be purchased from:

Gary Piel  
Lohmann & Rauscher  
785-862-1100 ext 3718  
800-279-7711

Available Safety Vests are:

The # 400726 has Mesh background fabric and yellow mesh trim with the new 2" width segmented reflective

The # 400924 has Solid background fabric with 2 - 1" width solid split silver reflective (Same as # 400624 with solid fabric)

The # 400624 has Mesh background fabric with 2 - 1" width solid split silver reflective

Pricing for the # 400624 & # 400726 styles is \$18.65ea.

Due to excess inventory, special pricing for the # 400924 vests would be discounted to \$14.95ea.

## 2008 Board Meeting Dates

- ✓ January 17<sup>th</sup>
- ✓ February 12<sup>th</sup>
- ✓ March 13<sup>th</sup>
- April 17<sup>th</sup>
- May 22<sup>nd</sup>
- June 19<sup>th</sup>
- July 17<sup>th</sup>
- August 21<sup>st</sup>
- September 18<sup>th</sup>
- October 16<sup>th</sup>
- November 17<sup>th</sup> – Annual Meeting
- December 11<sup>th</sup>