

Motorcyclists – Remember T-CLOCK for safety's sake

After a long winter of storage, it is finally time to get that motorcycle out and ready for summer commuting. The Motorcycle Safety Foundation created T-CLOCK to help you remember your pre-ride safety checklist. Each letter represents a specific inspection category. (Submitted by Joyce LoParco, WCH Document Control)

*Joyce LoParco
stands beside her
Suzuki Intruder 750.*

**The T-CLOCK inspection****T Tires & Wheels**

Tires: Pressure correct (cold), tread condition. No cuts, bulges, punctures of foreign objects. **Wheels:** Spokes tight and intact; rims true; no free play when flexed; bearing seals intact; spin freely.

C Controls

Brakes: Firm feel; sufficient pad depth, no leaks or links in hoses or cables. **Levers:** Pivot bolt and nut; action and position correct; pivots lubed. **Cables:** Ends and shafts lubed; no fraying or kinks; no binding when handlebar turned; proper adjustment. **Hoses:** Check for damage or leaks, proper routing. **Throttle:** Snaps closed freely when released; no excess play.

L Lights

Brake and Taillight(s): All filaments work; both levers actuate brake light. **Headlight:** All filaments work; properly aimed; no damage. **Lenses:** Clean; no condensation; tight. **Reflectors:** Clean; intact. **Battery:** Fluid level; terminals clean and tight; held down securely; vent tube not kinked or mis-routed. **Wiring:** Check for pinching or fraying; properly routed; no corrosion.

O Oil & Fluids

Levels: Brake fluid, oil, final drive, transmission, coolant, fuel. **Leaks:** Check all systems for leaks. **Condition:** Check color of brake fluid & coolant.

C Chassis

Frame: Paint lifting or peeling may indicate cracking. **Steering head & swingarm bearings:** Lift wheels off floor, grab lower fork legs and pull and push to feel for play; repeat at rear. Turn fork to feel for detents in bearings. **Suspension:** Smooth movement; proper adjustment; no leaks. **Chain or belt:** Tension; lube, look for wear. **Fasteners:** Look for missing or loose threaded fasteners, clips, pins.

K Kickstand

Sidestand: Retracts firmly; no bending or damage; cut-out switch operates; spring intact. **Centerstand:** Retracts firmly, no damage.

Find the Automatic External Defibrillator (AED) nearest you

Use of automated external defibrillators began in the 1970s, enhancing the ability of emergency medical service personnel to treat cardiac arrest. Today's equipment is easy to use and treatment can be administered with virtually no specialized training

Get more information from your LSIT representative and ask to see the video.

Defibrillation (electric shock) is just one part of the treatment which also includes calling for emergency medical service assistance, cardiopulmonary resuscitation, and for the administration of medications and other life

support measures. Early defibrillation, however, is the most critical of all the steps because it is definitive therapy for ventricular fibrillation.

The sooner defibrillation is started, the more likely the victim will survive. The optimum time for defibrillation is 3 to 5 minutes after the onset of the cardiac arrest. The AED is a safe, effective, easily learned method of treating victims of cardiac arrest.

All new and refresher CPR and first aid training for our workers now includes AED training.

Area	Building Number
100N	1 103/MO-415
100N	1 120
100F	MO-780
100K	MO-755
100B/C	MO-474
ERDF	MO-607
300	MO-324
300	3746
Hanford Square 2	3070 GWW



Eight AEDs have been installed in WCH work areas

If an AED-trained person is not available, any individual may use the AED to save a life by following its voice prompt directions.

Introducing our Electrical Safety Committee

If you have an electrical safety topic you would like the committee to discuss please contact one of the members:

Steve Dieterle	SM&U Project Manager
Nolan Draper	Utilities Supervisor
Brad Purvis	D4
Mark Bradley	Electrician
Ted Leone	Engineer, NEC Inspector
Jake Laws	Engineer, NEC Inspector
Earl Prichard	D4 Superintendent
Joe Wojnarowicz	Electrician
Vince King	Engineer
David Edwards	S&H
Arnold Gutmanis	Project Support Supervisor
Bob Hobbs	S&H

We have been hearing a lot about electrical safety lately because May is National Electrical Safety Month. The WCH Electrical Safety Committee was formed in January of this year and has been meeting monthly since.

The committee provides review, recommendation and guidance in accordance with the WCH Electrical Safety Program to ensure the safety of personnel while in performance of work associated with electrical systems.

The committee serves as the interface with other site contractors for electrical-related matters.

