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THE ALTON RAILROAD COMPANY

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July 9th, 1937

Messrs. J. P. Morris,
C. H. Longman,
D. B. Moss,
C. L. Emerson,
T. P. Ball,
R. A. Mason,

Gentlemen:

At the meeting of the Committee on June 29th the following were present:

T. P. Ball,	Master Mechanic, N. Y. C.
L. H. Cote,	Asst. to Mechanical Supt., A.T. & S.P.
C. L. Emerson,	Master Mechanic, C.M. St. P. & P.
D. B. Moss,	Chief Medical Officer, C. B. & Q.
A. Chinn,	Chief Engineer, Alton.

At the meeting of the Committee on May 24th it was suggested that a review be made of all bulletins that have been issued to determine if any revisions were in order. This was done, and in the light of later information, certain changes were recommended in the first three bulletins, namely, those relating to prevention of asbestosis, silicosis and lead poisoning. Revised bulletins on these subjects were submitted, checked and accepted by the Committee as a whole. A copy of each of these revised bulletins is attached. The bulletin on prevention of Anthracosis-Silicosis, submitted with report of the committee's activities on May 24th, was found to be all right and was not revised.

As suggested at the May 24th meeting, a general bulletin giving recommendations for protection against occupational diseases was submitted. This bulletin was also checked and accepted by the Committee as a whole. A copy is attached.

It is suggested that copies of the revised recommendations covering rules and instructions for prevention of asbestosis, silicosis and lead poisoning; also, a copy of the general recommendations for protection against occupational diseases be sent to all railroads in Illinois. Attention should be called to the desirability

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of destroying all copies of the original bulletins containing instructions for the prevention of asbestosis, silicosis and lead poisoning.

The Committee having completed all of its work for the present adjourned subject to further instructions.

Yours truly,



Chairman, Railroad Engineering
& Shop Committee

CC: HBV
SES-
JWF

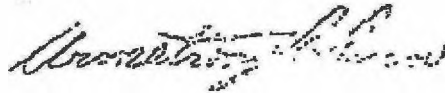
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Chairman, Railroad Engineering
& Shop Committee

CC: NEV
SPE-
JWF

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GENERAL RECOMMENDATIONS FOR PROTECTION AGAINST OCCUPATIONAL DISEASES:

In submitting the revised recommendations for prevention of occupational diseases such as lead poisoning, silicosis, and asbestosis, the Committee recognizes that the recommendations which are made are designed to comply with the requirements under the Health and Safety Act, and are to be considered a minimum. Some railroads may carry on more extensive operations, which expose employees to the risk of disease or injury by contact with harmful dusts, fumes or gases. Control of such hazards is imperative and consists in a survey of the shops to locate the exposure, estimate its seriousness, and consider the steps necessary for its correction. The first consideration, and the most important, is isolation of any excessively dusty processes, to protect employees in the vicinity engaged in other work and not aware of the risk to which they are exposed. This may necessitate a considerable re-arrangement and re-location of equipment. Installation of hoods and exhaust systems complies with the letter of the Health and Safety Act and presents the appearance of something being done, but it will require supervision to assure effective performance.

All dusts and all poisonous fumes may not be eradicated, but they can be controlled and reduced to a degree which is recognized by sanitarians and by experience to be non-hazardous, and the Committee recommends that at points where extensive operations are carried on, after available mechanical appliances for ventilation are installed, periodic examinations of the air should be carried on to determine the quantity and composition of the dust, and in the foundry, periodic chemical examinations of the air should be made for the presence of lead dust or fumes. It is only by such examinations that the presence of harmful substances in the air can be ascertained and the adequacy of the ventilation systems checked.

These recommendations relate to the engineering control. No less important is the medical control. Medical control consists of a careful pre-employment occupational history, extending over a period of five years at least, to exclude applicants who have a history of previous prolonged exposure in occupations subjecting them to the hazards of silica, asbestos, or lead dusts. Supplementing a satisfactory pre-employment history, a physical examination should be made paying particular attention to signs indicating disease of the heart or lungs. The environment is such, an employee may be required to work unless necessary this inquiry into the occupational history and physical condition to ascertain that there is no history of previous exposure which may cause impairment and no con-

GENERAL RECOMMENDATIONS FOR PROTECTION AGAINST LUNGE
AND H. DISEASES.

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GENERAL RECOMMENDATIONS FOR PROTECTION AGAINST OCCUPATIONAL DISEASES:

dition present which may be made worse by occupation. No less important is the periodic physical examination of employees engaged in occupations known to be health hazards, if a correct diagnosis is to be made and the proper balance struck between diseases which are unfavorably influenced by occupation and those diseases in which occupation has no bearing. The Committee recommends that employees engaged in work which is recognized as more than a normal hazard, such as exposure to silica, asbestos, or lead dusts, be examined semi-annually, or more frequently whenever there appear to be indications for doing so, with transfer of employees who are becoming impaired, to less hazardous work.

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GENERAL RECOMMENDATIONS FOR PROTECTING EMPLOYEES AGAINST TUBERCULOSIS:

It is generally known that tuberculosis is a disease of great importance in the public health and that employees exposed to tuberculosis should be protected. In a recent investigation it was found that the spread of tuberculosis is due to the fact that the person infected is usually a person who is in the process of being cured of the disease and who is still contagious. The Committee recommends that employees should be examined semi-annually, or more frequently should they appear to be indications for doing so, with transfer of employees who are becoming impaired, to less hazardous work.

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REVISED RECOMMENDATIONS COVERING RULES AND INSTRUCTIONS FOR
PREVENTION OF ASBESTOSIS. THESE RULES TO SUPERSEDE THOSE
ADOPTED BY THE SHOP AND ENGINEERING COMMITTEE ON JAN. 18, 1937.

1. Respirators should be furnished by the Company and they should be worn at all times by employees handling asbestos. Attention is called to some of the specific instances where respirators are required:

Loading or unloading shipments of asbestos.
Mixing asbestos.
Removing lagging from boilers.
Removing lagging from pipes.
Breaking up or grinding asbestos.

2. Before removing lagging from a boiler, either locomotive or stationary, asbestos must be sprayed with water sufficiently to lay the dust.
3. Removal of lagging from locomotive boilers should be done when there is the least number of men working in the vicinity, and all such men should be protected by wearing approved respirators.
4. Grinding asbestos causes excessive dust. Where such operations are performed and facilities are equipped with exhaust systems, employees should also be required to wear approved respirators. When exhaust systems are not provided, employees so engaged should be required to wear air masks or helmets with clean dry air furnished from an outside source.
5. Each employee required to wear a respirator should be furnished one for his individual use or one that has been sterilized if previously used by any other person.
6. To insure maximum protection from respirators, only those that have the approval of the U. S. Bureau of Mines should be furnished.
7. Foremen should make periodical checks to see that respirators fit properly, and to note that they are in good condition.
8. Foremen should be held responsible for seeing that respirators are worn in accordance with instructions.
9. It is suggested that the above recommendations be communicated directly to the foremen involved. Publicity on the above might suggest the making of claims.

REVISED RECOMMENDATIONS COVERING RULES AND INSTRUCTIONS FOR THE PREVENTION OF SILICOSIS. THESE RULES TO SUPERSEDE THOSE ADOPTED BY THE SHOP AND ENGINEERING COMMITTEE ON JANUARY 18, 1937.

1. Sand blast masks will be furnished by the Company and should be worn by employees continuously engaged in sandblasting for two (2) or more hours of each eight (8) hour day. Air furnished such masks must be clean, dry and from a source sufficiently removed from the point of dust generation to avoid any such dust mixing with it, and such operations should be confined to vicinities not exposing other employees, unless protected by approved respirators.
2. Respirators furnished by the Company should be worn by employees temporarily employed in sandblasting where the total time will not exceed two (2) hours in an eight (8) hour day.
3. In the past it has been thought by some that a mask was not necessary when scaling a boiler with standard nozzle fitted with water connection. This is not so. It should be understood that sand blast masks should also be used for this operation.
4. Respirators should be worn by men operating portable grinders.
5. Respirators should be worn while operating emery wheels if such work exceeds thirty (30) minutes out of eight (8) consecutive hours, unless the emery wheel is provided with a hood connected to an exhaust system or with water.
6. Respirators should be worn at all times when dressing emery wheels.
7. Each employee required to wear a respirator should be furnished one for his individual use, or one that has been sterilized if previously used by any other persons.
8. To insure maximum protection from respirators, only those that have the approval of the U. S. Bureau of Mines should be furnished.
9. Foremen should make periodical checks to see that sand blast masks and respirators fit properly and to note that they are in good condition.
10. Foremen should be held responsible for seeing that respirators and sand blast masks are worn in accordance with instructions.
11. It is suggested that the above recommendations be communicated directly to the foremen involved. Publicity on the above might suggest the making of claims.

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REVISED RECOMMENDATIONS COVERING RULES AND INSTRUCTIONS FOR PREVENTION OF LEAD POISONING. THESE RULES TO SUPERSEDE THOSE ADOPTED BY THE SHOP AND ENGINEERING COMMITTEE ON JANUARY 18, 1937.

"A" Babbit and Brass.

1. Respirators will be furnished by the company, to be worn at all times when engaged in melting or pouring of babbits or brass, unless other sufficient means of elimination of fumes and dusts are provided.
2. Suitable hoods and stacks will be provided over furnaces used for melting metals containing lead, to provide for removal of fumes and dusts.
3. Provide locations for such operations that will furnish maximum ventilation.
4. Prohibit clothing lockers or storage in workrooms where such operations are performed.
5. Maintain scrupulous cleanliness of workrooms and apparatus by avoiding accumulations of dust, and require frequent wetting down of facilities and floor, especially before sweeping and dusting.
6. Prohibit employes from bringing lunches into, or eating in workrooms.
7. It is recommended that where such operations are extensive, periodical tests of air be made to determine presence of lead dust.

"B" Paint Spraying.

1. Respirators will be furnished by the company, to be worn at all times when spraying paints.
2. Spraying of locomotives, cars, buildings, bridges, etc., to be done as far as practicable when other employes are not required to be in the immediate vicinity.
3. Prohibit clothing lockers or storage in workrooms, also prohibit employes from bringing lunches into, or eating in workrooms or in the immediate vicinity of such operations.

"C" Welding Operations Involving Lead.

1. Provide, insofar as practicable, locations for bronze welding operations segregated from other operations, and provide a maximum ventilation.
2. Provide hoods and stacks over benches, furnaces, and such facilities used in connection with such operations.

- "D" It is suggested that the above recommendations be communicated directly to the foremen involved. Publicity on the above might suggest the making of claims.