



Weekly Safety Tip

Common Atmospheric Hazards in the Workplace

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March 28, 2022

"For safety's sake—do something."

Common Atmospheric Hazards in the Workplace

If you work around confined spaces or perform work on construction and industrial sites, then you should be aware of common atmospheric hazards. These types of hazards can interfere with the body's ability to transport and utilize oxygen or can have a negative toxicological effect on the human body. Never enter a confined space where such atmospheric hazards can be present without proper training, ventilation, and proper atmospheric monitoring equipment. Although these hazards could be present in confined spaces, they could be in the open at some industrial sites.

COMMON ATMOSPHERIC HAZARDS CAN INCLUDE:

Hydrogen Sulfide (H2S) – A byproduct of decomposition and has a smell of rotten eggs. It is found in wastewater plants, sewers, oil and gas plants, etc. It is heavier than air and is found in low lying areas. It is an asphyxiant and takes very little quantities to cause serious issues and even death. If you smell it, you must evacuate immediately as it deadens the sense of smell and therefore is deadly as you will no longer be able to smell it. It is a leading cause of inhalation deaths in the US in workplaces.

Ammonia (NH3) - A common industrial chemical and is used for biological processes and is commonly found around decomposition of organic matter. Ammonia is common in the oil and gas industries as well as agriculture and is a common refrigerant. It is colorless and has an irritating smell with a pungent and suffocating odor. It is a corrosive and is also a clear liquid when compressed. It burns the eyes, respiratory tract, and mucous membranes when exposed. It is lighter than air and will rise quickly and dissipate easily except in confined areas.

Sulfur Dioxide (SO2) - Used in many industries. It's used to manufacture sulfuric acid, paper, and food preservatives. Sulfur dioxide is a colorless gas with a characteristic, irritating, pungent odor. Exposure to sulfur dioxide may cause irritation to the eyes, nose, and throat.

Nitrogen Gas (N) – Used to make fertilizers, nitric acid, nylon, dyes, and explosives just to name a few. The gas can be detected only with special instruments. A nitrogen-enriched environment will deplete oxygen. If the concentration of nitrogen is too high the body becomes oxygen deprived and asphyxiation occurs.

Carbon Monoxide (CO) - A clear, odorless, and tasteless gas that can kill you. It is created and found in fumes associated with burning fuel found in cars, trucks, buses, engines, and other modes of transportation. It is also found in home appliances like stoves, grills, lanterns, fireplaces, and even furnaces.

Oxygen Deficient Atmosphere - An asphyxiating atmosphere that contains less than 19.5 percent oxygen. The normal volume of oxygen in ambient air is 20.9%. Alarm levels for most gas monitors are 19.5% for oxygen deficiency and 23.5% for oxygen enrichment. Low levels of oxygen can be the result of open flame operations such as welding, cutting, or brazing.



Safety Scott says,
"Safety always is
ALWAYS!"

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What Stops People From Being Kinder?



SAFETY & HEALTH SHARE

Dave Varwig
April 04, 2022

What stops people from being kinder?

The Kindness Test is the world's largest survey on what it means to be kind. It's shed light on the barriers that stop us being kind – and also that empathy is universal.

3 Key Take-aways on the link between kindness and well-being

1. People who regularly receive lots of acts of kindness have higher levels of well-being.
2. People who carry out more kind acts or even just notice that other people are carrying out kind acts also have higher levels of well-being on average.
3. This fits in with lots of previous research showing that acting kindly makes us feel good.

By Claudia Hammond of BBC Radio

March 2022

I was out running the other day when I saw a man and a woman at the end of the street trying to lift a double mattress out of a van. They were clearly struggling. I was wearing trainers. I wasn't carrying anything. I wasn't in a rush. I could offer to help. But if I did might the woman think that I thought she couldn't manage it because she was female? By now they had got the mattress into a back garden and were starting to heave it up an outdoor staircase. The fence was too high for them to see me, so to help I'd have to go into their garden uninvited. Would I be intruding on their privacy? Might they mind?

By now it was all a bit too late and they were halfway up the stairs. I was probably overthinking it, but it seems I'm not alone in being cautious about offering to do something kind for a stranger.

Back in August 2021, we launched the **Kindness Test** on BBC Radio 4.

It was an online questionnaire created by a team at the University of Sussex led by the psychologist Robin Banerjee. **More than 60,000 people from 144 countries chose to take part, making it the largest psychological study on the topic of kindness.**

As well as scales measuring personality, well-being, and empathy, kindness was assessed by asking people how often they carry out a long list of kind acts.

The variation in responses was large, with some people very honestly admitting that they weren't kind very often, and others showing high levels of kindness.

When asked when they had last received an act of kindness, 16% of people told us they said it was within the last hour and a further 43% said it was within the last day.

It was clear that whatever one's age or wherever they live, **kindness was very common.**

But there are barriers which prevent us from being kinder still and we were keen to explore those in the Kindness Test.



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