

Is Green Safer?

Ongoing studies are being conducted to ensure that the products, chemicals, and materials that are being defined as 'green' are not only environmentally practical but also sustainably safe. Summary: the matter is basic cause and effect whereby removing or altering a certain chemical or product to reduce its environmental effect may in fact result in an increased risk of exposure(s) to another chemical that is more toxic than the initial one. Organizations such as the National Institute for Occupational Safety and Health (NIOSH) who make recommendations to OSHA are being very diligent in their research to ensure that workers are not adversely affected by the green movement. My advice: Be diligent in your quest for a good working knowledge of the products that you are using; Be smart about using your PPE; Use common sense – always. If you don't know – ask; and **Stay Alert – Don't Get Hurt!** ❖Mike Wilkinson



TEST YOUR GREEN KNOWLEDGE

- What year did the first "Crying Indian" commercial air?
- Who was the character that sang, "In the city or in the woods, help keep America lookin' good!"?
- Insulating your attic reduces your energy loss by how much?
- If all of the unwanted junk mail in the United States was recycled, how many trees would be saved?



One of our most recent LEED projects: 12th & Washington, Portland OR

The Green Issue

This month, with the advent of Earth Day, The Brush Up celebrates Long Painting Company's status as a member of the United States Green Building Council by going green! For more information on green building, visit www.usgbc.org.



UPCOMING TRAINING

Don't miss

Module 7: Project Documentation

April 7 & 8

Green Building Update

As you may know, the Northwest is virtually the epicenter of green building in the United States. Long Painting Company has joined in leading the industry with more than our share of LEED projects. We have our very own LEED Accredited Professional on staff, and have built a reputation as knowledgeable, skilled experts in sustainable building as it pertains to painting.

What does this all mean to our company? First, the more knowledge we have about the regulations and requirements of sustainable building, the better prepared we are to position ourselves to take advantage of the "Green Building Boom". More and more we are seeing legislation being passed that establishes mandatory energy efficiency criteria for new government buildings. A recent article I read in Portland mentioned a requirement that all new city buildings must achieve a LEED rating of *Gold*. As this trend continues, it is easy to assume that those companies with the desired experience will be in increasing demand.

Second, the restrictions placed on the types of products we can use on a LEED project demand that we know and follow the "rules of the road". If we do not, we could find ourselves at considerable risk.

The trend is here to stay, so I would encourage all of us, at the very least, to become familiar with the Green Seal 11 standard which can be found at www.greenseal.org.

*Go to our web site at www.longpainting.com to view several of the LEED projects we have completed to date.

❖Lynn Jackson

Safety Committee Meeting Summary

Here is a summary of the safety committee meeting's that were held recently in Kent, Eugene, and Portland. If you would like more information feel free to contact me. ❖Mike Wilkinson

- ▶ Ladders – another contractor's employee working on a project was observed using a ladder in an unsafe manner. Long Painting employee approached the person, expressed their concern about their use of the ladder and the contractor employee modified their usage and thanked the Long employee.
- ▶ Reporting injuries – everyone was reminded of the importance of reporting injuries of all types and severities to their supervisor immediately.
- ▶ Electrical cords – reminder to everyone regarding Long Painting Company's *Assured Equipment Grounding Conductor Program* (found in the Accident and Injury Prevention Program) and to be familiar with the inspection process and use of ground-fault circuit interrupter (GFCI) equipment only. April begins Q2 which is color code "Green-Green." If you have any questions contact your warehouse personnel.
- ▶ PPE usage – all are reminded to ensure that PPE is being used in accordance with the site-specific safety and health plan with particular attention to the use of hard hats, safety glasses and gloves.
- ▶ Stretch / Flex – during a recent project visit Mike W observed several contractors employees' using stretch/flex techniques in the morning before commencing work. Everyone is reminded to perform stretch/flex prior to work.

safety@home

Stay safe AND save some green! How, you ask? Clean green! Decreasing household chemicals is better for your indoor air quality, is safer for your pets, and almost as important, it is much easier on the wallet. You can clean most anything with common ingredients found already in the home. Following are some recipes for basic cleaning needs, but check out the resources listed at right for more extensive recipes, from oven cleaner to floor wax.

Scouring Powder

Baking soda

Liquid castile soap

Use baking soda in place of your commercially available scouring powder. Wet the area you wish to clean, then sprinkle baking soda on and rub with a wet rag. Add a little soap to your rag for more cleaning power. Rinse.

Mold and Mildew Spray

2 tsp tea tree oil

2 c water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse.

All Purpose Cleaner

½ tsp washing soda or Borax

Dab liquid castile soap

2 c hot tap water

Combine in a spray bottle and shake until soda is dissolved. Apply to surface, wipe clean with a sponge or a rag.

Window Cleaner

¼-½ tsp liquid castile soap

3 Tbsp vinegar

2 c water

Combine in a spray bottle, shake, and use as you would a commercially available brand. The soap in this recipe will cut through any wax residue left from the store bought products you've used in the past.

Drain Cleaner

½ c baking soda

½ c vinegar

Boiling water

Pour baking soda down the drain, then vinegar. Let it fizz for a few minutes, then follow up with a teakettle full of boiling water. Repeat if needed.

Why Build Green?

The construction, maintenance and demolition of buildings consume a tremendous amount of energy and resources. In the United States, buildings account for:

- 65% of electricity consumption
- 30% of raw materials use
- 30% of greenhouse gas emissions

Building green is important to the protection of ecosystems, to maintain safe air and water quality, and to conserve renewable and nonrenewable natural resources.

In addition to these environmental benefits, purchasing a green building has many economic advantages. Energy and water efficient buildings have lower operating costs. Green buildings typically have a higher appraisal value and owners may qualify for Energy Efficient Mortgages.



For More Information:

www.eartheasy.com

greenlivingideas.com

Planetgreen.discovery.com

www.care2.com

Green Up Your Clean Up (The Green House), by Jill Schoff
Green Clean: The Environmentally Sound Guide to Cleaning Your Home, by Linda Mason Hunter and Mikki Halpin

Did You Know?

Cosmetics, including shampoo, lotions, and most health and beauty products, are the least regulated products on the market in the US today. The FDA does not review—nor does it have the authority to regulate—cosmetics before they are marketed. There is no required testing for health effects and labeling requirements are inadequate, at best. So how can you keep yourself safe? BE INFORMED! The Environmental Working Group suggests these tips: Use fewer, simpler products. Don't trust claims like "natural", "dermatologist tested", or "organic". Read the labels instead. Take label warnings seriously—they indicate harmful chemicals. Visit www.ewg.org for more information. At www.cosmeticsdatabase.com, you can search for your favorite health and beauty products in their database and get a complete report of the hazard levels you're exposing yourself to.

- Over **72,000** synthetic chemicals have been produced since WWII
- Toxic chemicals in household cleaners are **3** times more likely to cause cancer than outside air.
- Over **3,000,000** poisonings are reported each year, and household cleaners are the **NUMBER ONE** cause of poisoning in children
- The US EPA has determined indoor air pollution levels can be up to **100** times above outdoor air pollution levels.
- In the average American home, there are **63** synthetic chemical products, translating to roughly 10 gallons of harmful chemicals.
- There are **17,000** petrochemicals available for home use, only 30 percent of which have been tested for exposure to human health and the environment.

the DIRTY DOZEN

Which produce contains the most pesticides? Which are the safest? Here's a handy list, or visit www.foodnews.org to download an app for your iPhone!

THE DIRTY DOZEN

- Peaches
- Apples
- Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Kale
- Lettuce
- Carrots

THE CLEAN FIFTEEN

- Onion
- Avocado
- Sweet Corn
- Pineapples
- Mango
- Asparagus
- Sweet Peas
- Kiwi
- Cabbage
- Broccoli
- Papaya
- Eggplant
- Watermelon
- Tomato
- Sweet Potato



Photos courtesy Stephanie Marks

QUIZ ANSWERS: A. Earth Day, 1971 B. Woody Owl C. 20% D. 100,000,000