

## Calendar

Wednesday, Jan. 14  
3:30 p.m.  
DIRECTOR'S COFFEE  
BREAK - 2nd Flr X-Over  
4 p.m.  
[Fermilab Colloquium](#) -  
Auditorium (note location)  
Speaker: Gordon Kane,  
University of Michigan  
Title: LHC – a “Why” Facility

Thursday, Jan. 15  
THERE WILL BE NO  
PHYSICS AND DETECTOR  
SEMINAR THIS WEEK  
THERE WILL BE NO  
THEORETICAL PHYSICS  
SEMINAR THIS WEEK  
3:30 p.m.  
DIRECTOR'S COFFEE  
BREAK - 2nd Flr X-Over  
4 p.m.  
[Accelerator Physics and  
Technology Seminar](#) - One  
West  
Speaker: James Volk, Fermilab  
Title: Ground Motion Studies at  
Fermilab

[Click here](#) for NALCAL,  
a weekly calendar with  
links to additional  
information.

## Weather



Snow  
12°-13°

[Extended Forecast](#)  
[Weather at Fermilab](#)

Current Security  
Status

[Secon Level 3](#)

Wilson Hall Cafe

## Feature

### Slippery outside? Walk like you're 90.



[Check out this YouTube video about how to walk safely in winter weather](#)

A little more than three months into FY09 an unusually snowy winter has tripped up Fermilab's safety record. We've already reached the four restricted-work DART injury cases allowed for the year.

Slippery surfaces have led to falls in the parking lots and during work activities, including two injuries that required medical treatment. Most of the injuries could have been avoided through prevention efforts and the rescheduling of tasks.

With more snow expected this week, employees need to rethink how they walk outside and how they manage tasks.

"Supervisors need to consider weather conditions when assigning jobs, putting off nonessential outdoor tasks until weather improves," said ES&H Head Nancy Grossman. "As always, employees also need to consider their safety when performing work-related duties and take necessary precautions -- this includes walking to and from their vehicles."



You can find shoe cleats such as these at outdoor or sporting stores.

For essential tasks, supervisors should consider providing walking poles and devices that add traction. Local sporting goods stores stock such equipment. You may view samples of these items in the Office of Communication on the first floor.

## From the ES&H Section

### Cheers to a safe and bright 2009

*Nancy Grossman, who became the head of the Environment, Safety & Health section on Dec. 1, wrote this week's column.*

I'll never forget when in 1984 the high-energy physics group at the University of Minnesota flew me to Fermilab to recruit me to work on a Fermilab experiment. I thought Fermilab was an amazing place, with the huge detectors, the humming Linac, the buffalo and the prairie.



Nancy Grossman

Today, whenever I lead a tour, visit a school or attend an operations meeting, I'm reminded of how lucky we are to work here. There is a sense of camaraderie and pride here that I don't think you find many other places, especially during hard times like last year. Where else do people set records—both in luminosity and safety—in one of the toughest years?

My first permanent job at Fermilab was as a radiation physicist in the ES&H section. Since then, I've helped with the project management of a series of projects: NuMI, MINERvA, SNuMI and, most recently, NOvA. But my initial years in the ES&H section shaped how I approach people and issues. I saw the importance of incorporating safety and quality assurance into designs and work plans from the start.

NuMI was a great ES&H training ground for the entire lab. It presented many issues that stretched our previous experience, such as building a tunnel deep underground and minimizing the low levels of tritium that exist in some ponds on site. Subsequent projects have taught me to make sure that the people working for me understand the important role they play. I have come to view my job as making the jobs of the people who do the real work safer and easier.

I think we can use project management tools to help make Fermilab's ES&H program more efficient. ES&H will soon get its own document

Wednesday, Jan. 14

- Smart cuisine: Cajun style lentil soup
- Cajun chicken ranch
- Smart cuisine: tilapa w/ jalapeno lime sauce
- Chicken parmesan
- Smoked turkey panini pesto mayo
- Assorted sliced pizza
- Chicken Alfredo fettucine

[Wilson Hall Cafe Menu](#)

[Chez Leon](#)

Wednesday, Jan. 14

Lunch

- Stuffed cabbages
- Mashed potatoes
- Apple strudel

Thursday, Jan. 15

Dinner

- Chipotle shrimp w/ corn cakes
- Stuffed flank steak
- Lemon risotto
- Chocolate mousse pie

[Chez Leon menu](#)

Call x3524 to make your reservation.

[Archives](#)

[Fermilab Today](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

[ILC NewsLine](#)

[Info](#)

[Fermilab Today](#)

is online at:

[www.fnal.gov/today/](http://www.fnal.gov/today/)

Send comments and suggestions to:

[today@fnal.gov](mailto:today@fnal.gov)

A few simple changes in how you walk can reduce your chances of slips and falls.

- Wear the proper foot gear. Hard plastic or leather soles slip easily.
- Walk like a 90-year-old, taking small, slow steps, keeping your feet flat and your knees slightly bent. This lowers your center of gravity.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails.
- Avoid carrying loads during poor weather.
- Look where you are walking.
- Test potentially slick areas by slightly touching them with one foot first.
- When exiting vehicles or equipment hold onto the frame and step, don't jump onto the pavement.
- Avoid stairs and inclines when possible.

If you do start to fall, follow these steps to lessen your injury.

- Fall to the side and lean slightly forward. Falling backward increases the risk of head injury.
- Try to absorb the fall with sequential contact on your thigh, hip and shoulder rather than your arms to decrease the risk of broken bones.
- Relax your muscles.
- Roll with the fall.
- Drop your packages and protect yourself.
- Get up by starting on your hands and knees.

-- Tona Kunz

## New CERN director-general speaks to staff

From *symmetrybreaking*, Jan. 12, 2009

New CERN director-general Rolf-Dieter Heuer gave his first presentation to the CERN community this morning in Geneva, Switzerland. Heuer's talk, well received by a standing-room-only crowd, outlined his vision for the particle physics laboratory's next



Try using poles to increase stability.

database, which will allow for easy document access and updating. I plan to improve the existing ES&H information for project managers and users and the access to it. Many of the proposed future projects--DUSEL, Mu2e and Project X--need a significant ES&H effort, thus it is important to become even more efficient and effective than we are now. Like most division and section heads, I hope we will get a good budget and hire a few people to help support this bright future.

To avoid injuries, we need to take the time to think about what we are doing before we do it, especially during the winter. We have had a tough winter so far, and the accident levels show that. It is important to me, to you and to our families that we all go home without injuries at the end of a day. Let's work together and try to achieve this goal.

## Safety Update

### ES&H weekly report, Jan. 13

This week's safety report, compiled by the Fermilab ES&H section, includes four injuries, two of which were reportable. Three of the four injuries were caused by employees falling after slipping on icy pavement. We have now worked five days since the last recordable injury. Find the full report [here](#).

[Safety report archive](#)

## Announcements

[Have a safe day!](#)

[Science Chicago hosts Mythbusters](#)

[Register now for Fermilab Open House Jan. 17](#)

[Fermilab Barnstormers meeting Jan. 14](#)

[Weekly time sheets are due on Friday](#)

[Argentine Tango Classes begin Jan. 14](#)

[International Folk Dancing, Jan. 15 in Ramsey Auditorium](#)

[Outlook 2007 New Features classes scheduled Jan. 15 and Feb. 3](#)

[Barn Dance Jan. 18](#)



five years. A summary is below, or the full one-hour presentation can be viewed, along with powerpoint slides, online.

LHC repair, restart

No new schedule for the LHC restart has been issued; the current plan still shows the LHC being cold and ready for beams again by mid-July. Things may change by mid-February, however. Heuer hopes that a final schedule addressing the time to complete repairs, and the duration, energy, and luminosity for collisions in 2009, will be issued after a meeting in Chamonix, France, scheduled for the first week in February. The LHC repair cost, including the resupply of spare magnets, was estimated at 30-40 million Swiss Francs. Two additional external assessment groups are being set up in the wake of the incident last September: one to examine the LHC's quench protection system and another to investigate risk analysis. Another task force will re-examine the safety of personnel in the underground areas associated with the LHC.

[Read more](#)

New CERN  
Director-General  
Rolf-Dieter Heuer.  
*Photo: Maximilien  
Brice, CERN*

[Intermediate / Advanced Python Programming - Jan. 27 - 29](#)

[Conflict Management & Negotiation Skills class Feb.3](#)

[PowerPoint 2007: New Features class Feb. 3](#)

[Facilitating Meetings That Work class offered Feb. 4](#)

[Word 2007: New Features class Feb. 4](#)

[Excel 2007: New Features class Feb. 4](#)

[Interpersonal Communication Skills class Feb. 5](#)

[Submit an announcement](#)

[Additional Activities](#)