

news & notes

WHO'S AT RISK?

Although anyone can suffer from heat-related illnesses on extremely hot days, some people are at greater risk than others. For example:

- ⊗ **People who overexert while working or exercising** can become dehydrated and susceptible to heat-related illness. If you fall in this category, drink plenty of fluids.
- ⊗ **People who wear heavy protective clothing or equipment** while working can also be adversely affected by hot conditions. If you do, drink plenty of fluids and take regular breaks to cool off.
- ⊗ **People who are overweight** may be prone to heat sickness because of their tendency to retain more body heat. If you are overweight, take it slow and easy on very hot days and try not to overexert.
- ⊗ **People who are physically ill**, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat. If you are ill or on medication, follow doctor's orders and be very careful when the temperatures rise.
- ⊗ **People who are overtired may be more susceptible to heat-related illness.** Hot weather often makes sleeping difficult, and many people become fatigued during a heat wave. If you're tired, use an air conditioner or a fan to cool your bedroom so that you can get a good night's sleep. You can also take a cold shower before bedtime and let the moisture evaporate from your body to help cool you down.

MOC Safety and Environmental Management

Safety Works

Marine Operations Center

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Solving Solvents

Take precautions with these substances



Some solvents you use at work and at home can be hazardous. Many solvents can catch fire if exposed to ignition sources such as heat or flames. Some solvents are hazardous to your health as well. Inhaling vapors could cause nausea, dizziness, blurred vision, or respiratory problems. Skin contact could cause rashes, skin burns, or dermatitis. Eye contact could cause burning, irritation, and even permanent eye damage. And prolonged unprotected contact with strong solvents could cause chronic illness and damage to internal organs.

Identify solvent hazards and take these precautions:

Wear assigned PPE, such as:

- ➔ Gloves, protective clothing, and face shields to avoid skin contact
- ➔ Safety goggles to avoid eye contact
- ➔ If a respirator is required, the MSDS will tell you which type to use

Keep solvents away from heat, flames, and other ignition sources to prevent fires and explosions.

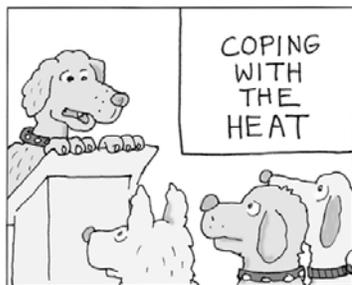
Keep your work area well ventilated to minimize the risk of inhaling vapors.

Prevent and control hazardous spills by:

- ➔ Keeping solvent containers tightly closed when not in use
- ➔ Taking only the amount of solvent you need from a storage container
- ➔ Inspecting containers for leaks, corrosion, and other damage, and reporting any problems immediately to your supervisor
- ➔ Cleaning up small spills promptly and disposing of wastes properly
- ➔ Reporting immediately any spills you are not equipped to handle

Take these additional health precautions:

- ➔ Don't eat, drink, or leave food, beverages, utensils, etc., in areas with solvents.
- ➔ Don't use solvents to clean your skin.
- ➔ Wash thoroughly with soap and water after using solvents.
- ➔ Don't wear contact lenses when using solvents because they can trap vapors and cause eye damage.
- ➔ Dispose of contaminated work clothes and equipment properly at work. Never take contaminated items home with you.



"So remember: Pant with your tongue out, hang your head out the car window, and drink from the toilet every hour."



Machine Safety Quiz

Test your knowledge of machine hazards

Working with heavy machinery can present heavy hazards. That's why you need to know what you're doing and take proper precautions. Here's a short quiz designed to test your knowledge of some of the hazards.

- 1. OSHA requires certain machines to have guards and:**
 - a. Replacement parts that can be attached without lockout/tagout
 - b. Operation manuals
 - c. Controls that can be reached from a safe position
- 2. Experienced operators can unjam machines without turning them off.**
 - a. True b. False
- 3. If you operate a machine, you may need to wear PPE such as:**
 - a. Gloves and a respirator
 - b. Eye and hearing protection
 - c. Neither a or b
- 4. A guarded machine is safe to operate while you're taking cold medication.**
 - a. True b. False
- 5. Keeping the area around a machine clean and free of debris prevents:**
 - a. Buildup of static electricity
 - b. Fires
 - c. Frequent maintenance

Answers:

- (1) c (2) b. Never reach into an operating machine. Turn it off and lock it out.
(3) b (4) b. Some cold medications slow your reactions and impair your judgment. Check with your pharmacist about side effects and alert your supervisor. (5) b

news & notes

DON'T LEARN SAFETY BY ACCIDENT

Some people wait until they have a near miss or an accident to take safety precautions. But does that really make sense? Don't wait to get hurt before you get the message and start taking your own safety as seriously as it deserves to be taken!

STRESS GOT YOU DOWN?

Since it's hard to avoid stress altogether, you need to manage it well. Here's how:

- 1. Set priorities.** Nobody can do it all—and certainly not all at once. Take a hard look at all the things you have to do at work and at home. Put tasks in order of importance and tackle one at a time.
- 2. Participate.** Get more involved in your job. Learn something new or find a better way. Active, focused participation in your work boosts confidence and helps eliminate stress.
- 3. Cooperate.** Work with others to lighten everybody's load. Choose cooperation over confrontation, which just increases stress and creates additional problems.
- 4. Know your limits.** If a problem is beyond your control, don't fight it. Learn to accept what is—for now—until such time as you can change it.
- 5. Create a quiet scene.** Take a moment to block out problems and stress by sitting in a quiet place and focusing on a pleasant thought or scene—a lazy beach, a mountain stream, an enjoyable experience. It may sound silly, but it *really* works!

STF Prevention

How to avoid slips, trips, and falls

Follow these do's and don'ts to help you avoid slips, trips, and falls.

DO:

- ✓ Watch where you're going.
- ✓ Look out for any obstacles in your path.
- ✓ Wear sturdy work shoes with nonskid soles.
- ✓ Keep aisles, stairs, and walkways clear of tools, materials, cords, etc.
- ✓ Pick up anything you see that could cause someone to trip and fall.
- ✓ Clean up spills and leaks right away.
- ✓ Hold on to the handrail going up and especially down the stairs.
- ✓ Walk slowly, sliding your feet on wet or slippery surfaces.
- ✓ Report slip, trip, and fall hazards like broken flooring and frayed carpets.
- ✓ If you can't prevent a fall, reduce the chance of serious injury by rolling with the fall and bending your elbows and knees to absorb the shock of the fall.

DON'T:

- ✗ Run.
- ✗ Carry loads you can't see over.
- ✗ Leave drawers open for someone to trip over.
- ✗ Jump on or off platforms and loading docks.
- ✗ Wear baggy or loose pants you could trip over.



Keep It Under Your Hat

Protect your head on the job

According to legend, Sir Isaac Newton discovered gravity when he was hit on the head with an apple while sitting under a tree. Unfortunately, on the job, very few people get hit on the head with harmless apples.

However, a great many are struck by tools, materials, and other falling items. Objects falling from above and striking people below cause serious workplace injuries and account for a number of fatalities every year. Statistics show that in one recent year American workers suffered over 90,000 head injuries that required losing time from work. Of those accident victims, only 16 percent were wearing hard hats.

Think a minute with those brains that need protection: If an 8-pound iron object was accidentally dropped from 5 feet above you, could your head withstand the 850-pound impact? Could your head stop a screwdriver that fell 10 feet from penetrating your skull?

Maybe your head isn't as hard as your family tells you it is. Maybe it wouldn't be such a bad idea to keep it safely sheltered under a hard hat designed to protect you from dangerous falling objects and other workplace head hazards.

Don't be hard headed when it comes to your safety. Wear proper head protection.

news & notes

SURVEY SHOWS AMERICAN WORKERS HAVE POOR HEALTH HABITS

American employees aren't taking good care of their health, according to a survey of workers conducted by ComPsych, a company that provides employee assistance and wellness programs. The survey shows that only 17 percent of workers interviewed call their health habits "good."

More than 43 percent said they do not currently engage in a physical activity, and a full half of respondents called themselves somewhat overweight. When asked about their eating patterns, 58 percent said their habits are sporadic and vary from very healthy to unhealthy.

How about you? Time for a change? If so, why not use what's left of summer to get some exercise and to enjoy the fresh and healthy fruits and vegetables so readily available now.

SMART WORK CLOTHES?

Researchers in Finland are hard at work on a project to develop "smart" work clothes. The idea is to integrate computer chips into conventional garments to make the clothing more protective on the job.

One example is "phase-change" materials that move normally with the body, but when impacted, protect the wearer by instantly hardening and then returning to their normal state after the danger has passed.

Researchers say that development of high-performance protective work clothes could take a long time. One challenge is how to wash clothing with electronic components.

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Have a Safe Day!

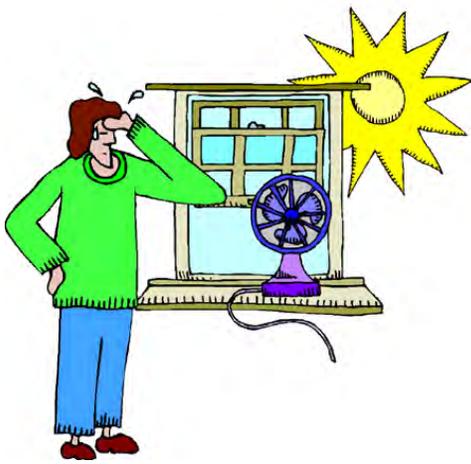
Safety is a full-time job

Imagine what could happen if you didn't make safety a full-time job. For example, what if you only:

- Knew half of the hazards of your job?
- Followed some safety rules and procedures?
- Used required PPE once in a while?
- Paid attention to your work 3 days a week?
- Followed the warnings on every other sign?
- Reported hazards you couldn't correct on 4 days of the week?
- Participated in safety training when you felt like it?
- Read labels and MSDSs for every third hazardous substance you used?

If you did any of these things, you might be reading this article from a hospital bed. Or maybe you wouldn't be reading it at all, because you lost your eyesight in a job-related accident when you failed to wear necessary eye protection.

Safety has to be a full-time part of your job in order to protect you from workplace hazards. The company's safety rules and procedures are designed to protect you from the specific hazards you may face on the job. Please follow these rules and procedures *every day*, not just some of the time.



Overexposure to Heat

Summertime, and the livin' is ... HOT!

Some August days can be warm, dry, and delightful. Others can be oppressively hot, steamy, uncomfortable, and downright dangerous to your health.

Different people react differently to hot weather and sometimes even the best precautions don't prevent problems from developing. It's important to recognize the signs of overexposure to heat—both in yourself and your co-workers—and to take action before a problem becomes a crisis.

- ⚙ If you (or a co-worker) feel weak or tired, take a break.
- ⚙ If you get heat cramps, rest and place wet towels on the cramped muscles, but do not massage them. Slowly drink water or an electrolyte solution.
- ⚙ If you experience dizziness, weakness, sweating, headache, or have a pale or flushed appearance, it may indicate heat exhaustion. Get to a cool place immediately. Drink water or an electrolyte solution slowly. Elevate your legs and apply a cool compress to your forehead.
- ⚙ If you have symptoms like hot, dry skin, confusion, or nausea, call for emergency medical assistance immediately. These symptoms could indicate heat-stroke, which is life threatening. Similarly, if anyone loses consciousness, cool the victim immediately and call for medical help.

To prevent these heat-related problems, take breaks and drink plenty of fluids.

news & notes

THE KEY INGREDIENT

What is the key ingredient in the safety equation? **YOU!**

You have the power to protect your own and your co-workers' safety by:

- ➔ Identifying potential hazards and taking proper precautions before you start a job
- ➔ Paying attention to your work
- ➔ Having the information to work safely

SAFER MOUSING TIP

If you are a right-handed computer user with hand or wrist pain from mouse-clicking, move your mouse to the left of the keyboard, suggests ergonomics consultant Sharon Taylor of ErgoSum Consulting.

Taylor says reaching beyond the number keys on the right side of the keyboard moves the elbow away from the body and forces the neck and shoulder muscles to be continuously active.

STEP UP TO LADDER SAFETY

Straight ladders, extension ladders, and special-purpose ladders are less stable than stepladders. Falls from these ladders can cause serious—even fatal—injuries.

So be extra careful when working on a high ladder or using a ladder in an awkward or hard-to-reach spot. Follow these rules:

- ➔ Move slowly.
- ➔ Act cautiously.
- ➔ Never take chances.

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Seeing Is Believing

Keep your eyes on eye safety

Here are the facts:

- ⌘ An estimated 2,000 eye injuries occur in the workplace every day.
- ⌘ Between 10 percent and 20 percent of those injuries are disabling.
- ⌘ Most injuries should never happen.

Take eye safety seriously by knowing the causes of eye injuries and how to protect your eyes.

Hazards include:

- Ⓢ **Impact** from flying chips, particles, sand, and dirt
- Ⓢ **Burns** from sparks, molten metal, or chemical splashes
- Ⓢ **Heat** from operations that require extremely high temperatures
- Ⓢ **Irritation** from chemical vapors or dust
- Ⓢ **Light radiation** from welding and similar operations

Protect your eyes by:

1. Assuming that eye hazards are present
2. Checking for damage and replacing eye protection if there is any defect
3. Putting on protective eyewear before entering a hazardous area
4. Using eyewear with side protection for jobs with the chance of injury from side impact, splashes, or sparks