## news & notes

**WATCH OUT FOR HAZARDOUS HARRY**
Every workplace has a Hazardous Harry. Harry says things like:

☹ "It won't happen to me."
☹ "Accidents? What can you do? It's just the luck of the draw."
☹ "Real men (women) don't need PPE. That stuff is for wimps."
☹ "Safety rules? I make my own rules."
☹ "Let me show you a shortcut."
☹ "That machine guard is just slowing us down. Let's take it off."

Harry (or Harriet) is an accident waiting to happen. Or more likely he's already caused numerous accidents and been responsible for getting more than one co-worker injured.

Harry is bad news. You want to watch out around him. But if you really want to help him—and make your work area safer—you'll get together with your other safety-minded co-workers and have a little talk with Harry.

Tell him you're worried about his safety— and your own. Convince him it's time to start taking safety seriously. If that doesn't work, maybe you'll need to involve your supervisor. No one has the right to carelessly endanger his or her co-workers.

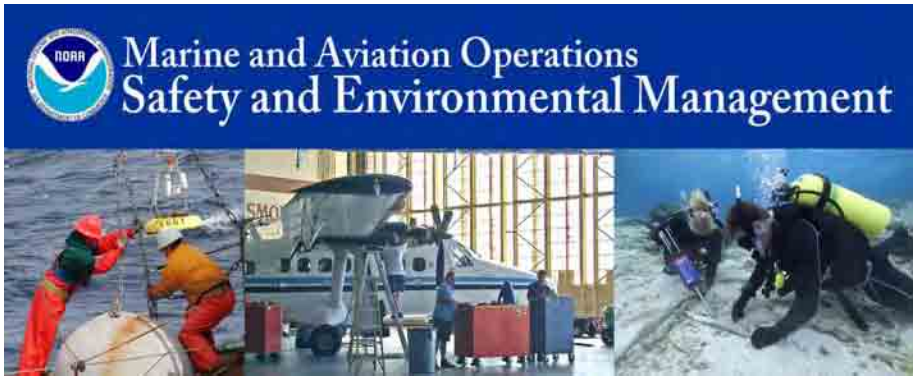
**ELIMINATE HAZARDS**
Use this hazard-elimination strategy to help create a safer work environment:

1. Conduct regular safety inspections to identify hazards.
2. Make sure you know *all* the hazards of your job and in your work area.
3. Report any hazards you see to your supervisor right away.

**YOUR OSHA RESPONSIBILITIES**
Although an OSHA inspector won't slap you personally with a violation if you don't comply with OSHA rules, your company could get in trouble. More important, you could have an accident and get hurt or cause a co-worker to get hurt.

That's why OSHA has come up with a list of employee safety responsibilities:

1. Read the OSHA poster at the jobsite.
2. Comply with all applicable OSHA standards.
3. Follow all company safety and health rules.
4. Use required personal protective equipment (PPE) while working.
5. Report hazardous conditions to your supervisor.
6. Report job-related injury or illness to the company and seek treatment promptly.




**NMAO Monthly Safety Newsletter** **February 2007**

# Team + Work = Safety

## Are you a safety team player?

Whether in the sports arena or in the workplace, the most effective results come from people who realize that their goal is best achieved by teamwork. Injury-preventing teamwork on the job consists of a combination of thoughtfulness and responsibility—for co-workers' safety as well as your own. For example:

☞ Lending a hand when asked, or offering help when noticing a need
☞ Cleaning up a mess or spill that you cause—but even doing it for someone else's mess in order to keep anyone from getting hurt
☞ Leaving your work area and equipment in safe condition for the next shift
☞ Turning in a defective tool for repair
☞ Reminding a co-worker of safe behavior (such as putting on safety glasses)
☞ Reporting a potentially hazardous condition to your supervisor

Here's what company managers have said about the importance of teamwork:

➢ "It takes everyone working together cooperatively for everyone to be truly safe."
➢ "Teamwork means taking the time to show someone else the safe way to do a job and asking for help if you are not sure what to do."
➢ "Cooperation of this sort is necessary because we're all in this together—in life itself—and life, like work, is not only safer and more productive but even more fun when we cooperate."

But it's not just the brass who feel strongly about teamwork and safety. Here's what employees at a company with a zero-accident goal had to say:

✰ "The secret is personal commitment and communication, and looking out for one another, too." (office worker)
✰ "Anybody who does something unsafe in the shop gets jumped on by the rest of us—but never maliciously or to downgrade the person. We police one another because we care about one another." (welder)
✰ "I've learned that safety is a two-way street: The worker has to be involved, but the go-ahead from the top is essential." (mechanic)

What do you have to say about safety on the job? Are you a safety team player?

## news & notes

**THREE REASONS FOR EYE INJURIES**
The Department of Labor says that the three most common reasons for workplace eye injuries are:

1. Not being aware of potential eye hazards
2. Not using eye protection
3. Using the wrong type of eye protection for the hazard

You can avoid most eye injuries simply by:

1. Watching out for eye hazards
2. Taking the right precautions while you work
3. Always wearing the right kind of eye protection

**NEAR MISS OPPORTUNITIES**
When something goes wrong on the job and almost results in an accident, you have a golden opportunity to improve workplace safety. Never walk away from a near miss.

Find out what happened. Report the problem. Work with your supervisor and co-workers to make sure the problem is fixed so that the next time it doesn't cause a real accident where somebody gets hurt.

**CLEAN HANDS, HEALTHY BODY**
One of the best ways to avoid colds and flu this winter season is to keep your hands clean. Medical studies show that cleaning your hands with an alcohol-based handrub is the best way to kill bacteria and prevent the spread of infection.

You can use them anywhere; you don't need to go to a sink to wash. They are also less damaging to your skin than soap and water. To use, apply to the palm of one hand and rub hands together, covering all surfaces until dry.

**HOW'S YOUR SAFETY ATTITUDE?**
Do you have a "want-to" or a "have-to" safety attitude?

That depends on whether you do the safe thing because you have to or because you *want* to. Why would you want to? Because you want to avoid injuries so that you can go home to your family in one piece at the end of the workday.

People with "want-to" safety attitudes are more safety conscious, more alert to hazards, more likely to follow rules and regulations—and more likely to avoid accidents and injuries. If you have any co-workers with a "have-to" safety attitude, help them see the value in always doing the safe thing, not just because there's a rule, but because it's the smart thing to do.

# Don't Turn a Blind Eye

## Why eye safety is so important

Because **February** is **Workplace Eye Safety Month**, let's conduct a little experiment. You can do it right at your workstation.

Close your eyes and keep them closed for the next 5 minutes while you do your job. Impossible? You betcha!

That's why eye safety is such an important issue. And not just eye safety on the job, but eye safety at home and in recreational pursuits, too. Because it doesn't matter how or where you lose your sight. It only matters that you can't see, can't drive, and probably can't continue to do your job. And that matters a whole lot.

The key to eye safety is wearing appropriate protection whenever eye hazards might be present. Here's a true story that makes the point:

*A guy was repairing a pipe that normally carried pressurized sulfuric acid. He assumed that the pipe was depressurized and the flow of acid had been shut off according to standard procedure. But as it happened, somebody messed up and failed to properly shut down the pipe. Fortunately, when the highly corrosive acid spewed out all over him, he was protected by goggles and a protective suit. Although he received minor burns to his face, this lucky guy walked away with his eyesight intact, thanks to his safety goggles.*

# Anger Management

## Too much anger can make you sick

There are lots of good reasons for not losing your temper. Now there's another one: your health. According to an article in the *Sydney Morning Herald*, too much anger increases the risk of coronary artery disease, violence, suicide, depression, diabetes, and stroke.

One reported study says that even punching a pillow or venting in other ways can be a health risk that increases rather than relieves hostility.

Another study from Finland links hostility and irritability with increased risk of coronary artery disease. The problem is even more pronounced for women. A Swedish study shows that stress, including marital, can triple a woman's risk of a cardiac event. And a Michigan research team has concluded that women who suppress feelings of anger have a higher mortality rate than those who do not.

What's the answer? Apparently the key is to become aware of the signs of anger, such as feeling hot and flushed, tightening of the jaw, etc., and adopt techniques to help you avoid erupting. One such technique is to stop and "think, think, think" or "count to 10" before reacting.

Although you may not always be able to keep from getting angry, you can always choose how you *respond* to your anger.

## news & notes

**WHY WEAR PPE?**

You're a safe worker. You're careful. You don't make mistakes. Do you really need your PPE?

The answer is YES for 3 good reasons:

1. No matter how careful you are, the unexpected sometimes happens—or somebody else could make a mistake.
2. PPE is designed by experts to protect you against specific hazards by forming a barrier between you and the hazard.
3. Because it's the law. OSHA regulations require you to wear PPE in some places.

Make sure that your PPE does its job and always protects you by correctly identifying hazards and selecting appropriate PPE.

**Check for these potential hazards:**

- ➔ Falling objects
- ➔ Dropping objects
- ➔ Sharp objects
- ➔ Rolling or pinching objects
- ➔ Chemical exposures
- ➔ Excessive noise
- ➔ Electrical shocks and burns
- ➔ Slips, trips, and falls
- ➔ Extreme temperatures
- ➔ Light radiation
- ➔ Falls from heights
- ➔ Harmful dust

**Select PPE that:**

- ✓ Protects against identified hazards
- ✓ Meets OSHA standards
- ✓ Provides more than minimum required protection
- ✓ Protects against multiple hazards
- ✓ Fits correctly (full coverage and comfort)
- ✓ Has been inspected to ensure good condition

### RESPIRATOR FIT TESTING

Do you fit test an SCBA?

The answer is: **YES**

An SCBA is a respirator and the face mask piece must be fit tested to the person wearing their SCBA. An SCBA face mask adaptor must be purchased from the manufacturer of the SCBA and filter cartilages for the testing solution used. When contacting the manufacturer of the SCBA inform the representative you need a kit to fit test the SCBA mask. If additional information is needed contact

James Schell 206 553-0121

# Personal Safety at Work

## The importance of PPE

Here's what you need to know about personal protective equipment (PPE):

1. PPE provides a personal barrier between you and job hazards when those hazards cannot be eliminated by other means.
2. Without assigned PPE you have no defense against work hazards and are at greater risk of being injured or becoming sick.
3. When selecting PPE, choose equipment that:
   - ✓ Protects from identified hazards
   - ✓ Is of safe design and construction and gives you a good fit
   - ✓ Is sanitary, reliable, and provides more than minimum protection
   - ✓ Meets required safety and health standards
4. To ensure that PPE is safe to use:
   - ✓ Inspect equipment before each use.
   - ✓ Look for holes, tears, cracks, dents, wear, or other problems.
   - ✓ Replace worn, damaged, defective PPE immediately.
5. To remove and dispose of PPE safely:
   - ✓ Remove PPE from the top down, wearing gloves to protect your skin.
   - ✓ Grasp contaminated gloves on the inside and peel down without touching the outside.
   - ✓ Place contaminated PPE in designated containers.
   - ✓ Wash thoroughly after removing PPE.

# Respirator Checklist

## Do you follow these rules?

| **Before you put on a respirator, do you:** | **YES** | **NO** |
|---|---|---|
| ➔ Check to make sure it's the one you've been told to use? | ☐ | ☐ |
| ➔ Make sure it protects against the hazard(s) you face? | | |
| ➔ Double-check that the cartridge label and color match the hazard? | ☐ | ☐ |
| ➔ Inspect it carefully to make sure: | | |
| —All connections are tight? | ☐ | ☐ |
| —There are no holes, cracks, or other damage? | ☐ | ☐ |
| —Filters, cartridges, and canisters are free of dents or corrosion? | ☐ | ☐ |
| —There are no signs of wear in elastic and plastic parts? | ☐ | ☐ |
| ➔ Make sure air cylinders are fully charged and that the regulator and warning devices are working properly for air-supplying respirators? | ☐ | ☐ |
| ➔ Report any problems with respirators and get a replacement? | ☐ | ☐ |
| **When you remove a respirator, do you:** | | |
| ➔ Follow cleaning and disinfecting procedures? | ☐ | ☐ |
| ➔ Store respirator in a clean area or compartment with protection from: | | |
| —Dust? | ☐ | ☐ |
| —Sunlight and heat? | ☐ | ☐ |
| —Extreme cold and excessive moisture? | ☐ | ☐ |
| —Chemicals? | ☐ | ☐ |
| ➔ Avoid leaving a respirator upside down, uncovered, or otherwise at risk of sitting in an abnormal position? | ☐ | ☐ |

## news & notes

**SEVEN SMART MOVES**
Here are seven smart ways to prevent accidents and injuries on the job:

1. **Learn how to do your job safely,** and then do everything you can to make sure you keep safe while you work.
2. **Think the job through.** Know what you're going to do and how you're going to do it.
3. **When in doubt, find out.** There are no stupid safety questions. Ask if you don't understand something.
4. **Get help when you need it.** Don't struggle with something too big to handle safely or be too proud to ask a co-worker to lend a hand. You can return the favor when a co-worker needs help.
5. **Use required PPE.** Find out what to wear, how to wear it, and how to main- tain it so it keeps protecting you.
6. **Speak up** and tell your supervisor if you see anything unsafe that may hurt you or someone else.
7. **Report accidents and injuries.** It's important to find out what went wrong so that the problem can be corrected.

**FLAMMABLE AND COMBUSTIBLE LIQUIDS CAN BE DEADLY**
Many substances we use every day, such as gasoline, kerosene, alcohol, and solvents, are flammable or combustible. Even though these substances are common, they can be very dangerous, causing fires or explosions that can result in property damage, injuries, and death.

Make sure you know the liquid's *flash point*:

- The flash point is the lowest temperature at which the vapors from a liquid are concentrated enough to ignite.
- Flammable liquids have a flash point below 100 degrees F.
- Combustible liquids have a flash point at 100 degrees F or higher.
- The lower the flash point, the more hazardous the liquid.
- It's the *vapors* from the liquid that can catch fire, even at low temperatures.
- Consult the MSDS to find out what the flash point of a liquid is.

Follow these safety rules for working with flammable and combustible liquids:

1. Keep all ignition sources away (open flames, cigarettes, sparks, etc.).
2. Use only approved fireproof containers for storage or transfer.
3. Take only the amount of liquid you need for the job.
4. Keep containers closed when not in use.
5. Follow all warning signs, instructions on labels and MSDSs, as well as company rules, for working with flammable and combustible liquids.

# Silence Isn't Golden

## If you don't understand, ask

Sandy Jamison usually sat at the back of the room for safety meetings and kept her head down same as she did at school so she wouldn't be called on. She listened to what her supervisors and co-workers said, but she never participated in discussions, offered suggestions, or asked questions. That just wasn't Sandy.

Usually, however, she learned what she needed to learn to perform her job safely. But one day there was a meeting about an important new procedure. The supervisor kept emphasizing the hazards and warned everyone to be very careful. Sandy wasn't sure she really understood what she needed to do. But true to form, she kept quiet and left the meeting without asking some important questions that had been running through her mind.

A couple of days later, Sandy had an accident. The incident involved the new procedure. She'd failed to take the proper precautions and ended up with a serious injury.

**The point of this story is simple:**
If there's anything about your safety that you don't understand, ask. Ask your supervisor privately if you feel more comfortable than in a meeting. But please, don't ever let information that affects your safety go by without understanding what you need to do.

# The MSDS

## Your 24-hour safety resource

Before using any chemical, read its material safety data sheet (MSDS) for its ...

**Chemical characteristics such as:**

- Normal appearance and odor
- Physical state (gas, liquid, or solid)
- Boiling, freezing, or melting point
- Vapor pressure and evaporation rate
- Vapor density
- Solubility in water
- Specific gravity or density

**Health hazard information such as:**

- Exposure route—how the chemical can enter your body
- Health effects—acute or chronic
- Effect on existing medical conditions
- Effect on specific organs of the body

**First-aid information such as:**

- A list of symptoms of hazardous exposure (headache, nausea, dizziness, etc.)
- What to do if exposed (first aid as well as required professional treatment)

**Fire, explosion, and reactivity hazard information such as:**

- Flashpoint and flammable limits
- Reactions with other chemicals, heat, air, or water
- Recommended firefighting measures

## news & notes

**CHOCOLATE MAKES YOU SAFER?**

Dr. Bryan Raudenbush is a popular scientist these days. The Wheeling (West Virginia) Jesuit University researcher found that eating chocolate might boost brain function.

During Raudenbush's study, one group of volunteers consumed 85 grams of milk chocolate, dark chocolate, and carob. A control group got nothing.

Following a 15-minute digestive period, the volunteers were given a number of tests that assessed memory, attention span, reaction time, and problem-solving ability.

Results of the study show that consuming chocolate, particularly milk chocolate, improves reaction time, impulse control, and memory. All those things can help you work safer.

So maybe that chocolate bar for your work-break snack isn't such a bad idea after all!

**ARE YOU READY TO QUIT SMOKING?**

**Think about how smoking harms you:**
- ✪ Increases risk of cancer, heart attack, and stroke
- ✪ Causes coughing, shortness of breath, and risk of bronchitis and emphysema
- ✪ Reduces resistance to colds and other illnesses
- ✪ Causes harm to nonsmokers around you (especially your family)

**Think about the benefits of quitting:**
- ✪ Immediate and steady reduction of damage to lungs and heart
- ✪ Reduced risk to people you care about
- ✪ More energy and a longer, healthier life
- ✪ More money to spend for important enjoyable things

**Set a date to quit. When it arrives:**
- ✪ Get rid of all smoking materials.
- ✪ Find substitutes, such as exercise, deep breathing, and drinking water.
- ✪ Spend free time with nonsmokers in nonsmoking areas.
- ✪ Try using a nicotine patch or join a support group.
- ✪ Remember that urges to smoke only last a short time and will go away.
- ✪ Remind yourself that you are getting healthier every day.

**If you can't stop smoking now:**
- ✪ Smoke fewer cigarettes per day.
- ✪ Buy cigarettes by the pack, and keep switching brands.
- ✪ Imagine you already are a nonsmoker and think about what that would be like.
- ✪ Remind yourself that you're never too old and it's never too late to stop smoking.

# Tips for the Deskbound

## Avoid strain and improve productivity

If you spend long hours at a desk working on a computer, follow these health-wise tips from the *Atlanta Journal-Constitution*:

- **Keep your focus.** Sitting at a desk encourages the body to operate at a slow metabolic rate. Strategies like eating healthy mini-meals and taking short breaks from the computer can increase concentration and productivity.
- **Avoid eyestrain.** Computer-related eyestrain can result from many factors, including improper computer setup, bad lighting, uncorrected vision, and dry eyes. Use incandescent task lighting. Take a 10-minute break for every hour spent at the computer. Use rewetting drops for dry eyes.
- **Move it.** Make a conscious effort to perform a few desk exercises twice daily. These help fight tension and fatigue, improve circulation, and prevent aches and cramps. For example:
  - — Stand up and lift on the balls of your feet a few times.
  - — From a standing position, bend over and let your head and arms dangle toward the floor to stretch your lower back.
  - — Do arm curls with a stapler or other small desk object.
  - — Roll your head clockwise and counterclockwise to exercise your head and shoulders.

It's also good to change positions occasionally when you sit for long periods.

# HEART TO HEART

February is **American Heart Month.**
February 1 is **Women's Heart Health Day.**

That makes this a good opportunity to con- sider the risks of heart attack.

People most at risk of having a heart attack include smokers, overweight people, those with high cholesterol levels, people with high blood pressure or diabetes, and those with a family history of heart attack.

Although men are generally at greater risk of having a heart attack, heart disease is still the leading cause of death among women. More than 250,000 women die each year from heart attacks, which kill six times as many women as breast cancer.

Keep these other statistics in mind:

- Heart disease is the #1 killer of both men and women in the United States.
- More than 1 million Americans have heart attacks every year, and half of them don't survive the attack.
- Millions more are heart attacks waiting to happen—and many don't even know they have heart disease.
- About half of all heart attack deaths occur within 1 hour of the start of symptoms and before the person gets to a hospital.
- Most heart attack victims wait 2 hours or more after their symptoms begin before they seek medical help.

Never ignore possible symptoms, which include chest pain, shortness of breath, and discomfort in other parts of the upper body, including both arms, the back, neck, jaw, or stomach.