

TOP SAFETY™

Safety Around the Clock.

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4 WAYS to Protect Your Eyes at Work



FACT: 90% of eye injuries are preventable. Keeping your eyes safe is the main objective of **Workplace Eye Health and Safety Awareness Month**. Here are 4 simple ways you can prevent eye injuries at work:

- ① **Know the hazards at your workplace.** Eye injuries aren't limited to manufacturing industries.
- ② **Eliminate the hazards before you begin work** by using machine guards, work or computer screens, and other engineered tools.
- ③ **Wear appropriate eye protection that fits properly.** All safety eyewear must meet the standards of the American National Standards Institute (ANSI). Look for the Z87 mark on eyewear. (See "Eye Protection: What to Wear and When" on the back.)
- ④ **Keep your eye protection well maintained** and if it becomes worn or damaged, replace it.



Did you know?

The American Red Cross celebrates **American Red Cross Month** in March. The nonprofit offers safety and training courses in first aid, CPR, AED, lifeguarding, babysitting and caregiving. The website offers tips on preparedness. You can also get American Red Cross mobile apps including a Monster Guard app designed especially for keeping children between the ages of 7 and 11 safe. Visit www.redcross.org.



SAFETY CORNER

Is your faucet head harboring dangerous bacteria?

Kitchen and bath faucets often have built-in screens to spray the water evenly. Unfortunately, dirt and other contaminates can build up on these and, possibly, affect the quality (not to mention flow) of the water. Clean your faucet heads regularly. How? If the faucet has a removable aerator, screen and disk, remove them and soak in vinegar for about 15 minutes. Use a small brush (toothbrush) and scrub until deposits are off and then re-attach it. If the aerator isn't removable, soak the entire faucet head in vinegar.

Concussion Cautions

There's no way around it — a concussion is a brain injury.

Concussions are caused by a blow, jolt or bump to the head or even by a hit to the body that causes the head and brain to bounce back and forth. Concussions can happen anytime — while playing a sport, during a vehicle accident, falling from a higher level or just bumping your head.



How can you prevent concussions?

Wear a helmet when playing a sport, including skiing and bicycling. Make sure that the helmet fits well, is appropriately certified for its use, is well maintained and is worn consistently and correctly.



Teach children the correct way to play a sport and emphasize good sportsmanship.

Buckle up when driving or as a passenger in a vehicle, and use age-appropriate car seats.

Make your home safe — especially if you have young children who live in or visit your home — by installing guardrails, stair gates and window guards.

Check playground surfaces to be sure they are safe, maintained and soft — wood chips, sand or rubber chips are usually the safest for falls.

Pod ALERT

Love the convenience of those concentrated dishwashing and laundry pods? Many of us do, but those with small children in the household need to know that these can be a hazard.

The pods can be eye-catching to small children because of their size, color and squishy texture. According to the American Association of Poison Control Centers (AAPCC), U.S. poison control centers received more than 11,700 reports of laundry detergent pod exposures* in 2014 and almost 8,000 exposures by mid-2015.

March 20 to 26 is National Poison Prevention Week, and it's a good time to review this advice from the AAPCC:

- **Always** keep detergents and detergent pods locked up and out of the reach of children.
- **Follow** the instructions on the product label.
- **Call** your local poison center at 1-800-222-1222 immediately if you think a child has been exposed to a packet of highly concentrated liquid laundry detergent. **Symptoms:** excessive vomiting, sleepiness, difficulty breathing.

***Exposure** means someone has had contact with the substance in some way — for example, ingested, inhaled or absorbed by the skin or eyes. Not all exposures are poisonings or overdoses.



Back Basics: Lifting Precautions

The best way to protect against back injury is to avoid lifting when possible. Use a hand truck, lifting straps, or ask for help instead. If you can, reduce the amount of weight lifted by breaking the load down into manageable sizes. For instance, instead of moving a box of books, carry a few at a time.

Before lifting:

Know the load. Determine if the load is too heavy to handle by yourself and ask for help if it is. Know your limitations and use mechanical help if you need it — a hand truck, dolly or forklift.

Check for obstacles. Before you start walking with a load in your arms, make sure pathways are clear.

Position yourself. The best position to lift from is in your shoulder-to-waist area. But if you need to lift from a lower level, position yourself by keeping feet apart and squatting down as close to the object as possible. Keep heels off the ground and get a good grip. Special caution is needed when lifting objects above shoulder level. Get as close to the object as possible by using a sturdy step stool



or ladder. Set your feet shoulder-distance apart and gently lift the object.

While lifting:

Lift slowly. When you lift, use leg, abdominal and gluteal muscles, and keep the load as close to you as possible. Bend your knees and keep your back straight.

Don't twist. Turn your whole body if you need to make a turn.

Doing these few things can help you to avoid injury. And your back will thank you.

Eye Protection: What to Wear and When

Safety glasses provide protection from dust, chips or flying particles. You may also need to wear wraparound glasses or glasses with side shields. Lenses are available in glass, plastic and polycarbonate materials — polycarbonate is the best for impact.



Goggles provide chemical splash, impact and dust protection. Goggles can be worn over prescription glasses or contact lenses.



Face shields protect against chemicals, heat or bloodborne pathogens. You must also wear safety glasses or goggles with a face shield.



Helmets are generally worn to protect eyes when welding or doing similar jobs. You must also wear safety glasses or goggles with a helmet.

Special protection, such as goggles, safety glasses or helmets with special filters to guard against radiation exposure, is also available. The light radiation or radiant energy given off by an arc or a flame that often occurs in jobs such as welding can injure workers' eyes.

For more information and answers to OSHA-related questions regarding eye protection, visit www.osha.gov/SLTC/etools/eyeandface/faqs.html.



Reach your personal best with www.personalbest.com/extras/16V3tools.

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