

## ATTENTION: Teens at Work

Every 9 minutes a U.S. teen is hurt on the job according to the National Institute for Occupational Safety and Health (NIOSH). That teen doesn't have to be you (or your child). Know and follow all safety rules and instructions that apply to your job.

Take the time to review child labor laws, your state's specific rules regarding working teens and these NIOSH guidelines:

- ✓ Ask your boss about safety training and learn about the hazards of the job before you start a job or take on a new task.
- ✓ Find out what to do if you get injured at work **before** you get hurt.
- ✓ Use safety equipment and protective clothing when needed.
- ✓ Put away your cell phone and stay alert.
- ✓ Don't take shortcuts.
- ✓ Look out for your fellow workers.
- ✓ Ask your supervisor what to do in an emergency.
- ✓ Report any health and safety hazards to your supervisor.
- ✓ Respect the people you work with. Never harass or bully anyone.
- ✓ Know that in the U.S. you can't work more than 18 hours a week/ 3 hours a day (weekdays) when school is in session and no more than 40 hours a week/8 hours a day in the summer.
- ✓ Learn your rights and responsibilities that apply to safety and health where you work.



## 4 TIPS for Riders



It's **Motorcycle Safety Month** and time to remember these safety rules of the road:



- 1 **Be visible in all senses of the word.** Use reflective strips and reflectors. Make sure your headlight works and use it, even during the day. Flash your brake light when slowing down.
- 2 **Dress appropriately.** Wear a helmet and eye protection. Wear leather or heavy material in bright colors, long sleeves and long pants, over-the-ankle boots and gloves to protect you from the elements.
- 3 **Know your bike and how to use it.** Get formal training or take a refresher course. Give yourself space and distance from other vehicles — drivers may have trouble seeing you.
- 4 **Ride defensively.** Use the Motorcycle Safety Foundation's **SEE** strategy — **S**earch, **E**valuate and **E**xecute.

A volatile organic compound (VOC) is a common chemical contaminant that could pose safety and health issues if not contained or controlled properly. VOCs are commonly found in these types of products:

- Paints, stains or varnishes.
- Caulk, sealants or coatings.
  - Cleaning products.
- Fuels or vehicle exhaust.
  - Adhesives.
- Some upholstery and carpets.

## VOC Exposure

**Symptoms:** Confirm these symptoms with your health care provider — unusual skin irritations or rashes, constant nose and throat irritation, itching, burning and watery eyes, nausea, fatigue or headaches and dizziness — then discuss with your supervisor.

**In the meantime, you can prevent VOC overexposure by following these guidelines:**

- ➔ Make sure you are in a well-ventilated area while using cleaning products, paints, caulks, stains, varnishes, fuels and sealants.
- ➔ Select low-VOC products if you can.
- ➔ Store chemicals in original containers that are closed and tightly sealed. **Caution:** Never store chemicals in any room that contains a heating, a ventilation or an air conditioning system.
- ➔ Always read safety data sheets (SDSs) and instructions before using products.
- ➔ Avoid overuse of air fresheners or deodorizers, especially if you have a reaction to them.

## SAFETY CORNER



### Downed Wire DANGERS

**Always assume that downed or hanging conductors, lines and equipment are energized,**

and never touch them or drive over them. When it comes to downed wires, heed this advice from OSHA during **Electrical Safety Month**:

**Don't assume** that insulated or coated wires are safe.

**Know that electricity can spread outward through the ground** in a circular shape from the point of contact. As you move away from the center, large differences in voltages can be created.

**Call for help if contact is made with an energized power line while you are in a vehicle,** and don't leave the vehicle unless it is on fire. **Note:** If you must exit, jump completely clear, making sure that you don't touch the vehicle and the ground at the same time. Land with both feet together and shuffle away in small steps to minimize the path of electric current and avoid electrical shock.

## Cycling for Work

While being a bicycle courier has its advantages — being outside and getting plenty of exercise — it also can be hazardous. Falling, traffic, being vulnerable to traffic accidents and robberies are just some of the dangers couriers face. **Bicycle Safety Month** is a good time to review the following tips that can keep you safe on the road while you work.



- ➔ **Check** with your local government concerning laws that apply to commercial cyclists in your area. Some states or districts have specific rules including using signs, ID numbers and taking a commercial cyclist safety course.
- ➔ **Wear** a bicycle helmet and protective clothing such as eye protection and reflective gear.
- ➔ **Use** a headlight and taillight at night.
- ➔ **Ride** in the direction of traffic and stop at all red lights and stop signs.
- ➔ **Yield** to pedestrians. Use a bell or horn to signal that you are advancing.
- ➔ **Don't** wear earphones while cycling.
- ➔ **Carry** a photo ID.

## Safety at Sea

If you work on or near the water, you need to take special precautions above and beyond normal safety procedures. According to OSHA, all people who work on or near the water are required to:

- Wear U.S. Coast Guard-approved life jackets or buoyant work vests. Inspect these before and after each use to ensure no damage or defects exist.
- Have at least 1 lifesaving skiff immediately available.
- Keep lifesaving ring buoys with at least 90 feet of line available for use. **Note:** The distance between ring buoys and line cannot exceed 200 feet.



During **Boating Safety Week, which is May 21 to 27,** also keep in mind these precautions when working near or on the water:



- **Keep posted about weather conditions and tides,** especially if you are headed out to sea.
- **Always carry a reliable means of communication** — a radio and flares are optimal when cell phone connections can't be trusted.
- **Be sure that you always carry** an Emergency Position Indicating Radio Beacon (EPIRB).
- **Check motors, engines and fuel before heading out** — even for a quick trip.
- **Check to be sure there is a carbon monoxide alarm on the boat.** Keep fresh air circulating at all times. Do not block exhaust ports when the boat is tied to a dock.
- **Make sure the boat can handle the number of people onboard.** Do not exceed the maximum number allowed.

- **Never drink alcohol and drive a boat.** About half of all boating accidents involve alcohol, according to the BoatUS Foundation. In most states it's illegal to operate a boat with a blood alcohol content of .08% or more.
- **Obey all speed limits.**



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