

TS TOP SAFETY™

Safety Around the Clock.

5.2017

5 RULES of Lead Safety

If your house was built before 1978, there's a good chance that it contains lead paint. In addition, if your home was built before 1986 and has non-plastic pipes, those pipes could be lead or contain lead. Young children are at highest risk for lead poisoning. Here's what you can do to prevent it:



1. Talk to your local or state health department

about getting your home tested for lead paint or dust. Hire a licensed contractor to remove lead paint safely.

2. Keep children away from peeling paint or chewable painted surfaces.

3. Wash hands and toys often. Household dust or exterior soil could contain lead. **Caution:** If you are renovating a house built before 1978, keep children and pregnant women away until work and cleanup are completed.

4. Know that your home may contain lead pipes, plumbing fittings and plumbing fixtures and that lead could leak into drinking water if these begin to corrode. Test your home's drinking water to be safe. Call the EPA's **Safe Drinking Water Hotline** at **800-426-4791** for local testing contacts.

5. Take off shoes when entering any home to prevent bringing in lead-contaminated soil.

May is Electrical Safety Month.



Electricity: Here's How to Avoid Getting Zapped

All electrical sources are hazardous. It's vital to take precautions when working with electricity. Follow these rules to keep harm away from you and your coworkers.

Use the appropriately labeled electrical cords for indoor and outdoor use.

Stay away from conductors such as metal, water and tall towers when working with high voltage. Remember that electricity always finds the easiest path to the ground. Currents will form a path or loop to and from the conductor. **Your body can become part of that path.**

Stay at least 10 feet away from overhead wires. Always assume all overhead wires are energized.

Never assume that a downed wire is safe to touch.

Be aware that unusually warm or hot outlets can be a sign that unsafe wiring conditions exist. Unplug cords or extension cords to these outlets.

Never repair electrical equipment unless you are a qualified electrician.



Install Ground Fault Circuit Interrupters (GFCIs) in any area subject to moisture.

Water Works

If you work on a waterside dock or anywhere the danger of drowning exists, be sure to follow your company's and OSHA's waterside safety rules. Here are some **W-A-T-E-R** basics:

Wear a U.S. Coast Guard-approved life jacket or buoyant work vest. Always inspect the gear for defects or damage before and after each use.

Always keep ring buoys with at least 90 feet of line nearby for emergency rescues. Make sure that the distance between buoys doesn't exceed 200 feet. And, make sure you have at least 1 lifesaving skiff available.

Take precautions when walking on wet surfaces. **Tip:** Use footwear made for wet surfaces — with plenty of tread and grip.

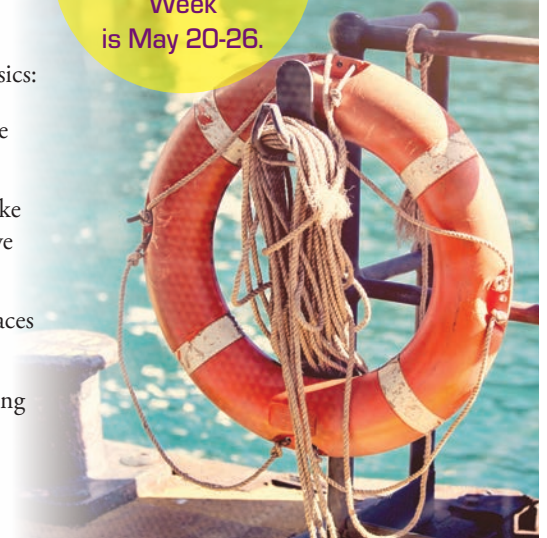
Erect sufficient barricades 4 feet away from the dock edge by using traffic cones, fencing or caution tape to serve as a warning system.

Remember, never work alone. Someone needs to help in case you fall in the water.

Note: There are specific rules for longshore jobs. Check osha.gov for more information.



Safe Boating
Week
is May 20-26.





May is Bike Safety Month.

Protect Your Head

According to the U.S. Department of Transportation, 45,000 bicyclists were injured in traffic in 2015. Helmet use has been estimated to reduce the odds of head injury by 50%, and the chances of head, face or neck injury by 33%, states the Insurance Institute for Highway Safety. **Best advice: ALWAYS** wear a helmet while riding a bike. Here are some tips for selecting a safe helmet:

- ➔ **Check to make sure it has a sticker inside** certifying that it meets the U.S. Consumer Product Safety Commission's (CPSC) standard. CPSC is the benchmark standard. ASTM and Snell B-90 certified are similar.
- ➔ **Be sure it sits level on your head**, touches your head all around and is comfortably snug but not tight. **Note:** The helmet should not move more than about an inch in any direction, and must not pull off no matter how hard you try.
- ➔ **Choose a helmet that is round and smooth** on the outside with no sharp ribs, snag points or excessive vents. Also, select a white, light or bright color so motorists can see it — reflective strips are a good idea, too.



DIY DOs and DON'Ts

Spring is the opportune time to start that DIY project — here are some precautions to keep you injury-free.

Do wear appropriate protective gear such as gloves and safety goggles when working with chemicals or power tools.

Do follow manufacturers' instructions for using tools or chemicals.

Do remember ladder safety — always place on level ground and keep 3 points of contact at all times (i.e., 1 hand and 2 feet, 1 foot and 2 hands).

Do maintain your tools and discard damaged or worn tools.

Do power off and unplug all tools when you are finished using them — even if you are leaving for a short break.

DON'T work with electrical wires unless you are a trained, qualified electrician.

DON'T hurry through a job. Rushing leads to accidents.

DON'T attempt to reach while on a ladder. Instead, move the ladder.

DON'T refuel tools, generators or mowers in an enclosed area such as a garage.

DON'T use your hand to dislodge anything stuck in a power tool.



When you do projects yourself, you can save money, time and gain a sense of accomplishment. Just make sure you follow all precautions.

SAFETY CORNER

Green Thumb

Gardening is a great way to enjoy the outdoors. To safeguard your hands while gardening, the U.S. Department of Health & Human Services recommends these tips:



WEAR gardening gloves to protect your hands against bug bites, bacteria, poison ivy, scratches, blisters and chemicals from fertilizers.



AVOID repetitive use of the same muscles by rotating gardening tasks every 15 minutes. For example, switch up digging for raking, trimming or pruning.



USE tools only as intended.

LOCK up sharp tools after use with a safety lock.

MAKE sure your tools are ergonomically correct and fit your hand well.

WASH hands after gardening.



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