

Working with Compressed Air

When a compressed air hose nozzle pierced his body in an accident, a New Zealand truck driver immediately began to blow up like a balloon. Two colleagues quickly came to his rescue, turned him on his side, called emergency crews and saved his life.



When working with compressed air, incidents such as this one can happen.

Serious injury or even death can occur if compressed air enters the bloodstream through a body opening or break in the skin. Heed these precautions when using compressed air:

Never point a compressed air hose or gun at yourself or anyone. For example, don't attempt to clean dust particles off yourself or a coworker.

Avoid cleaning work surfaces with compressed air — the air jet can make particles airborne and cause injuries.

Make sure there is a shutoff valve within your reach.

Use hearing protection to protect against noise levels caused by machinery. Use eye and clothing protection to shield you from flying particles.

Keep hoses in good condition. Don't use damaged hoses; remove them from use if they're compromised in any way.

Store hoses properly — off the floor so they don't become tripping hazards.

Safety Leader

Leaders encourage, develop and live the values of an organization.

Coworkers look up to them, and when safety is concerned nothing can be more important. Take charge of safety in your workplace by setting the right tone:

- ⇒ Lead by example. Your actions affect your coworkers, supervisors and even bystanders.
- ⇒ Never take shortcuts. Make sure you always follow procedures even if you are short on time.
- ⇒ Challenge coworkers to work toward a perfect safety record.
- ⇒ Ask coworkers to submit safety ideas and suggestions at weekly meetings or by placing suggestion boxes around the workplace. Take suggestions to management biweekly (ASAP if the suggestion concerns an emergency).
- ⇒ Acknowledge when a coworker follows proper safety protocol.
- ⇒ Identify and report safety hazards in your workplace.
- ⇒ Keep your area clean and clutter free.



5 Food Safety Mistakes

Observe **National Food Safety Education Month** by evaluating some common mistakes we make when it comes to food safety. Here are 5:

1 Washing meat, poultry and eggs:

You might think it's a great idea to wash these foods, but doing so spreads bacteria to other surfaces.



2 Letting food cool down before putting it in the refrigerator:

Always refrigerate perishable foods within 2 hours of eating. After that, foods grow bacteria — rapidly.

3 Thawing food on the counter:

According to the USDA, there are safe ways

to thaw food: in the refrigerator, in the microwave or in cold water (it must be in a leak-proof package and you must change water every 30 minutes so it doesn't warm up).

4 Tasting food or milk to see if it's still good:

You can't always tell by taste if food has gone bad, and tasting just a little bit can be enough to cause serious illness. Your best bet? Pay attention to safe storage times. Visit www.foodsafety.gov/keep/charts/storage.html.



5 Not replacing or sanitizing dishcloths or sponges:

Dishcloths and sponges can harbor dangerous foodborne pathogens and bacteria. If they smell, that's a huge warning. According to Michigan State University experts, you should sanitize your sponges and replace or wash dishcloths every day. There are different methods for sanitizing sponges, but microwaving sponges and using the dishwasher are the 2 most popular. For instructions, visit: http://msue.anr.msu.edu/news/sanitizing_kitchen_sponges.



Surprising Home Hazards

Your safe haven may not be as safe as you think. For example, a surprising number of injuries — approximately 3,000 a year — occur from furniture tip-overs. Make sure that heavy furniture and appliances are secured to the wall with a bracket or strap.

What other hidden hazards may lurk in your home?

Clothing hampers — Don't let kids climb in or play with pop-up clothing hampers — wires could spring out of the fabric and cause injury.

Magnets — High-power magnets can cause devastating problems if swallowed. Keep magnets out of the reach of small children.

Spray bottles — They look like squirt guns and act like them, too. However, spray bottles containing household chemicals can cause serious injury if they get in a small child's hands. **Best bet:** Turn sprayers to the **off** position and lock up spray bottles.

Immersion blenders — Unplug your blender when you're not using it. These handy devices have sharp blades that send many children to emergency rooms.

Pool and spa drains — Suction from broken drains can trap a child or even an adult underwater. Replace or repair missing and broken drain covers.



HURRICANES

— Are You Prepared?

Even if you don't live in a hurricane zone, you could be visiting an area that is prone to these destructive storms. Here's a checklist to keep in your house or take with you on vacation — just in case — during **National Preparedness Month**.

- ☐ Create an emergency plan for different locations, whether it is for home, work, an office, a school or vacation house.
- ☐ Assemble a disaster preparedness kit — a 3-day supply of water, nonperishable foods, flashlight, batteries, battery-operated or crank radio, first aid kit, prescriptions, personal hygiene items, cell phone, extra cash, blankets, coats, sturdy shoes, baby and pet essentials, insect repellent, sunscreen, contact information for family members, and tools to secure your home.
- ☐ Close windows, doors and hurricane shutters; put up plywood if you don't have shutters.
- ☐ Bring in anything that could be picked up by the wind, including patio furniture, garbage cans and bikes.
- ☐ Turn off propane tanks and unplug small appliances.
- ☐ Set the refrigerator and freezer at the coldest setting and keep doors closed in case the power goes out.
- ☐ Listen to **NOAA Weather Radio All Hazards** for weather information (www.nws.noaa.gov/nwr/).
- ☐ Evacuate using evacuation routes when told to do so. Take care to avoid washed out or flooded roads.
- ☐ Get flood insurance if you live in a flood zone. Learn more at www.floodsmart.gov.



SAFETY CORNER

National Farm Safety and Health Week

is September 18-24 — a good time to make sure these safety precautions are taken:

- ✓ **Never** leave keys in tractors or ATVs or leave equipment unguarded. Replace protective guards after use and maintenance.
- ✓ **Always** lock cabinets or areas that contain hazardous chemicals or pesticides.
- ✓ **Use** personal protective gear such as gloves, goggles and boots when needed.
- ✓ **Take** precautions to prevent entrapment in storage areas such as silos, storage bins and hoppers.
- ✓ **Review** instructions and understand how to operate all farm equipment.



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