Safety Matters

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The Eyes Have It

The eyes definitely have it rough on the job. PreventBlindnessAmerica.org reports that more than 2,000 people injure their eyes at work each day. And about 1 in 10 of these eye injuries requires at least one missed workday. Furthermore, 10% to 20 % will cause temporary or permanent vision loss.

Why are there so many eye injuries on the job? Because there are so many eye hazards, including:

- **Flying objects**, such as pieces of wood, metal, stone, or sparks. Flying objects cause nearly 70 percent of eye injuries, according to a Bureau of Labor Statistics (BLS) study. Many such injuries are caused by objects smaller than the head of a pin.
- **Splashes from hazardous chemicals**, acids, and other corrosives, or hot metal can seriously damage the eyes.
- **Dust, fumes, mists, gases, and vapors** can irritate or even harm unprotected eyes.
- **Swinging objects** such as ropes and chains can accidentally swing into the eye or face.
- **Electrical arcing** and sparks can damage the eyes on contact.
- **Radiant energy** from welding and cutting or operations that use ultraviolet or infrared light are yet another hazard to the eyes.

To prevent eye injuries, follow your workplace's eye safety measures and personal protective equipment (PPE) guidelines at all times. You should always know:

- When to use PPE
- What type PPE to use—and its limitations
- How to put it on, adjust it, use it, and take it off properly
- How to properly care for, maintain, and dispose of it.

Standards for various protective gear, including eye protection, are set by the American National Standards Institute (ANSI). When an organization buys personal protective equipment such as protective spectacles, goggles or face shields, they're labeled to show that they meet the ANSI standards.

Protect your eyes by taking the time and effort to familiarize yourself with proper eye safety procedures and personal protective equipment!

Safety Tip of the Month

Airbags alone are only 42 percent effective at providing protection. The absolute best combination for adults riding in a car is a lap-shoulder belt with an airbag. Check all the seatbelts in your car periodically for breaks, frays, looseness and workability. It will cost you far less to fix a broken seatbelt than it will cost if you're in a serious accident with a broken belt.

News & Notes

CELL PHONES AND DRIVING

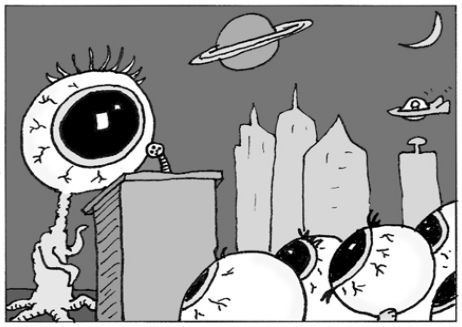
According to the Cellular Telecommunications & Internet Association, approximately 175 million people in the United States use cell phones compared with 4.3 million people 15 years ago. There has also been an increase in the number of people talking on cell phones while driving. Recent estimates suggest that cell users do over half of their cell phone time while driving.

Here are the two major dangers:

1. Drivers take their eyes off the road when dialing.
2. Drivers get so absorbed in the conversations that their ability to focus on driving is impaired.

Follow these safety tips:

- Avoid unnecessary calls.
- Make the driving task your top priority.
- Wait until you have arrived at your destination or pull over to the side of the road to begin your cell phone conversations.
- Keep your hands on the wheel.
- Keep your eyes on the road.
- Allow voice mail to pick up the call.
- Use a hands-free model.
- Stay in your lane.
- Never dial while driving.
- Don't try to answer if the cell phone is out of reach.
- Know when to stop talking.
- Avoid getting wrapped up in your conversation.
- Keep the phone in its holder.
- Don't take notes while driving.
- Drive defensively.



"Today I'd like to talk about eye safety. And I think we can agree that there's nothing more important than eye safety."

Riddles of the Month

(1) There were two ducks in front of a duck and two ducks behind a duck, and one duck in the middle. How many ducks were there in total?
(2) When does a boat show affection?
(3) What do sea monsters eat?
(4) What can make an octopus laugh?

Answers on page 2 Safety Bits & Pieces

Safety Bits & Pieces

IS THIS A POTENTIAL BACK INJURY?

Here are some common work situations. Your job is to decide which situation could lead to a back injury.

1. *Pauline bends at the waist and reaches down to pick up a box of paper.*

2. *Eric moves a sofa bed from one room in his home to another by lifting one side and swinging it forward then lifting the other side and swinging, and so on until he reaches the door. There, he manages to get the sofa on its side and pulls it through the doorway.*

3. *Fred carries three heavy cartons of parts from the warehouse back to his workstation unaided.*

4. *Eva squats down close to a container full of mail and lifts with her legs.*

5. *Vic continually has to reach documents in a cabinet on one side of his desk. Each time he reaches for a file, he twists his upper body.*

6. *As Clare stands at her workstation, she keep her ears, shoulders, and hips aligned.*

Answers:

(1) Back injury waiting to happen. See # 4 for correct lifting procedure. (2) Should have gotten help. All that heavy lifting, pulling, and swinging put a lot of strain on the back, and he's likely to feel it later. (3) Would have been smarter and safer to use a hand truck and save his back. (4) Safe action.
(5) Should turn his whole body (or swivel chair) instead of twisting torso. (6) Good, safe standing posture.

WHO ARE THE SAFEST WORKERS?

The safest workers are the ones who:

- ✓ Always take precautions and follow safe procedures.
- ✓ Wear assigned Personal Protective Equipment (PPE).
- ✓ Take the initiative to identify and report hazards and to make safety suggestions.
- ✓ Think good housekeeping is an important factor in workplace safety.
- ✓ Know which materials are hazardous and how to handle and store them properly.
- ✓ Know how to use equipment safely.
- ✓ Take care of their health and keep themselves fit so that they have the strength and energy to work safely.

Riddles of the Month Answers:

(1) Three
(2) When it hugs the shore.
(3) Fish and Ships
(4) Ten tickles (Tentacles)

Eye Safety Checklist

To prevent eye and face injuries:

- ❑ Identify potential hazards; select proper peersonal protective equipment (PPE) before starting a job.
- ❑ Use eye protection with sideshields to keep out flying objects.
- ❑ Use face shields plus goggles or spectacles for serious hazards.
- ❑ Use goggles and face shields with proper filtered lenses to keep out harmful light or radiation.
- ❑ Never use metal-framed eyewear around live electricity.
- ❑ If you wear corrective lenses, use protective eyewear that uses your prescription or fits over prescription glasses.
- ❑ Avoid wearing contact lenses in areas with dust or chemicals.

Select eye and face protectors that:

- ❑ Provide best protection against identified hazards.
- ❑ Are reasonably comfortable.
- ❑ Fit snugly enough to keep out hazards.

Before using eye and face protectors:

- ❑ Inspect for damage:
  - ® Knotted, twisted, worn, or stretched goggle straps
  - ® Pitted or scratched lenses or faceshield windows
- ❑ Turn in and replace damaged PPE.
- ❑ Practice doing tasks with PPE and make adjustments or replacements.

Pop Eye Quiz

Test your eye safety smarts

Circle T for "true" or F for "false."

1. One common reason for on-the-job eye injuries is not using PPE. **T F**
2. The most common cause of eye injury is flying objects. **T F**
3. Use PPE only when there's a risk of flying objects. **T F**
4. Do not use damaged or defective eye protection. **T F**
5. Many eye and face hazards require safety spectacles or goggles that protect you from the side as well as the front. **T F**
6. If you wear safety goggles, you never need a face shield. **T F**
7. Your eyes should look through the center of the lens on safety goggles. **T F**
8. It's all right to wear protective eyewear with pitted or scratched lenses. **T F**
9. You don't have to clean protective eyewear after each use. **T F**
10. If an object hits your eye, you should see a doctor. **T F**

Answers:

1. T. 2. T 3. F. It's required for any eye or face hazard, including molten metals, liquids, chemical gases or vapors, or potentially injurious light radiation. 4. T 5. T 6. F. For some hazards, such as hot sparks or splashes or a high volume of flying objects, you should wear both. 7. T 8. F. You need to be able to see clearly through protective eyewear lenses. 9. F. Clean it after each use and disinfect it after hazardous contamination or when someone else will wear it. 10. T

QUOTATION OF THE MONTH

"Every morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new. I have lived all my life up to this moment, to come to this day. This moment--this day--is as good as any moment in all eternity. I shall make of this day--each moment of this day--a heaven on earth. This is my day of opportunity."

Dan Custer

ON THE LIGHTER SIDE...

An irate motorist went back to the garage where he had bought an expensive battery for his car six months earlier. He told the garage owner: "When you sold me that battery, you told me it would be the last battery my car would ever need. Now, six months later, it's dead."
"Yeah, I'm sorry," said the garage owner. "I just didn't think your car would last longer than that!"