

## news & notes

### EYE SAFETY STATISTICS

Here are the facts from workplacesafety.org:

- **More than 800,000 work-related eye injuries occur every year.**
- **Most eye injuries occur in production jobs**, followed by transportation, material handling, and service industry jobs. Construction workers are also at risk.
- **Men are the most likely to have eye injuries on the job.** Some estimates range as high as 80 percent of all eye injuries.
- **Workers age 25 to 34** are more likely to have eye injuries than any other age group, followed by workers age 35 to 44.
- **The most common eye injuries are chemical burns**, followed by cuts, lacerations, or punctures caused by parts, materials, and hand tools.
- **More eye accidents at work happen on Wednesday** than any other day.

### EYE SAFETY MATTERS

If you're casual about wearing eye protection, try these experiments:

1. Ask someone to blindfold you for 5 minutes and try to perform tasks such as catching a ball or tying your shoes.
2. Spend an hour with a patch over one eye, and see how hard it is to function with only one eye.



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## Dust in the wind

### *Take precautions to collect dust when cutting*

The National Institute for Occupational Safety and Health (NIOSH), says attaching a regular shop vacuum to a dust-collecting circular saw is a simple, low-cost solution to reduce exposure to dust produced from cutting fiber-cement siding. This increasingly popular construction material contains silica. When cut, it can create fine dust particles that workers can inhale. Breathing silica-containing dust can lead to the deadly lung disease silicosis.

The findings are based on research by Dr. Chaolong Qi, who noted "Implementing this intervention, with a tool these workers are already likely to have available to them, can protect workers from a potentially deadly disease."

To implement this idea, NIOSH recommends the following measures:

- **Use a shop vacuum with an airflow rate of 30 CFM or higher** with a hose connected to the circular saw.
- **The hose used to connect the shop vacuum and circular saw should be 1.25 inches or greater in diameter** and should be only as long as necessary and be kept straight.
- **A high-efficiency disposable filter bag can be used as a pre-filter in the shop vacuum** to capture most of the dust.
- **The shop vacuum and circular saw can be plugged into an intelligent vacuum switch**, which turns the vacuum on and off and ensures the vacuum is running while operating the saw, avoiding uncontrolled dust release.
- **Use only circular saws with a built-in dust collection container** or shroud that functions as a hood, partially encloses the saw blade, and can easily connect to a shop vacuum.
- **Use polycrystalline diamond-tipped (PCD) blades designed for cutting fiber-cement siding.**

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### 10 GOOD REASONS TO WEAR PPE

Your PPE:

1. Protects you against hazards—sometimes deadly ones
2. Decreases the risk of injury and illness
3. Reduces the severity of injuries when accidents do occur
4. Ensures your continued productivity
5. Allows you to stay on the job and keep bringing home a paycheck
6. Improves your job performance
7. May ease the strain of your effort
8. Is required by OSHA and us
9. Is disposable when damaged—your body parts are not
10. Helps ensure that you go home safe and healthy every day

### PREVENT FALLS FROM LADDERS

Every year thousands of workers are injured—and some are killed—as a result of falls from ladders. Don't be one of them. Follow these tips:

- Set your ladder on a level surface.
- Hold on to the rail when you climb, and keep one hand on the rail while you work.
- Carry tools in a tool belt or shoulder strap.
- Hoist items in a bucket.
- Don't lean too far—move the ladder.
- Don't reach too high—use a taller ladder.
- Don't stand on the top two steps



# Key Safety Factors

## *Three elements for safety on the job*

### ONE: The Environment

- Is the work area clean and neat and is the lighting adequate?
- Are there any electrical hazards or dangers from falling objects?
- Are any hazardous substances present and is there good ventilation?
- Are emergency routes direct and easily accessible?
- Is there a high noise level?

### TWO: The Job Process

- Is the proper equipment being used? Has it been maintained and are all safeguards in place?
- Is there protection from electrical hazards?
- Are hazardous chemicals being used? Are proper precautions taken?
- Is appropriate PPE used, is it in good repair, and does it fit properly?
- Are all hazards recognized and precautions taken?

### THREE: The Worker (You)

- Can you perform each step of the job competently?
- Do you inspect equipment (including PPE) before beginning work?
- Are you aware of the hazards of the job and do you follow all safety rules?
- Do you concentrate on your work and keep alert to potential problems?
- Do you remove or report any safety hazards right away?

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# Lockout/Tagout

## *What everybody needs to know*

When a machine needs maintenance or repairs, we have authorized maintenance personnel to do the job. These folks are specially trained to follow lockout procedures required by OSHA. Lockout is required to prevent unexpected start-ups while someone is repairing or servicing a machine.

The lockout procedure begins when maintenance informs machine operators and others in the work area that a piece of equipment is going to be shut down. Maintenance personnel then shut down the equipment and isolate energy sources so the equipment can't be started. A lock and a tag are placed on the energy isolation device (often a circuit breaker). After that, maintenance personnel make sure stored energy is released from the machine, and they test to make sure the power is really off and the machine won't start.

At that point, they're ready to service the machine or make repairs. Once they're finished working, they need to take these important steps. They will:

1. Clean up and inspect the work area.
2. Notify you and your co-workers that they will soon be starting up the machine and ask you to stay clear of the area until start-up is completed.
3. Remove locks and tags and reenergize the machine.
4. Restart the machine and make sure it is working properly.