

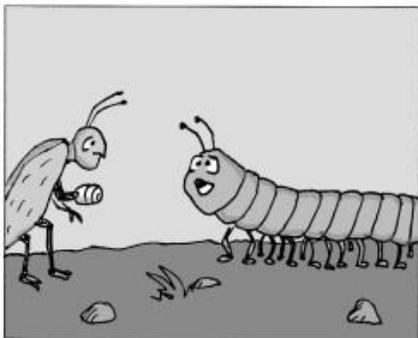
## news & notes

### ARM AMPUTATION

Just five weeks after a 28-year-old maintenance worker lost part of his right arm in an improperly guarded bread wrapping machine at a wholesale baking company, federal safety inspectors investigating the injury found a coworker exposed to the same hazard.

On November 3, 2016, the Occupational Safety and Health Administration proposed penalties of \$146,979 for one willful and two serious violations of safety standards at the facility. Inspectors found the company, which has production and distribution operations in Ohio, Indiana, Kentucky, and Tennessee, continued to allow employees to clean the machine without isolating operating parts.

Investigators determined the worker was using an air wand to remove bread crumbs from the machine and conveyor belt when he was injured on May 29, 2016, resulting in the amputation of his right arm just below the elbow. Federal safety inspectors found workers cleaning the same wrapping machine on July 7, 2016, without properly guarding and locking out operating parts, exposing them to amputation and other serious injuries, resulting in the willful violation.



**"No, really! Apparently I've had like seven amputations and never even noticed."**



*January 2017*

## All about amputations

### *What you need to know to prevent accidents*

Nearly 5,000 American workers suffered job-related amputations in 2014 according to the U.S. Bureau of Labor Statistics. Partial or total amputations of fingers are the most common job-related amputations, but workers also lose hands, feet, arms, and legs at a disturbing rate.

The federal Occupational Safety and Health Administration (OSHA) first issued a National Emphasis Program (NEP) on amputations in 2006. In late 2015, the agency updated its amputations NEP, and state plan states like California that have their own job safety and health programs will be required to follow suit.

An amputation is the "traumatic loss of limb or other external body part," according to OSHA. Completely or partially severed body parts are considered "amputated." At work, amputations can result from a variety of causes, including crushing incidents, falls, and motor vehicle accidents.

By far the most common cause of amputations in the workplace, however, is machinery hazards. These hazards—employee exposures to unguarded or inadequately guarded machinery and equipment, together with associated hazardous energy exposures during servicing and maintenance activities—are the focus of OSHA's updated NEP.

Follow machine guarding and lockout/tagout (LOTO) precautions to use machines safely and prevent amputations. Machine guarding, for example, prevents amputations by putting a barrier between your body and the hazardous areas of machinery. It does this by:

- Preventing operation if a hand or body part is placed in the danger area;
- Restraining or withdrawing the hands from the danger area during operation;
- Requiring use of both hands on machine controls or the use of one hand if the control is mounted a safe distance from the danger area; *and*
- Providing a barrier that is synchronized with the operation cycle to prevent entry to the danger area.

LOTO prevents amputations by ensuring that machinery cannot move or cycle while you are in a danger zone. LOTO programs include written procedures that cover, for each piece of equipment:

- Its energy sources
- Steps to shut it down and secure it
- How to verify lockout
- How to apply locks and tags
- How to restart it

## news & notes

### DON'T TAKE SHORTCUTS!

When you're in a hurry, you might be tempted to take a shortcut. But that often turns out to be a big mistake. Consider how these shortcuts could be hazardous:

- You take a shortcut through a restricted area and encounter a hazard you aren't aware of and aren't protected against.
- You skip inspecting PPE or machinery before use, and the PPE fails to protect you or the machine has a defect that puts you at risk of an accident and injury.
- You can't find the tool you need so you use a substitute that isn't really right for the job, and you end up with a cut or bruised hand.
- You don't want to go back to your locker to get your safety glasses, but that turns out to be a big mistake because a flying object hits your eye and you end up losing sight in that eye.

Always do things the right and safe way.

### LEARN YOUR ABCs

When it comes to fire extinguishers, every-body needs to know their ABCs:

**A** is for wood, paper, trash, and cloth fires.

**B** is for gasoline, grease, oil, paint, and other flammable liquids.

**C** is for electrical fires.

**ABC** is a multipurpose extinguisher



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## All about amputations quiz

### Test what you know

Select "True" or "False" for the following statements.

1. Nearly 10,000 American workers suffered job-related amputations in 2014 according to the U.S. Bureau of Labor Statistics. **True False**
2. Partial or total amputations of legs are the most common job-related amputations, but workers also lose hands, feet, arms, and fingers at a disturbing rate. **True False**
3. The federal Occupational Safety and Health Administration first issued a National Emphasis Program on amputations in 2006. **True False**
4. The most common cause of amputations in the workplace is falls. **True False**
5. Machine guarding and lockout/tagout are two safety practices that best help workers to use machines safely and prevent amputations. **True False**

### ANSWERS

1. False. Nearly 5,000 American workers suffered job-related amputations in 2014 according to the U.S. Bureau of Labor Statistics.
2. False. Partial or total amputations of fingers are the most common job-related amputations, but workers also lose hands, feet, arms, and legs at a disturbing rate.
3. True.
4. False. The most common cause of amputations in the workplace is machinery hazards.
5. True.

## Safety is everyone's business

### Share your commitment to safety at work

Welcome to the new year! Why not make a resolution to share your commitment to safety at work with all your coworkers?

Dustin Rusch, chief safety officer for mechanical contractor J.F. Ahern Co., says certain steps can help turn an entire workforce into a safety improvement team. The key, he says, is creating a "shared belief" through statements like this: "Every employee can make an impact through their words, actions, and decision." In addition, Rusch recommends the following tips:

- **Align your safety goals with your organization's ideology and vision.** Everyone needs to see that safety is a strategic business objective.
- **Establish a new definition of safety.** It's not so much about the absence of injuries but more about the barriers, defenses, and actions you're taking to prevent incidents. Focus metrics on the everyday actions that lead to safe outcomes.
- **Brand safety efforts around the promises you make.** Everyone wants to believe in something; make that something the safety improvement effort.
- **Invest in and use technology to improve reporting.** The right technology solution can bring efficiency to safety. It also provides a platform for sharing experiences and lessons learned.
- **Look for good safety habits and share them.** Identify and promote behaviors that start a positive chain reaction as they move through the organization.