

## news & notes

### FACTS ABOUT CO POISONING

Carbon monoxide (CO) is called the "silent killer" because it is colorless, tasteless, odorless, nonirritating, and lethal. That's why you need to know about CO hazards.

#### Know the danger:

- Reduces the oxygen-carrying capacity of the blood
- Can be passed to a fetus by a pregnant woman
- Can cause unconsciousness, permanent damage, or death

#### Know the sources of exposure:

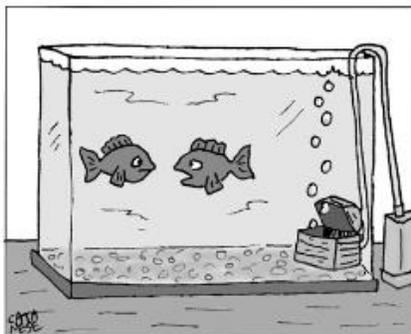
- Vehicle exhaust fumes
- Faulty heating systems, such as your home furnace, and operation of other fuel-burning equipment

#### Know the symptoms of exposure:

- Headache and fatigue
- Nausea and dizziness
- Rapid breathing or pulse
- Confusion and weakness

#### Know the proper response:

- Get to fresh air immediately.
- Call 911 for medical assistance.
- Administer CPR if victim isn't breathing.
- Attempt to rescue a victim in an environment that might be full of CO **only** if you are trained and have an air-supplied respirator.



"Remember: In an emergency, we meet by the bubbly treasure chest."



May 2017

## Right or Wrong Moves?

### Rate your lifting and carrying technique

When you're lifting and carrying heavy objects, one wrong move could mean a painful strain. So take a few minutes now to rate your technique.

For each of the questions, rate yourself on a scale of 1 to 5, where 1 means Never, 2 means Rarely, 3 means Sometimes, 4 means Usually, and 5 means Always.

- Do you examine an object before you lift it? 1 2 3 4 5
- Do you plan a move before you lift? 1 2 3 4 5
- Do you check out your route to look for obstacles? 1 2 3 4 5
- Do you face the load with your feet shoulder-width apart? 1 2 3 4 5
- Do you keep your heels down and your feet pointed out? 1 2 3 4 5
- Do you squat by bending at the knees as opposed to keeping knees locked and bending at the waist? 1 2 3 4 5
- Do you grasp the load firmly with both hands and slide it close to your body? 1 2 3 4 5
- Do you use your leg and stomach—as opposed to your back—muscles to power the lift? 1 2 3 4 5
- Do you raise the load slowly, keeping your head up? 1 2 3 4 5
- Do you make sure you can see over the load before you move with it? 1 2 3 4 5
- Do you walk slowly and look where you're going? 1 2 3 4 5
- Do you hug the load to reduce strain on your back? 1 2 3 4 5
- Do you turn your body as a single unit when making turns as opposed to twisting? 1 2 3 4 5
- Do you reverse the lifting process when you unload by bending at the knees and slowly lowering the load? 1 2 3 4 5
- Do you grip the load on its sides as you lower so that you don't pinch your fingers as you put it down? 1 2 3 4 5

TOTAL SCORE: \_\_\_\_\_

#### How do you rate?

If you scored anything over 70, you've got a great, safe lifting and carrying technique. A score between 60 and 70 means you're doing a good job, but you need to brush up on your technique.

A score less than 60 but more than 45 isn't very good. You could be looking at an injury soon.

Anything less than 45 and you need to improve your lifting and carrying technique right now.

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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 of a stepladder or the top three rungs of a straight or extension ladder.



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# Safety Is a Way of Life

## *A safe workplace builds successful lives*

OSHA says that safe workplaces provide the “consistency and reliability needed to build a community and grow a business.” We agree. We believe that the combination of OSHA regulations, our safety and health policies and programs, and your active participation mean fewer accidents and injuries and a better place for all of us to work.

But a safe workplace does more than that. It also promotes better, more successful lives for everyone who works here. A safe workplace provides an environment in which our jobs become a way to make a *good* life—not just a living—for ourselves and our families.

Still not convinced? Think about this. According to OSHA, a worker who suffers a disabling injury can lose 40 percent of his or her income over 5 years. Families can lose even more because of the increased stress, conflict, and divorce associated with occupational injury and illness.

You work hard every day so that you can build a better life for your family. Both our organization and OSHA work hard, too, to make sure that you return to your family in the same condition you begin your day.

As OSHA says, “Every injury prevented is a person kept whole; every life saved is a family preserved intact.” That’s a great way to think about safety!

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## Who goes up must come down

### *Use ladders safely*

According to the Occupational Safety and Health Administration, falls from portable ladders (step-, straight, combination, and extension) are one of the leading causes of occupational fatalities and injuries. Here’s what you need to know about ladder safety requirements:

- Maintain ladders free of oil, grease, and other slip hazards.
- Do not load ladders beyond their maximum intended load or rated capacity.
- Use ladders only for their designed purpose.
- Use ladders only on stable and level surfaces unless secured to prevent accidental movement.
- Do not use ladders on slippery surfaces unless secured or provided with slip-resistant feet.
- Secure ladders placed in areas such as doorways or passageways or where they can be displaced by workplace activities or traffic. Or, use a barricade to keep traffic or activity away from the ladder.
- Keep areas clear around the top and bottom of ladders.
- Do not move, shift, or extend ladders while they are in use.
- Use ladders equipped with nonconductive side rails if the worker or the ladder could contact exposed, energized electrical equipment.
- Face the ladder when moving up or down, and maintain three points of contact with the steps, rungs, and/or side rails of the ladder at all times.
- Use at least one hand to grasp the ladder when climbing.
- Do not carry objects or loads that could cause loss of balance and falling.