

# YCPARMIA Safety Journal

August, 2007

## Safety Is No Accident

### Do you know how to prevent accidents?

Test your knowledge about preventing workplace accidents by choosing T (True) or F (False) for these statements:

- |   | T                        | F                        |
|---|--------------------------|--------------------------|
| 1. Most accidents are caused by unsafe conditions.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If you see a hazard you can't fix, report it when you have a break or at the end of your shift.                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If you're not sure how to do something, try to figure it out yourself before asking.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. It's safe to take occasional shortcuts if you've been doing a job for a long time.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. It's best not to think about what could go wrong as you work; have the confidence that if you're careful, nothing will go wrong.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If you've been on the job for a while, you shouldn't have to ask a lot of safety questions.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. It's management's responsibility to prevent workplace accidents, not yours.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. You can prevent most accidents by keeping alert to hazards and paying careful attention to your work.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Being involved in an accident at work is really a matter of chance—being in the wrong place at the wrong time.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. It's a good idea to inspect your work area, materials, and equipment each day before you begin working to make sure they're safe. | <input type="checkbox"/> | <input type="checkbox"/> |

#### Answers:

- (1) False. Most accidents are caused by unsafe acts.
- (2) False. Report it immediately and take steps to warn co-workers of the hazard.
- (3) False. When you're not sure of the correct and safe way to proceed with your work, check first with your supervisor.
- (4) False. It's never safe to ignore established procedures and take shortcuts.
- (5) False. You *should* think about what could go wrong so that you can be prepared to avoid trouble at any time.
- (6) False. Always ask when you're in doubt about anything related to your safety.
- (7) False. You share responsibility for keeping the workplace safe.
- (8) True.
- (9) False. Accidents are caused by unsafe acts and unsafe conditions—both of which are preventable.
- (10) True.

#### WHY DO ACCIDENTS HAPPEN?

Here are some of the reasons:

- Complacency.** No matter how many times you've done a job, if you take your safety for granted, you can get hurt.
- Inadequate information.** If you don't know what to do or how to do it, there's a good chance you'll do it wrong. So listen to job instructions. Read equipment manuals, container labels, and material safety data sheets. And if you're not sure about something, ask!
- Poorly maintained tools or equipment.** Don't use unsafe tools or equipment. Report them and get a replacement.
- Not looking where you're going or not paying attention to what you're doing.** To always be safe on the job you have to be constantly alert. You need to keep looking for hazards and anticipating anything that could go wrong.
- Not taking hazards seriously enough.** All work hazards can hurt you in some way. Even a minor injury can interfere with your work and your life—and cause you a lot of pain.
- Fooling around.** Protecting your safety is serious. There's no room for horseplay.
- Carelessness.** Just like not keeping your eyes and mind on the road can lead to a traffic accident, not keeping your eyes and mind on the job can lead to a work accident. So always avoid distractions.

# Avoiding Chemical Burns

## And how to treat them if you don't

All burns are painful and destructive. But unlike burns caused by hot objects, chemical burns caused by corrosive chemicals continue to do damage after the moment of contact—until the chemical reaction is complete or the chemical is washed away.

**The best way to avoid chemical burns is to wear the right kind of PPE.** That means **eye protection** as well as **chemical-resistant gloves and protective clothing.**

**If a corrosive chemical gets through** to your skin or eyes, **act quickly** to minimize the damage. That means **flushing the area with water for at least 15 minutes.** Since the eye is sensitive to pressure, flush with a low pressure water source such as an eyewash fountain. After you've rinsed your skin or eyes, **see a doctor** to determine whether further treatment is needed.

If a chemical gets on your skin and you don't know if it will cause a burn or not, flush the area with water as a precaution. While you're doing that, have a co-worker **check the MSDS** for appropriate first-aid procedures.

**If clothing or PPE have been splashed** by chemicals, carefully **remove the items** and **don't use them again** until they've been thoroughly decontaminated.



# Power Tool Safety

## Tips for preventing accidents and injuries



If you've ever witnessed somebody slice off a finger with a power tool, you know there's a lot at stake with power tool safety. Injuries from these tools can be severe and permanent.

Here are 3 reasons for most power tool injuries according to the Power Tool Institute:

- 1. Loss of concentration.** Operators may stop paying attention to their work if they repeat the same actions with a power tool over and over again.
- 2. Unexpected events.** A kickback or other sudden problem with a fast-moving power tool can be dangerous, especially if the operator doesn't have training to expect the unexpected—and to know how to react safely.
- 3. Inexperience and overconfidence** is a hazardous combination if the operator doesn't appreciate the hazards and understand the importance of being careful at all times when using a power tool.

OSHA says operators should observe 5 rules to prevent accidents and injuries:

- 1. Keep all tools in good condition** with regular maintenance.
- 2. Use the right tool** for the job.
- 3. Inspect each tool** for damage before use, and do not use damaged tools.
- 4. Operate tools according to the manufacturer's instructions.**
- 5. Use the right personal protective equipment.**

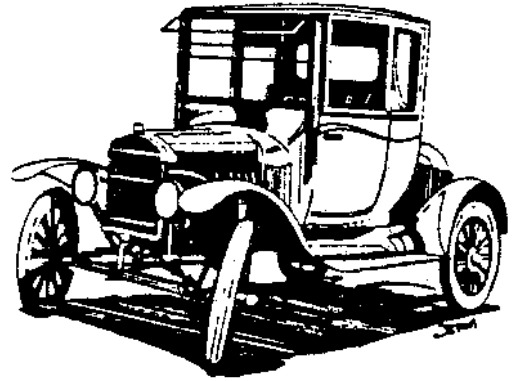
# Asleep at the Wheel

## Drowsy driving is as bad as drunk driving

If you're planning a road trip this month (or any time of year), give careful thought to the advice of the National Road Safety Foundation, which says "Drowsiness is a condition most drivers fail to recognize, and it can be as dangerous as driving drunk."

Drowsiness is a factor in a substantial number of crashes and points to studies that say **60 percent of motorists have driven while feeling fatigued** and **more than one third admit to having fallen asleep at the wheel during the past year**. Here are some signs that you need to stop and rest:

- ⊕ Difficulty focusing, with frequent blinking
- ⊕ Daydreaming or not remembering the last few miles driven
- ⊕ Head-nodding
- ⊕ Repeated yawning or rubbing your eyes
- ⊕ Drifting out of the lane, tail-gaiting, or hitting shoulder rumble strips

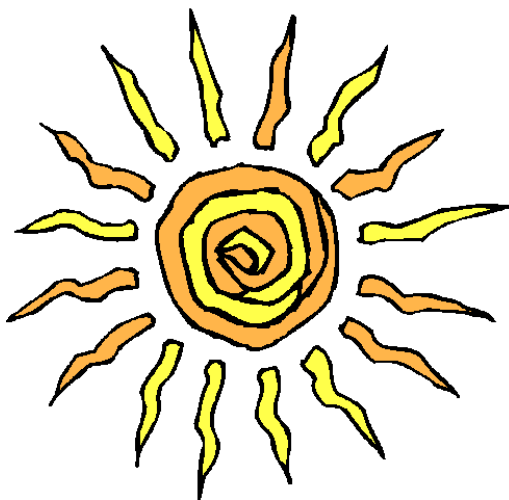


If you recognize any of these signs while driving—on vacation or any time—pull over at the next exit and take a 20-minute nap. The foundation also recommends drinking coffee or other caffeinated beverages and avoiding alcohol or medication that makes you drowsy when you're going to be driving. For more safe driving tips, visit the foundation's website at [www.nationalroadsafety.org](http://www.nationalroadsafety.org).

# Have Fun in the Sun ...

## ... but take precautions to keep safe

The sun's shining. It's warm and beautiful outside. It's your day off, and you're planning to get out and have some fun. Great idea! August is the perfect time for enjoying some outdoor recreation. But whatever activities you have planned, just don't forget to take along your safety sense.



**Remember to take along (and use!) your PPE.** Personal protective equipment for summer recreational activities might include sunglasses, sunscreen, a hat (or a helmet if you're biking), or a life jacket if you're boating.

**Don't overexert.** Take it easy—especially if you're a little out of shape or it's a really hot day. Don't underestimate the effect of the heat and the sun.

**Follow the safety rules.** Most activities—even recreational ones—have some safety rules. For example, if you're hiking, stay on marked trails and avoid wild animals. If you're boating, avoid alcohol, watch out for swimmers, and don't overload your boat. If you're swimming, watch out for strong currents and boaters, make sure you know the depth of the water before diving, and don't swim if you're tired or have had too much to drink.

**Don't forget to drink water.** Drink fluids all day to replace what you lose. And take frequent breaks in a cool, shady place to prevent heat stress.

# Training Classes

## Check out our current training schedule

You can view our current training schedule online at: [ycparmia.com/classes.htm](http://ycparmia.com/classes.htm)

Or, if you need a specific class for your workers, contact Jim Richter at (530) 666-4456. He can provide training on a wide variety of safety topics, including:

- Accident Investigation
- Back Safety
- Bloodborne Pathogens
- Confined Space Entry
- Electrical Safety
- Ergonomics
- Fire Prevention
- Fire Extinguisher Use
- Forklift Driver Certification
- HazMat First Responder
- Hearing Conservation
- Personal Protective Equipment
- Respiratory Protection
- Workplace Violence.

# Prevent Accidents

## Report all safety-related incidents

An important way to help prevent accidents is to report any safety incidents that occur. When accidents are reported, they can be investigated and the problems that caused them can be corrected. But when incidents go unreported, things don't get fixed, and the same situation could occur again.

The bad news is that people sometimes fail to report incidents because:

☒ **They don't want to get blamed.**

People don't want to get into trouble or get co-workers in trouble. But remember that the reason for looking into safety problems isn't to blame people, it's to eliminate hazards.

☒ **They don't think it is important enough to mention.**

If no one was hurt and there was no damage, then what's the point of reporting an incident, right? Wrong! Next time somebody *could* get hurt.

☒ **They don't want to take the time to "get involved."**

People think they're too busy to waste time reporting an incident as long as nobody was hurt. Or they figure that if the accident didn't actually happen to them, they're not involved. It's somebody else's problem. But accident prevention doesn't work that way. Everybody has to get involved. Otherwise the next accident victim could be you.



### 6 BASIC FIRST-AID STEPS

Memorize this sequence of events so that you'll be able to respond quickly and effectively if a co-worker gets hurt:

1. **Check to see if the victim is breathing.**
2. **Call for medical help immediately.** Explain the kind of injury and where the victim is. Be calm and act fast.
3. **Bring help to the victim**, not the victim to the help.
4. **Don't move an injured person** unless it's necessary to save his or her life.
5. **Know where first-aid kits are kept.**
6. **Keep the victim calm and comfortable** if you're not sure what else to do, and wait for the professional help you called.

### DON'T SKIP YOUR LUNCH BREAK!

Skipping your lunch break to get more work done might be a mistake. A Canadian government program called "Take Back the Lunch Break!" urges workers to take their break and eat a nutritious meal.

If there's time, you could get out and take a brisk walk, too. The Canadians suggest that more work is not necessarily better work—and it also might not be safer work!