



YCPARMIA Safety Journal

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Give Yourself a Hand!

Protect your hands on the job

We use our hands so constantly that we take them for granted. Unfortunately, because we take them for granted, hands and fingers are among the most frequently injured parts of the body. The National Safety Council reports that in a recent year there were 530,000 disabling hand and finger injuries.

Most hand and finger injuries fall into these categories:

→ **Traumatic injuries** range from cuts and punctures to broken bones to amputation. Many cuts or punctures are minor, but if they go through the skin they can sever nerves, tendons, or ligaments. They can also get infected.

→ **Contact injuries** are usually skin diseases or burns that can result from direct contact with hot or cold objects, or with chemicals, detergents, or metals.

→ **Dermatitis.** Symptoms like swelling, itching, rash, burning, or blisters can be bad enough to make it impossible for you to work. Dermatitis often shows up immediately after contact with a chemical, but sometimes it takes a while to develop an allergic-type reaction. Once you have this kind of sensitization, you usually can't get near that chemical again.

Follow these safety basics to protect your hands:

- ✎ Follow manufacturer & employer instructions for tools and equipment.
- ✎ Feed materials into moving machinery with a push stick, not your hands.
- ✎ Keep your hands away from moving machine parts.
- ✎ Always cut away from your body.
- ✎ Store tools so no sharp edges are exposed.
- ✎ Use brushes, not hands, to sweep up metal or wood chips.
- ✎ Check materials for sharp edges, burrs, splinters, etc., before handling.
- ✎ Make sure you know how hot or cold an object is before handling it.
- ✎ Wipe off greasy or slippery objects before handling them.
- ✎ Lift an object so your hands are not near the pinch points.
- ✎ Put materials down carefully so you don't mash your fingers.
- ✎ Use the right tool for the job and use it correctly.
- ✎ Pass tools to other workers, handle first. Never throw tools.

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HAND IN GLOVE

First, make sure gloves fit comfortably. Then choose the right glove for the hazard.

- ✎ Wear insulated or leather gloves for heat and cold. Fabric should be fire-retardant for open flame, reflective for radiant heat.
- ✎ Wear insulated rubber gloves for electricity.
- ✎ Wear metal mesh or other cut-resistant gloves to handle sharp objects.
- ✎ Wear leather gloves for rough surfaces.
- ✎ Wear fabric gloves for slippery objects.
- ✎ Wear neoprene or nitrile rubber gloves for corrosives.
- ✎ Check the MSDS to select gloves for working with chemicals.
- ✎ Consider hand pads for heat, roughness, and splinters.
- ✎ Use thumb or finger guards or tape for extra protection on dangerous jobs.
- ✎ Use long cuffs, wristlets, or duct tape to keep chemicals or heat out of gloves.
- ✎ Use barrier creams to help protect the skin from chemicals when gloves aren't practical.

CHEMICAL-PROTECTIVE GLOVE CARE

Take these precautions:

- ✎ Inspect before use to ensure gloves are clean and have no rips or holes.
- ✎ Bandage small cuts or scrapes before putting on gloves.
- ✎ Rinse gloves before removing them.
- ✎ Clean gloves before storing them.
- ✎ Store gloves in a cool, dark, dry place, right-side out, with cuffs unfolded.
- ✎ Wash hands frequently and thoroughly with soap and water or skin cleanser—not solvents or industrial detergents—after working with chemicals.

Winter Wonderland

... or winter hazard trap?

Winter Hazard Awareness Week is held every November to remind Americans to follow winter safety tips. For example, preventing slips and falls is a major concern when outdoor surfaces are wet or icy and slippery under foot.

Take these steps to keep your steps secure in slippery conditions:

- **Wear appropriate footwear** with nonslip soles on wet, icy, or snowy days.
- **Take extra care when walking on wet, icy, or snow-covered walkways.** Walk slowly and slide your feet on slippery surfaces. Avoid turning sharply when on a slippery surface.
- **Hold onto the railing** when using outdoor stairways.
- **Be especially careful when carrying packages,** equipment, and materials.
- **Wipe your feet when entering a building** so that your wet soles won't cause you to slip on indoor flooring.
- **Limit your injuries if you slip** and start to fall by bending your elbows and knees and using your legs and arms to absorb the fall. Or roll into the fall, if that's more appropriate.

Communicate Safety

Be an advocate

Communicating about job safety and health information effectively is crucial for preventing injuries and illnesses. And it's not just your employer's job.

What's your role in safety communication?

- **Participate in training.** Volunteer for demonstrations, cheer on others who volunteer, and encourage co-workers to apply training when back on the job.
- **Serve on safety teams and committees.** Be an advocate for your co-workers' safety concerns.
- **Lead by example.** Be vocal about safety every day.

Communicating is more than just talking, however. The message must be clear and received as intended. There are four keys to successful message exchange. Effective safety communication is:

1. Interactive. Listen to safety training, ask questions, and make suggestions.
2. Informative. Get and give the facts about safety procedures.
3. Positive. Focus on exchanging ideas and encouraging changes that will improve workplace safety.
4. Productive. Interact with co-workers to spread the safety message throughout your workplace.



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HELP CO-WORKERS QUIT ... SMOKING!

If you have co-workers who are trying to kick the habit during the **Great American Smoke-out this November**, do what you can to help. Here's why:

1. **You'll improve your own health.** The 2006 U.S. Surgeon General's report, *Secondhand Smoke: What it Means to You*, states that secondhand smoke can cause lung cancer, heart disease, and elevated cholesterol levels.
2. **You'll improve working conditions.** New nonsmokers won't be absent as much because of smoking-related illnesses. And when on the job, they won't be taking smoking breaks.

How can you help a co-worker quit?

- Be a cheerleader for their decision to quit.
- Be patient if they're irritable.
- Allow them to vent their frustrations. Don't take it personally.
- Be available to spend time with them in smoke-free environments.
- Invite them to smoke-free activities, such as mini-golf or a movie, to help them keep busy.

AMERICAN DIABETES MONTH

Help your kids develop good habits and lower their risk for diabetes by letting them use the Centers for Disease Control and Prevention's (CDC) interactive website for children called "The Eagle's Nest" at:

<http://www.cdc.gov/diabetes/eagle/index.html>

Radiation Reader

Know what can hurt you

Exposure to radiation can damage or destroy the cells of your body. Effects can be “acute,” meaning they show up soon after exposure, or they can be “chronic,” meaning they appear years after exposure. Acute effects include reddening of the skin, hair loss, nausea, vomiting, diarrhea, weakness, and even death if the dose is very high. Chronic effects include various kinds of cancer and damage to bone marrow or nervous system cells.

There can also be “genetic” effects. Prenatal doses of radiation can affect the growth of a fetus, including brain size, and could cause mental retardation or childhood cancers.

Here’s how to protect yourself from hazardous doses of radiation:

- ☞ Limit the time you spend in areas where you might be exposed. Perform as much work outside a restricted area as possible. Know exactly what to do before entering a restricted area and work efficiently once inside.
- ☞ Remain at a safe distance from radiation sources. Use remote handling devices such as glove boxes. Activate radiation-producing equipment from outside the area, e.g., when giving X-rays. Move outside radiation areas during delays.
- ☞ Make sure appropriate shielding is in place, including shielding made of plastic, glass, aluminum, concrete, or lead.
- ☞ Wear appropriate PPE when necessary, including eye protection and protective clothing.

Safety Review

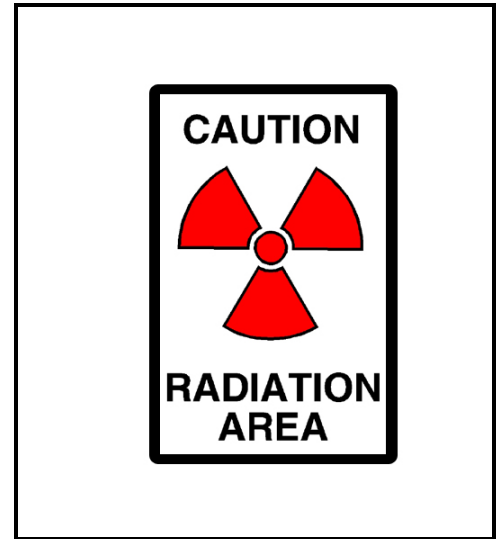
Remember these basic do’s and don’ts

DO:

- Treat safety as an important job responsibility.
- Think ahead all day, every day, no matter what you’re doing.
- Plan each job before you start.
- Consider what could go wrong and how to prevent problems and accidents.
- Read labels, MSDSs, and other safety information to help you work safely.
- Inspect tools and equipment before you use them.
- Pay attention to what you’re doing and avoid distractions.
- Know what to do in an emergency.
- Take safety training seriously.
- Ask questions when you’re unsure of what to do or how to do it.

DON’T:

- Don’t ignore any safety hazard—remove it, repair it, or report it.
- Don’t turn a blind eye to co-workers’ unsafe actions—talk to them about the risks and the precautions.
- Don’t bypass safety procedures—or let others talk you into doing so.
- Don’t neglect to use required PPE.
- Don’t work on hazardous jobs, such as tasks in confined spaces, without a buddy.
- Don’t fool around.
- Don’t ignore good housekeeping requirements in your work area.



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THANKSGIVING DAY TIPS

Yes, it is possible to eat hearty yet healthy on this traditionally food-centered holiday. Follow these food and fitness tips:

- ☺ **Eat a full healthy breakfast.** Don’t “save” calories for the main meal. This is a particularly good practice for the cook to help keep him or her from grazing during food preparation.
- ☺ **Eat (and serve) fibrous appetizers,** such as veggie trays or sliced fruit with light dips. The fiber helps with digestion and fills you so you’re less apt to overload your meal plate.
- ☺ **Drink plenty of water to help with digestion.** Limit high-calorie beverages, such as alcohol or sweet drinks.
- ☺ **Get some light exercise before and after the meal.** A brisk walk before and a leisurely one after—but before dessert!
- ☺ **Load your plate in sections.** Fill half of it with vegetables, one quarter with protein (turkey!), and one quarter with starch (potatoes, stuffing, bread).
- ☺ **Eat slowly.** Savor each bite, which also gives the food time to hit your stomach and give you that full feeling.
- ☺ **Limit dessert** to one sensible-sized serving.

Safe Snow Removal

Use a shovel or snow thrower safely

Snow shoveling can be hazardous to your heart if you are out of shape, if you smoke, or if the snow is very deep or heavy. Heavy, wet snow can also be a killer on your back.

Follow these snow-shoveling safety tips:

- * Bend your knees to fill your shovel and lift with your legs, not your back.
- * Don't twist your body when you toss the snow from the shovel.
- * Take only a little snow with each shovel load if the snow is heavy.
- * Take frequent breaks to rest and stretch your back.
- * Don't overexert. Get help if the snow is extremely heavy or deep.
- * Sand icy walkways, stairways, and ramps immediately.

Follow these safety tips for snow throwers:

- * Inspect the path you intend to clear and move foreign objects out of the way.
- * Never remove or disable safety features such as guards, shields, or deflectors.
- * Keep children and pets away from the area, and stop working if someone passes by on foot.
- * Keep face, hands, feet, and clothing away from moving or rotating parts.
- * Never clear the discharge chute with the engine running.
- * Shut the engine off and remove the key when you leave equipment unattended.
- * Don't fill the fuel tank while the engine is hot or running.

Diabetes Is on the Rise ...

And many Americans don't know they have it

November is **American Diabetes Month**, a perfect time to get more informed about this disease, in which the body either doesn't produce insulin or doesn't recognize it. Insulin is a hormone that helps convert sugar, starches, and other foods into energy. Most people who have diabetes have other problems, such as being overweight, having high blood pressure, or having high cholesterol. Hence, people with diabetes are generally at risk of developing heart disease or stroke.

The American Diabetes Association (www.diabetes.org) says that 54 million Americans have pre-diabetes—and many don't know it. The good news is that once they find out, they can make lifestyle changes to delay or prevent diabetes.

What You Can Do

First, find out if you are at risk for developing diabetes by taking the diabetes risk assessment under **news & notes**. Also ask your health professional about having a fasting plasma glucose test or an oral glucose tolerance test. If you are diagnosed with pre-diabetes, take these steps:

- ♦ Get moderate exercise 30 minutes 5 days a week.
- ♦ Lose 5 percent to 7 percent of your weight if you are overweight.
- ♦ Eat low-calorie, low-fat foods.



WHAT'S YOUR DIABETES RISK?

Every "yes" answer increases your risk:

- Are you African American, Latino, Native American, or Asian American? **Y N**
- Are you overweight? **Y N**
- Are you inactive most days of the week? **Y N**
- Do you eat a high-fat, high-calorie diet? **Y N**
- Do you have a sibling or parent with diabetes? **Y N**
- Are you a woman who has had a baby that weighed more than 9 pounds at birth? **Y N**

The ADA also offers an interactive online assessment called "Diabetes Personal Health Decisions (PHD)" at www.diabetes.org/phd/profile/default.jsp.

FLATBREAD TURKEY VEGGIE PIZZA

Here's a recipe for leftover turkey from the Ohio Department of Natural Resources, Division of Wildlife:

- 2 tablespoons olive oil
- ½ cup leftover turkey
- ½ cup parmesan cheese
- ½ cup mozzarella cheese
- ¼ cup of onions, chopped
- ¼ cup green pepper, chopped
- ¼ cup broccoli, chopped
- ¼ cup chopped mushrooms
- 1 flatbread pizza crust

Preheat oven to 350 degrees. Spread olive oil on flatbread and bake 5 minutes. Take out of oven and cover with turkey, mushrooms, onions, pepper, broccoli, and cheeses. Turn oven to 400 degrees. Bake for 10 to 15 minutes until cheese melts.