



Safety Is In Your Hands

When you think about workplace safety responsibilities, you probably think about all the regulations and requirements Cal/OSHA puts into effect to identify hazards and protect you and your coworkers.

Some of the responsibilities that OSHA assigns to you and your co-workers include:

- Obey Cal/OSHA standards.
- Follow your workplace safety and health rules.
- Use assigned Personal Protective Equipment (PPE).
- Participate in required safety training.
- Report hazardous conditions to management so they can take corrective action.
- Report all job-related accidents, injuries, and illness to your supervisor and get medical attention.
- Cooperate with OSHA inspectors who come to inspect our facility.

Five Tips For Reducing Chemical Exposure

The best way to avoid the risks of working with hazardous chemicals is to reduce exposure.

Here are five ways to do that:

- 1. Identify Potential Hazards.** Begin by reading the label on the container and then move on to the Material Safety Data Sheet (MSDS) for complete safety and health information. Make sure you understand the consequences of an accident. For example, the health effects, the potential for fire, and the possibility that contamination could spread.
- 2. Use The Right Personal Protective Equipment (PPE).** The label and MSDS will tell you what to wear and why. Don't forget to inspect PPE before each use to make sure it's in good condition.
- 3. Follow Safe Handling Procedures.** Again, the MSDS will provide safe handling information. It will explain such things as ventilation requirements, storage, and use rules. If you don't understand something, ask your supervisor.
- 4. Practice Safe Hygiene.** Keep food and drinks out of chemical work areas. Wash thoroughly after working with chemicals. And wash your soiled work clothes separately from family laundry.
- 5. Be prepared for emergencies.** Know the proper procedures for handling leaks and spills, evacuating the work area, and providing effective first aid for exposures.





Smart Science

To work with hazardous chemicals you do need to know some basic scientific terms so that you will be able to identify hazards and take proper precautions. Below are some chemical characteristics that you might find in a Material Safety Data Sheet (MSDS) when you're looking for safety information about a hazardous substance. See if you can match the definition to the chemical characteristic.

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|-------------------------|---|
| 1. ___ Boiling point | A. Gas, liquid, or solid |
| 2. ___ Specific gravity | B. Temperature at which liquid turns to gas |
| 3. ___ Physical state | C. How much of chemical will dissolve in water |
| 4. ___ Solubility | D. Temperature at which solid turns to liquid |
| 5. ___ Freezing point | E. Tells you whether chemical will float or sink in water |
| 6. ___ Vapor density | F. How fast chemical puts vapors into the air |
| 7. ___ Melting point | G. Temperature at which a liquid turns to a solid |
| 8. ___ Evaporation rate | H. Tells you whether a chemical will rise or sink in air |

Answers:

- (1) B
(2) E—Chemicals with a specific gravity below 1 will float and above 1 will sink.
(3) A
(4) C
(5) G
(6) H—Chemicals with a vapor density below 1 will rise and above 1 will sink.
(7) D
(8) F

Plan Before You Lift

Using safe lifting techniques are essential to preventing back injuries, but there is more to safe lifting than body positioning. You also need to PLAN your lifts by examining the load before lifting it.

Make certain that:

- The weight is stable and won't shift
- There are no rough spots or sharp edges
- You can handle it alone (if not, get help)
- You will be able to see where you are going
- Map out the easiest route and move any objects that will be in your path

