Avoid slips, trips, and falls

More than 12,000 people die as a result of falling each year—on and off the job. Here’s what you can do to prevent slips, trips, and falls:

- Wear shoes with non-slip soles.
- Walk, don’t run.
- Keep aisles, walkways, and steps clear of tools, materials, cans, and boxes.
- Place trash in proper containers.
- Clean up spills quickly and correctly—or report them.
- Close drawers.

Make sure you can see over materials you’re carrying.
Use the handrail on stairs.
Stay away from leading edge or platform edges.
Report loose or damaged flooring immediately.

Post warnings to prevent slips and falls!

Prevent fires and electric shock!

Safety exercises: What other DO’s and DON’Ts apply in your facility?

DO:
- Clean dust and grease off machines.
- Keep flammable liquid containers closed when not in use.
- Wear goggles and other protective clothing when working with solvents.
- Keep motor oil in a covered metal container, emptied daily.
- Know how to use fire alarms and evacuate if there’s a fire.
- Know how to select and use fire extinguishers.

DON’T:
- Smoke around flammable materials—or outside designated smoking areas.
- Block passageways, fire doors, or fire sprinklers.
- Store oxygen cylinders near materials that could burn.
- Place paper or other combustible scrap on lights or machines.
- Use cords with damaged insulation or loose connections.
- Fasten cords with nails or staples.
- Reach blindly into areas that could contain energized parts.
- Use metal tools, ladders, or other conductive items around energized parts.
- Perform electrical jobs unless you’re trained and authorized!

Avoid musculoskeletal disorders

Repetitive motions (e.g., computer keybords, pushing, etc.)
- Awkward work positions, reaches, or grips.
- Long periods in one position.
- Use of steady force or exertion.
- Use of vibrating tools.
- Exposure to cold.

Alternate repetitive motions with other tasks.
- Organize work areas to minimize awkward reaches and posture.
- Use power rather than manual tools.
- Grasp objects with the full hand.
- Work with wrists neutral, not bent or flexed.
- Report tingling, numbness, pain, or other symptoms.

Protect your back...

...from injury due to improper lifting. When performing materials handling, follow these safe lifting principles:
- Test the weight of the load before lifting.
- Wear a back brace or support, if needed.
- Lift the load correctly—do not twist.
- Don’t try to lift large, heavy, or awkward loads yourself. Get a helper or use dollies or other mechanical aids.
- Don’t lift loads if you are not used to lifting or do not know what you can comfortably handle.
Physical hazards of chemicals include being:
- Explosive—can explode easily
- Irritating—can irritate easy
- Corrosive—can burn
- Oxidizing—can cause combustible reaction

Health hazards of chemicals include being:
- Target organ safety—can affect specific organs in your body
- Skin—can cause allergic reaction or simply cause irritation
- Eye—can cause irritation or injury
- Inhalation—can cause respiratory injury
- Other hazards—can cause injury or death.

Different types of labels

Numbers show the degree of hazard:
- 1: Moderate hazard
- 2: High hazard
- 3: Very high hazard
- 4: Extreme hazard

Red means to be hazardous. Yellow is a physical hazard. How is a health hazard.

What about the white section of the label?
On the white label, it gives you specific information about the chemical or pesticide in the bag. It is a hazardous warning. Here are some examples:
- Do not inhale.
- Do not eat or drink.
- Do not touch.
- Do not keep on skin or eyes.

Check for emergency instructions

Don't forget the MSDS.

Don't depend on the label alone for all chemical safety information. The label gives you some information. The MSDS gives you all the information you need. The MSDS is a hazardous warning. The more information you need, the more information is necessary. It's your responsibility to be familiar with both labels.
Be careful with household chemicals

Some chemicals you use at home may also be dangerous, such as:
- Cleaning products
- Pesticides

This labels will be somewhat different, though since these products are regulated by the Consumer Product Safety Commission, the labels should all follow the same format. You should also try to keep the chemical in its original container for mostly in proper condition.

If you are using household pesticides, your company’s hazard communication plan should include the following information on the labels: Always read the label before use. See the precautions and first aid information on the label. Always wear the correct PPE when using the product.

Label do’s and don’ts

Follow these tips when you use chemicals:

- Don’t mix two or more pesticides that don’t work.
- Keep your home clean and tidy.
- Use the correct PPE.
- Use only the amount of pesticide that is needed.

Always read the label first

The label is your guide to what a pesticide is good for. Always read the label before using the pesticide:
- Follow the instructions in the label.
- Read the label carefully and keep it handy for reference.
- If you have questions, ask your supervisor.

Most importantly, use the deodorant spray on the chemical, not the extra and handling procedures. Your health and safety depend on it.

Protect yourself against hazards.
- OSHA requires PPE.
- Hazards dictate PPE.
- PPE protects.
- Maintain PPE.

Physical hazards.
- Falling, moving & flying objects.
- Heat or cold.
- Moving parts.
- Sharp objects.
- Health hazards.
- Chemical exposure.
- Inhalation.
- Ingestion.
- Eyes.
- Dermal.
- Radiation.
Training is essential!

- What PPE is needed and its limitations.
- How to wear PPE and maintain it.

Get a good fit!

- A good fit provides protection and comfort to allow movement and job performance.

Check fit each time.
- Clean with soap and water and air dry.
- Replace if lenses are scratched.
- Store in dust-proof case.

Earmuffs must have a perfect seal around the ears to be effective.
- Earplugs are disposed of or washed between uses.

Protect your hands!
- Metal mesh gloves protect against “sharps.”
- Leather gloves protect against rough objects, chips, sparks, and heat.
- Cotton gloves protect against dirt, splinters, and slippery objects.

Canal caps seal entrance to ear.
- Rubber, neoprene, or vinyl protect against chemicals and nitrile against pathogens.
• Wear insulated shoes to protect against cold.

• Protect your feet!
• Wear puncture-proof soles.
• Wear metal toe protectors.
• Wear chemical resistant boots when necessary.
• Wear rubber or special overshoes for traction on wet or icy surfaces.

• Hard hats protect your head!
• Below other workers.
• Around or under machinery.
• In areas of confined space, low ceilings, hanging or moving objects.
• Near conductors.
• Type I for top impact.
• Type II for top & side impact.
• Specialized Class G, E, C and D also.

• Coveralls for confined spaces and Tyvek for bed bug control.

• Body protection.
• Flame-resistant cotton or duck.
• Flame-retardant synthetic fabrics.
• Rubber, neoprene, vinyl, or protective material.
• Leather.
• Air purifying respirators are dusts masks to canister gas masks that do not supply oxygen.
• Air supplying respirators include self-contained breathing apparatus (SCBA) that provide air from a tank or compressor in low-oxygen environments.
• Immediately Dangerous to Life or Health (IDLH)

• Special fit-tests are preformed to be certain your respirator fits correctly.
• Check for holes, cracks, or defects.
• Facial hair which interferes with the seal is prohibited with respirators.
• You may need a special respirator with Rx glasses.

• Know the job hazards.
• Use your PPE.
• Check your PPE.
• Take care of your PPE.

• Do not overexert yourself!
• Beware of heat sickness!

PPE will not protect you if you do not wear it!

SAFETY IS NO ACCIDENT Questions?