



# U.S. Naval Air Facility Atsugi Japan

## Safety & Occupational Health Newsletter

Second Quarter

January - March

FY-2004



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## Well, duh!

I don't know about you, but when I read this sign, my first reaction was "Well, no foolin'! Of course you're not going to pass when cars are coming at you." But the sad thing is, there were probably

some serious accidents on that stretch of road that prompted the local transportation department to put up this sign.

So why would anyone try to pass when the disastrous outcome is so obvious? The answer would probably be similar if you were to ask why people don't wear eye protection while working with chemicals. Or why people don't wear a harness while working on high, steep roofs, or why people stand on the top rung of a ladder and lean. Why do people travel at high speed during an ice storm, and why don't some people ever wear seatbelts or motorcycle helmets? Ignorance? Arrogance? Stubbornness? Rebellion?

Maybe someday scientists will develop a pill to keep people from doing really stupid things. Until then, do a quick risk assessment before you start any job. If you find that the dangers have you saying, "Well, duh, I'm gonna hurt myself if I do it that way," then stop and think again about how you can make the job a bit safer.

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## Emergency Nos.

Fire Dept 119  
Ambulance  
    On Base 119  
    Off Base 0467-70-2164  
Acute Care 264-3951  
Safety 265-3112/3678  
Security 264-3200/3500

## Frequently Called Nos.

Action Line 264-3677	BOQ 264-3696
Med Appt 264-3958	BEQ 264-3696
Dental Appt 264-3612	Trilogy 264-3736
Atsugi CDC 264-6367	SkyMaster 264-3659
Air Terminal 264-3801	"O" Club 264-3621

**SAFETY REP INDEX****NAF Atsugi**

AIR/OPs	264-3749
FFSC	264-3628
MWR	264-4673
PWD	264-3811
SECURITY	264-3940
KAMISEYA	265-8667

**Tenant/Associate Commands**

AIMD	264-3119
BMC	264-4691
CSD	264-3063
DCMA	264-3244
FASO	264-3231
HSL-51	264-4365
NAMTG	264-3159
NAPRA	264-3022
NEX	264-3195
NPMOD	264-3208
NMCB Det	264-3050
Shirley Lanham	264-4691

**CAG/Other**

CVW-5 Staff	264-3392
HS-14	264-3392
VAQ-136	264-3684
VAW-115	264-4297
VFA-192	264-4567
VFA-195	264-4614
VFA-27	265-4394
VS-21	264-3917

**Note:** Commands that desire to have their Safety Reps listed in the NAF Atsugi SAFETY REPS INDEX, call 264-4424

**NAF Atsugi Safety & Occupational Health Newsletter**

is published quarterly by the NAF Safety Department. Articles relating to safety, occupational health and ORM are welcome additions for publication in the newsletter.

For further information, please contact the Newsletter editor at 264-4424.

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**Health Safety Tidbits****Did You Know**

- ♥ More than 50 million Americans age 6 and older have high blood pressure?
- ♥ Of persons with high blood pressure, almost 1/3 of them don't know they have it?
- ♥ Obesity and a family history of high blood pressure increases your risk?
- ♥ The cause of 90 - 95% of cases of high blood pressure isn't known (but is treatable)?
- ♥ It is more common in the African American population?
- ♥ It is not a normal part of healthy aging?

Blood pressure is measured in millimeters of mercury, or mm Hg. The top number, systolic blood pressure, shows the maximum pressure in the blood vessels as the heart contracts and circulates blood throughout the body, when the heart beats. The bottom number, diastolic blood pressure, shows the lowest pressure in the blood vessels between heartbeats, when the heart is at rest.

High blood pressure is defined as a systolic pressure reading greater than 140 mm Hg or a diastolic blood pressure reading greater than 90 mm Hg. Normal blood pressure for persons age 18 and over is defined as less than 130 over 85 and optimal is less than 120 over 80. Uncontrolled and untreated high blood pressure can lead to some very serious health consequences such as stroke, heart attack, congestive heart failure, kidney damage and impaired vision or blindness.

Low blood pressure or a sudden drop in blood pressure can cause fainting and may indicate other health concerns such as a faulty heart valve, blood loss, abnormal heart rhythms and diseases of the autonomic nervous system, such as diabetic neuropathy.

Adopting healthy lifestyle habits and maintaining a healthy weight are part of gaining control of blood pressure, but monitoring it and seeking the guidance of your physician or his/her staff are also invaluable tools.

Sources: [American Heart Association](#)  
[National Heart, Lung and Blood Institute](#)  
[Mayo Clinic](#)

**Upcoming Safety Training**

26-28 Jan 04	Asb Inspector	A-493-0014	3.5 da	Yoko
28 Jan 04	Asb Insp Refresher	A-493-0015	.5 da	Yoko
29 Jan 04	Asb Insp Refresher	A-493-0015	.5 da	Yoko
03 Feb 04	Asb Insp Refresher	A-493-0015	.5 da	Sasebo
28 Jan 04	Asb Mgmt/Plnr Ref	A-493-0020	.5 da	Yoko
29 Jan 04	Asb Proj Dsgn Ref	A-493-0087	1.0 da	Yoko
29 Jan 04	Asb Proj Dsgn Ref	A-493-0087	1.0 da	Sasebo

For Navy Safety Course updates see - <http://www.norva.navy.mil/NAVOSH/>

## HOW OFTEN DO YOU WASH YOUR HANDS?



**The Center For Disease Control (CDC) Says One Of The Most Important Things You Can Do To Keep From Getting Sick Is To Wash Your Hands!**

The start of the new flu season is producing long lines for flu vaccinations at clinics throughout the country. In some areas of the country, vaccinations are in short supply.

This is why it is perhaps more important than ever to take simple, basic measures to help prevent the spread of the flu virus this season. One of the easiest ways to ensure your good health is to keep your hands clean.

Does it take an outbreak of a frightening, potentially fatal infectious disease, like severe acute respiratory syndrome (SARS) or a gastrointestinal illness on a cruise ship, to get people to follow Mom's advice to "wash your hands after using the bathroom?" Apparently, it may.

New surveys show that many people still aren't washing their hands in public places, exposing others to the risk of infection, despite recent outbreaks of infectious diseases. Although illnesses as deadly as SARS and as troublesome as the common cold or gastric distress can be spread hand-to-hand, the surveys found that many people passing through major U.S. airports don't wash their hands after using public facilities.

More than 30 percent of people using restrooms in New York airports, 19 percent of those in Miami's airport, and 27 percent of air travelers in Chicago aren't stopping to wash their hands. The surveys observed 7,541 people in public washrooms in New York, Chicago, San Francisco, Dallas, Miami and Toronto.

U.S. airport observations contrast sharply with an August 2003 telephone survey of 1,000 Americans, in which 95 percent said that they wash their hands in public restrooms. The same phone survey – which found only 58 percent of people say they wash their hands after sneezing or coughing and only 77 percent say they wash their hands after changing a diaper – highlights the seriousness of the problem.

**Follow Mom's advice and "wash your hands"**

## Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high 102–104°F; lasts 3–4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2–3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; antiviral medicines
Treatment	Only temporary relief of symptoms	Antiviral medicines see your doctor

## Avoiding Slips and Falls in Winter Snow and Ice

The winter months are usually accompanied by a rash of slips and falls. Nearly two-thirds of these mishaps occur on snow, ice or wet surfaces near entrances or on parking lots.

Here are some tips to help you prevent falls:

- Wear shoes that provide good traction.
- Dress warmly. Being cold may cause you to hurry or tense your muscles — both of which can affect your balance.
- Give yourself plenty of time. Take short steps with your feet pointed slightly outward. This will help keep your center of balance under you and provide a stable base for support.
- Be extremely careful getting out of your vehicle. If possible, swing your legs around and place both feet on the pavement before you attempt to stand. Steady yourself on the door frame until you have gained your balance. Avoid reaching beyond your center of balance to take hold of the door, because this may cause a fall.
- Don't take shortcuts. Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Be especially careful when stepping to different levels — down or up steps or from curbs (don't step on curbs). And remember, grassy slopes can be as dangerous as snowy steps.
- Pay attention to the walking surface. It may become wetter or slicker ahead of you. Look down, however, only with your eyes. If you bow your head, it could propel you forward.
- When walking after sunset or in shadowed areas, be alert for black ice — particularly in the days following a storm. Once parking lots, sidewalks and steps have been cleared, a thin layer of water remains and refreezes when the temperature drops.
- Carry only those items necessary. Carrying weighted or bulky packages is also risky.

### **How We Get Hurt at NAF Atsugi**

#### **Mishaps that occurred in the 1st Quarter, FY 2004**

Firefighter bumped and injured his head on a truck mounted beacon during routine training **resulting in at least 3 Hours Lost Time.**

A temporary MWR employee injured himself while improperly using a radial saw to cut wood **resulting in at least 3 Hours Lost Time.**

#### **Definitions**

**Lost Work Day** - Loss of at least one full work day subsequent to date of injury.

**Loss of Time** - any time lost from work on the day of the injury or after the day of injury, but not resulting in a full lost workday.

### **Reminder To Supervisors**

Report all injuries to the Safety Department as soon as possible to **DSN 264-4121/3678.**

Personal Injury Notice Reports are available for printing from the Safety Department's Occupational Safety and Health website at

[<https://www.atsugi.navy.mil/atsugi/safety/>](https://www.atsugi.navy.mil/atsugi/safety/)

# Did you know...



that slips, trips and falls were the leading cause of incidents in DTRA in FY03?

Many of these incidents resulted in significant injuries.

Protect yourself and your co-workers by following and sharing these important tips:

## Walk slowly and watch where you are going.

- ✓ Pay attention to the surface you are on.
- ✓ Slow down and keep one hand free for balance.
- ✓ Ask for help when you need it.
- ✓ Take extra care when traveling up and down stairs.



## Don't take shortcuts. The time you save by taking a shortcut isn't worth an injury.

- ✓ Take the sidewalk, use crosswalks, or the pathway provided for pedestrians.

## Make sure work areas are well lit and clean.

- ✓ Turn on lights when you enter rooms.
- ✓ Report lights that are not working.
- ✓ Keep walkways clear and eliminate trip hazards such as extension cords, boxes and debris.



## Avoid hazards.

- ✓ Don't walk through water.
- ✓ Completely avoid construction areas.
- ✓ If you see a trip hazard, especially indoors, mark it and then report it immediately.

## Prepare yourself for the weather conditions.

- ✓ Slow down and take extra care.
- ✓ Wear slip-resistant shoes.
- ✓ Be wary of and avoid icy patches.
- ✓ Make sure you can see at all times.
- ✓ Wear sunglasses on bright days.



## Use your work equipment properly.

- ✓ Do not step up on things that were not made specifically for that purpose.
- ✓ Keep file drawers closed when you are not working in them.
- ✓ Don't carry or haul loads that you cannot see over.

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## Safety In Your Home and Workshop

Since the Christmas Holiday gifts bring many of opportunities for us to try out our new gadgets in your workshop and the home, we offer this special **Tail Gate Safety Topic** as a reminder to put **SAFETY FIRST** around your home! Many of the industrial-oriented safety topics can be applied to the home. Interestingly enough, safety principles such as lock-out/tag-out and hazard communication can help to prevent injuries from occurring at home. Read on for more ideas about hazardous materials and electrical safety around the home!

Most everyone's garage, workshop, basement, kitchen, and bathroom contains hazardous materials. Read the label on most any household-use chemical and you'll see a warning statement. Be sure to follow the label's instructions for using the material. There may be need for ventilation when using the substance. It may be important to keep the material at a certain temperature, away from extreme heat or cold. Keep in mind that mixing certain substances together (e.g., bleach and ammonia) can cause dangerous reactions.

Keep hazardous materials away from children at all times. If the unthinkable happens and the material is ingested, call poison control immediately, even if the label gives first-aid information. Have the container handy so you can provide accurate information to poison control.

Practice hazard communication at home. Don't remove warning labels from hazardous materials or place materials in an unlabeled container. If you allow older children to work with you, make sure you tell them of the hazards of these materials. Providing this information will start them on the right track to safety.

Electrical hazards may also be present in the home or workshop. Inspect your electric wires, appliances, and power tools frequently and have them repaired if necessary. Avoid the temptation to modify a power cord, plug, or outlet to accommodate outdated tools.

Overloaded circuits present another problem. If you find your outlet receptacles are few and your electric needs are many, invest in an upgrade of your home's electric service. The investment is well worth eliminating the risk of electric shocks, fires, and damaged tools and appliances.

Principles of lock-out/tag-out can be applied at home to isolate energy sources and prevent inadvertent start-up of equipment. When working on electrical equipment, wiring-even changing a light bulb-shut off the electricity. Don't risk a shock. Other applications of lock-out/tag-out include turning off equipment such as lawn mowers, shredders, and snow blowers before you service them. This is especially important if the equipment has become jammed and you are trying to dislodge an object.

This week's special **Tail Gate Safety Topic** has provided suggestions for safety around the home. The home is full of potential dangers, but with a little common sense and a lot of commitment these dangers can be eliminated. Practice safety at home and on the job. You'll be setting a great example for the rest of the family to follow!



**THINK SAFETY!**



## ***Cold Weather Starting***

By James R. Davis

For those that have been riding more than a year it probably is not new news, so consider it just a reminder.

Regardless of whether or not you have an indicator that says your bike is in neutral, ALWAYS hold your clutch all the way in when starting your bike.

Next, and this one can save you pain and damage to the bike: ALWAYS hold your front brake (HARD) before dropping the bike into gear - even when your clutch is being held all the way in.

Because you have a wet clutch, cold weather causes your oil to thicken and your clutch/flywheel tend to stick together after sitting for several hours with the engine off. Because of this, merely holding your clutch lever fully engaged is no assurance that when you drop into gear the bike will not jump forward unless you are firmly braked.

## ***Protecting Those Numb Fingers***

By James R. Davis

We have all ridden in cold weather and despite having heavy gloves, possibly including extra liners, those fingers get too cold and begin to numb.

(By the way, I have found that silk liners offer better cold weather protection than heavier cloth liners.)

So, what to do about it?

Here is a tip that my partner, Elaine Anthony, came up with a couple of years ago when we were out on the last leg (612 miles) of a week on the road and it was so cold that our fingers began to get numb. We pulled to the side of the road, got off our bikes, and dug into our first-aid kits. We pulled out a set of latex gloves and put them on over the liners, then put our regular gloves on over the latex gloves. It's amazing how effective that simple idea turned out to be.

(You do carry latex gloves in your first-aid kit, right?)

See <<http://www.msgroup.org/DISCUSS.asp>> for additional information!

## A MOTORIST'S GUIDE TO "WINTER DRIVING"!

It's no secret that winter weather can make for adverse driving conditions; however, by following a few simple steps, motorists can be safe drivers despite the weather.

### PRE-TRIP PLANNING

To minimize the chances of a weather-related delay, plan ahead with safety in mind. Always be sure to check the forecast; if a winter storm is predicted for the area in which you will be driving, think twice, (or) and ask yourself if the trip is necessary.

Know what to expect by checking road condition reports available on this web site, or from most state and city departments of transportation.

Finally, have an emergency car care kit that contains jumper cables, flares or reflectors, windshield washer fluid, a small shovel, an ice scraper, traction material, antifreeze, blankets, nonperishable food, and a first aid kit.



### STARTING THE CAR

The owner's manual is the best source for information on how to start your vehicle in cold weather; however, here are some things to consider.

Be sure to turn off all accessories (radio, heater, lights etc.) before starting your car. This will maximize your battery's starting power. If your car has a fuel injection system, don't press the accelerator pedal. For carbureted cars, depress the accelerator once before attempting to start the vehicle. Then, simply turn the key and hold it for a few seconds. Continuing to grind the starter can damage the mechanism and can cause too much fuel to enter the engine, causing it to flood.



### DRIVING TIPS

Winter driving requires lots of patience, practice and special techniques. To minimize the dangers associated with winter driving, both the vehicle and the driver must be prepared in advance. For the driver this means approaching winter driving with the right frame of mind-always drive at a speed that matches the prevailing visibility, traffic and road conditions. Listed below are other important tips to keep in mind.

- Always wear seatbelts.
- Remove ice and snow from windows, license plates and lights. Also be sure to clear snow from the vehicle's hood, roof and trunk.
- Reduce speed while driving. The posted speed limits are for dry, clear conditions.
- Watch for slick spots under bridges and on overpasses.
- Keep your gas tank at least two-thirds full to prevent the fuel line from freezing

### HANDLING ROADSIDE EMERGENCIES

If your car doesn't make it to your destination, use the following tips to stay safe:



- Pull as far off the road as possible. This helps to avoid getting hit by another vehicle.
- Indicate trouble by opening the hood and turning on the vehicle's emergency flashers. Place a "Call Police" sign in the rear window.
- Stay in the car. Avoid the temptation of accepting a ride with a stranger. Instead, if someone offers help, ask him or her to notify the police if you do not own a cell phone. Leave only with a marked police car or a state or city emergency vehicle.
- Don't walk or hitchhike, both of which invite trouble-you could either get caught in a storm, or be forced in a dangerous situation involving strangers.

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# WINTER RECREATION SAFETY

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.



## Your Responsibility Code



- ◆ Ski under control and in such a manner that you can stop or avoid other skiers or objects.
- ◆ When skiing downhill or overtaking another skier, avoid the skier below you.
- ◆ Do not stop where you obstruct a trail or are not visible from above.
- ◆ When entering a trail or starting downhill, yield to other skiers.
- ◆ Always use devices to help prevent runaway skis.
- ◆ Keep off closed trails and posted areas, and observe all posted signs.



## Snowboard Safety Tips

- ◆ The front foot should be attached by a security leash.
- ◆ Before changing direction, especially on a backside turn look behind and check your blind spot.
- ◆ Stop only at the side of the pistes and kneel or stand facing up-hill in order to see oncoming traffic rather than sitting down in the middle of the pistes.
- ◆ When not attached, your board should be face-down on the piste with the bindings in the snow.
- ◆ Due to danger of crevasses, do not remove your snowboard when traversing glaciers
- ◆ The rear foot should be detached from the bindings when riding or boarding the chair.



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## **CPSC Offers Tips to Prevent Home Fires From Space Heaters**

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) reminds consumers to follow safety precautions when purchasing and using electric or fuel-fired space heaters. In a recent year, there were about 10,900 residential fires and about 190 deaths associated with portable or fixed local heaters.

Fuel-burning space heaters also can cause carbon monoxide poisoning and indoor air pollution because of improper venting or incomplete combustion.

“CPSC has worked with industry to improve safety standards for space heaters,” said CPSC Chairman Hal Stratton, “but consumers must exercise care in how they use space heaters.”

- Choose a space heater that has been tested to the latest safety standards and certified by a nationally recognized testing laboratory. These heaters will have the most up-to-date safety features, while older space heaters may not meet the newer safety standards. CPSC worked to upgrade industry standards for electric, kerosene, and vented and unvented gas space heaters. An automatic cut-off device is now required to turn off electric or kerosene heaters if they tip over. More guarding around the heating coils of electric heaters and the burner of kerosene heaters also is required to prevent fires. CPSC worked to upgrade the industry standard for unvented gas heaters to provide an oxygen depletion sensor to shut off the heater if the oxygen level drops too low. CPSC and industry amended the vented heater standard to provide a spill switch to turn off the heater if the vent is blocked or disconnected.

- Select a space heater with a guard around the flame area or heating element. Place the heater on a level, hard and nonflammable surface, not on rugs or carpets or near bedding or drapes. Keep the heater at least three feet from bedding, drapes, furniture, or other flammable materials.

- Keep doors open to the rest of the house if you are using an unvented fuel-burning space heater. This helps prevent pollutant build-up and promotes proper combustion. Follow the manufacturer’s instructions to provide sufficient combustion air to prevent CO production.

- Never leave a space heater on when you go to sleep. Never place a space heater close to any sleeping person.

- Turn the space heater off if you leave the area. Keep children and pets away from space heaters.

- Have a smoke alarm with fresh batteries on each level of the house and inside every bedroom. In addition, have a carbon monoxide alarm outside the bedrooms in each separate sleeping area.

- Be aware that mobile homes require specially designed heating equipment.

- Have gas and kerosene space heaters inspected annually.

Consumers who would like more information can view our booklet, [“What You Should Know about Space Heaters,”](http://www.cpsc.gov/cpsc/pub/pubs/463.html) at <http://www.cpsc.gov/cpsc/pub/pubs/463.html>, or receive a free copy by sending a postcard to “Space Heater Booklet,” CPSC, Washington, DC 20207.

## Naval Air Facility, Atsugi, Japan Office Chair Safety Tips

### Do's and Don'ts

Data from the *Consumer Product Safety Commissions Injury Information Clearinghouse* indicates that people are getting hurt by falling from their chairs. These kinds of falls usually results in bumps, bruises, strains and sprains. These injuries are almost always easily treated, but the potential for serious harm does exist. Recently an employee of NAS Lakehurst experienced this situation. While working at his desk, an employee suddenly found himself on the floor after the back of his chair fell off (see picture). Investigation revealed that several loose bolts from the attaching bracket, from the back of the chair to the bottom of the seatpan, increased stress on the remaining bolts. This caused several bolts to snap and pulled the remaining bolts out of the bottom of the seat pan causing the employee to fall onto the back of the chair. Thankfully the employee only suffered minor discomfort in his lower back. It is important to take adequate precautions to prevent injuries. The following can help you make safe use of your office chair.



### Do's

- Always follow the assembly directions completely.** Make sure all the pieces are placed in proper order so that the chair stays tight and together.
- Pay special attention** to making sure the casters or wheels are fully inserted into the base of the unit.
- Look** for office chairs that have a 5-legged base.
- Every 6 months or so**, make sure all the parts – including all bolts - of the chair are tightened to ensure stability.
- Always** keep the base of the chair completely on the floor.
- Most office chairs are equipped** with casters for use on carpeted surfaces. For other surfaces, speak to your retailer or manufacturer for appropriate custom selection.
- Many office chairs are equipped** with a tension control on the mechanism to compensate for different body weights. Always ensure that the control is properly adjusted, resulting in a smooth and controlled tilt motion.

### Don'ts

- Don't lean so far back in your chair that the wheels or legs lift up off the floor.** Leaning can cause the chair to slip out from under you, cause structural damage, or can loosen important connections that can cause the chair to fall apart.
- Never put all your weight at the very front edge of the chair.** If you sit too far forward, the chair can tip over. Use a chair with a forward tilt mechanism if the task requires sitting in a forward position.
- Don't leave electrical appliances on upholstered chairs.** Fire can result if they overheat. Be careful when smoking cigarettes or carrying lighted material around upholstered chairs.
- Don't overwork your chair.** Chairs in medical institutions or in other location that are used 24 hours a day, get three times the use of a normal office chair. Inspect and maintain those chairs at least every 60 days.

## Eye Protection

The ability to see is probably the most important of all our senses. Your eyes are very sensitive organs that have little natural protection.

Hazards to your eyes include:

- Impact
- Sharp objects
- Dust
- Fumes
- Chemical liquids
- Bright light

All of these potential hazards exist both on and off the job. Knowing these hazards and what you can do to protect your eyes can mean the difference between full vision and blindness. The number one rule for eye protection is to wear safety glasses when using ANY tool or chemical.

Other types of eyewear, such as goggles, provide protection from flying chips, fumes and liquid splashes.

When using liquid chemicals be sure to use safety goggles that are designed to prevent splashes from entering the eye area.

- Use Splash-proof goggles and face shield with chemicals
- Never look at welding operations without proper eye protection
- Use goggle in high dust areas
- Protect your eyes from direct high heat

Don't use tinted safety glasses indoors

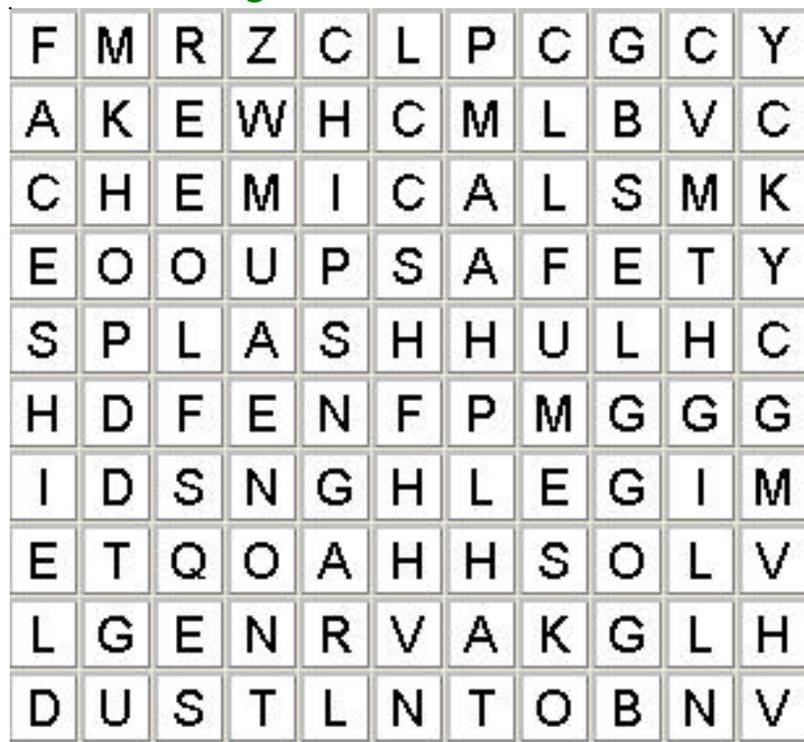


## Accident Reports...It could happen here

An employee at a metal fabrication facility was pouring acetone, a solvent from a five-gallon container into a smaller container for use at his workstation. As he was transferring the liquid the larger container slipped from his hands and hit the smaller container causing the fluid to splash in his face. The employee was not wearing a face shield or goggles. He received severe chemical burns to his right eye. The employee returned to work after three weeks.

A 36 year old worker at a cement processing facility received abrasions to both his eyes as a result of exposure to the airborne dust created during mixing of the concrete components. These abrasions were treated and healed after four weeks. He was not wearing goggles or a respirator.

## *Safety Word Search*



*Find the following Safety Word Above*

**Chemicals**  
**Chips**  
**Dust**  
**Faceshield**  
**Fumes**

**Glasses**  
**Goggles**  
**Light**  
**Safety**  
**Splash**

**SAVE YOUR SIGHT - WEAR SAFETY GLASSES**