



U.S. Naval Air Facility Atsugi Japan

Safety & Occupational Health Newsletter

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Ignoring the Signs



ARE WE KEEPING OUR AISLES CLEAR?

One thing that really bugs me is when people do unsafe things when visible signs are telling them not to. Take this picture, for example. A sign on the floor clearly says "Keep Aisles Clear," and yet some idiot put crates and other items in the aisle right next to the sign. Stupid!

What is it with people who do this kind of stuff? I recall reading about a person who drowned in a man-made lake a few years ago. In an ironic act of contempt, he had hung his clothes and towel on the "No Swimming" sign before taking a dip. Stupid!

I also remember hearing about a person who drove their car into a river after weaving around signs blocking the road that read "Road Closed - Bridge Out." Stupid, stupid, stupid!

Folks, signs like these are put there for your protection. You may not agree with the restrictions posed by the sign, or you may think that rules are unnecessary, but they are there for a reason. You are responsible for heeding their warning, and doing so may just keep you, or someone else, out of danger.
-Navy Safety Center -

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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

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MWR	264-4673
PWD	264-3811
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KAMISEYA	265-8667

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VFA-27	265-4394
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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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TOY SAFETY TIPS

! Toys should be matched to a child's abilities. The manufacturer's recommendations are a good guide to follow.

! A toy that is too advanced or too simple for a child may be misused, which can lead to injury.

! Think **BIG** when choosing toys for small children. All toy parts should be larger than the child's mouth to prevent choking.

! To avoid the risk of serious eye or ear injury, avoid toys that shoot small objects into the air or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for their child.

! Look for sturdy toy construction. The eyes, nose and other small parts on soft toys and stuffed animals should be securely fastened on the toy. Try to avoid toys with sharp edges.

! Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Always provide supervision for children 12 to 15 years old.

! Make sure your child is physically able to operate toys such as tricycles and bicycles. Don't buy a bike that is too big for your child to ride safely.

! Keep toys designed for older children out of the hands of smaller children. Teach older children to help keep their toys away from their younger brothers and sisters.

! Electric toys that are improperly constructed, wired or misused can shock or burn a child. Electric toys must meet mandatory requirements for maximum surface temperatures, electrical construction and prominent warning labels. Electric toys with heating elements are recommended only for children over 8 years old. Children should be taught to use electric toys properly, cautiously and under adult supervision.

Careful toy selection and proper supervision of children at play is still and always will be the best way to protect children from toy-related injuries.

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/>>



Don't be a turkey! Practice safe food preparation procedures to reduce the risk of foodborne illness to your family this Thanksgiving holiday.

Meat and poultry, the centerpiece of most holiday meals, can be a source of foodborne disease unless handled and prepared properly. Unfortunately, the hidden dangers of bacterial contamination in perishable foods are often forgotten. Salmonella bacteria are commonly found on poultry and are among the most common sources of diarrheal disease in the U.S. Federal statistics show that millions of people become ill from foodborne diseases, and as many as 5,000 die each year as a result of micro-organisms in food.

Here are some guidelines to keep in mind:

Food Handling and Preparation

- Purchase only government-inspected meat and poultry products. Check the "sell by" date on all food you buy, and never buy packages if that date has passed.
- Wash your hands thoroughly before and after preparing any food product.
- Never thaw meat or poultry at room temperature. When thawing a frozen turkey, either keep it refrigerated on a tray, under cold running water, or in the microwave. When thawing in a microwave, finish cooking in a conventional oven immediately.
- Keep two cutting boards handy — one for preparing raw meat, poultry, and fish, and the other for cutting cooked food and preparing salads. After using utensils or cutting boards for raw food preparation or handling, thoroughly wash these items before using them for the preparation or handling of any other food.
- When preparing eggnog, hollandaise sauce, Caesar-salad dressing, or other recipes that call for raw or undercooked eggs, use a pasteurized egg product instead of regular eggs.



Turkey Tips

- Never cook a stuffed turkey or chicken in a microwave oven. Microwave cooking does not distribute heat evenly and can leave pockets of cold inside the poultry.
- Use a cooking thermometer to determine if the turkey is fully cooked. The meat should reach 180° Fahrenheit (F), and if the bird is stuffed, the stuffing must reach at least 165° F.
- If a fully cooked turkey is purchased, pick it up hot and bring it home to eat it immediately.



After the Feast

- Don't allow cooked food to sit out at room temperature for more than two hours. Leftovers should be refrigerated promptly after the meal. Freeze leftovers that won't be eaten within a few days. It's also a good idea to divide large amounts of leftovers into smaller portions for quick chilling. Leftover meat stored in the refrigerator should be eaten within three to four days.
- Reheat leftovers to 165° F throughout or until steaming hot. Soups, sauces, and gravies should be brought to a rolling boil for at least one minute.
- Never taste leftover food that looks or smells strange. When in doubt, throw it out!

For More Information

- The USDA's [Food Safety and Inspection Service](#) has a lot of [holiday food safety fact sheets](#) and information on [safely cooking a turkey](#).



CHRISTMAS TREE SAFETY TIPS

- Always choose a freshly cut tree. To test a tree, strike the stump down on a firm surface. If needles fall off, the tree is too dry.
- Consider buying a live tree instead. You can plant it later to enjoy it for years to come.
- When you are ready to set the tree up cut off 1/2 to 1 inch from the bottom of the tree before placing in the stand which should be filled with hot water (not boiling, but around 130-160° F) as soon as the tree is set up.
- The tree could absorb as much as a gallon of water the first day.
- Use wire or nylon cord to secure the tree to the wall or ceiling to prevent it from being knocked over by children or pets
- Place the tree away from heat sources and, of course, from sparks and open flame.
- Always keep the tree well watered. Check and refill often.
- Use only noncombustible decorations.
- Check and replace any worn or damaged light sets. It is a good practice to replace any set that is more than four or five years old.
- Use only U.L. or F.M. approved light strings; Spot or floodlights should only be used on an artificial tree; **NO CANDLES!**
- Avoid overloading electrical circuits or creating “octopus” connections.
- Do not use cellophane. There is no way to make it flameproof.
- Treat trees with a Fire Marshal approved flame retardant.
- Do not use cotton batting — including Santa’s whiskers — or paper decorations unless they have been treated with a flame-retardant treatment.
- Disconnect the lights at bedtime or when unattended
- Use miniature lights that produce less heat.
- Make sure there is an operational smoke detector installed nearby.
- Remove discarded wrappings and packages from the house immediately and never burn them in the woodstove or fireplace - it could cause a chimney fire.
- Do not burn tree branches in the fireplace - it could throw off a large amount of heat and cause a fire. Christmas trees also cause an oily soot which may damage the fireplace.



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Carbon Monoxide Poisoning

WHAT IS CARBON MONOXIDE?

Carbon Monoxide is the leading cause of accidental poisoning deaths in America, according to the Journal of the American Medical Association (JAMA). 1,500 people die annually due to accidental carbon monoxide exposure, and additional 10,000 seek medical attention. (Medical experts agree that it's difficult to estimate the total number of carbon monoxide incidents because the symptoms of carbon monoxide poisoning resemble so many other common ailments.) Japanese statistics are as alarming as these American ones. Winter is upon us and the kerosene heaters are being put into use so it is important to understand the dangers of carbon monoxide.

Carbon monoxide is a flammable, colorless, odorless, tasteless toxic gas produced during incomplete combustion of fuel - Natural Gas, Oil, Coal, Wood, Kerosene, etc. During normal combustion, each atom of carbon in the burning fuel joins with two atoms of oxygen - forming a harmless gas called carbon dioxide. When there is a lack of oxygen to ensure complete combustion of the fuel, each atom of carbon links up with only one atom of oxygen - forming carbon monoxide gas.

What is the danger to me?

Carbon monoxide inhibits the blood's capacity to carry oxygen. In our lungs, CO quickly passes into our blood-stream and attaches itself to hemoglobin (oxygen carrying pigment in red blood cells). Hemoglobin readily accepts carbon monoxide - even over the life giving oxygen atoms (as much as 200 times as readily as oxygen) forming a toxic compound known as carboxyhemoglobin (COHb). By replacing oxygen with carbon monoxide in our blood, our bodies poison themselves by cutting off the needed oxygen to our organs and cells, causing various amounts of damage - depending on exposure.

Low levels of carbon monoxide poisoning (with COHb levels of 10%) result in symptoms commonly mistaken for common flu and cold symptoms - shortness of breath on mild exertion, mild headaches, nausea. With higher levels of poisoning (COHb levels of 30%) the symptoms become more severe - dizziness, mental confusion, severe headaches, nausea, fainting on mild exertion. At high levels (COHb of 50% or more) there may be unconsciousness and death.

How does CO enter the home?

Carbon monoxide can escape from any fuel-burning appliance, water heater, fireplace, woodstove, or space heater. Most Japanese homes are not built air-tight, and usually use a heat-exchanger/airconditioner for heating/cooling. For home heating the heat exchanger is used with additional electrical or kerosene space heaters in the occupied living areas of the home - the wrong kind of kerosene space heater can emit fatal CO concentrations. Every year Japan, like America, has too many CO fatalities.

Warming up vehicles in an attached garage, even with the garage door opened, or when parked near an open or cracked windows can allow concentrated amounts of CO to enter your home.

CO Detectors are available for checkout from Base Housing or for sale from NEX or AAFES exchanges and are highly recommended for in off-base rentals. Detectors should be checked often to ensure proper working order. If the detector is battery powered, recommended battery changes be made on a six month schedule. If the detector is electrical, check for proper operation on a shorter, more appropriate schedule.

What to do in a CO emergency.

If you are suffering from chronic flu-like symptoms, see your doctor and ask him if it could be a low-level CO poisoning. If you have a CO detector, and it alarms, open windows and ventilate your home w/ fresh air, have your heating system checked by a professional. If your alarm sounds and you are feeling drowsy or dizzy, leave the house **and call - 119** - (On-base) or - **0467-70-2164** - (Off-base) from your neighbors home. You may need medical attention for CO poisoning.

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“WHY PREVENT ACCIDENTS?”

ACCIDENT PREVENTION: WHY IT IS IMPORTANT TO YOU



Why is it so important to prevent accidents? Do you view accident prevention as simply a way to avoid getting hurt? Do you work safely just because you want to? Perhaps you view accident prevention as a way of keeping your company happy or your supervisor off your back. Maybe you just do it because you have been told to.

Of course there are many reasons that a company wants its employees to work safely. But every one must have a more important reason to work safely than just because the company say to. They must have a personal reason. Your reason may be your family. What would they do if you were to get hurt. How about your hobbies? Would you still be able to enjoy them with a serious disability?



Noise Control
in the workplace

What you do for a living is nothing more than a means towards a goal that you have set for yourself. That goal may be the education of your children. You may plan to buy a home or a car. Maybe you want to get married after you have saved up enough money. Maybe your goal for now is just to make it to Friday night and going out on the town. Whatever your goals may be, they all generally tie back in some way to what you do for a living. And what you do for a living could be seriously derailed by an accident. All your goals can go up in smoke if you are injured and disabled. **A safety program is designed to help you reach your goals.** It is not there just to make your work harder, or slower, or to meet some governmental guidelines. Safety and accident prevention programs are designed to **PROTECT YOU** so that you may reach your personal goals. When an unsafe act is pointed out to you, it is done so to help you by eliminating obstacles or job hindrances **AND** to insure that you get home all in one piece.



Every time you approach a project, every time you pick up a tool, every time you start a piece of equipment or machinery, think **SAFETY**. Look for what can go wrong and eliminate that possibility **BEFORE** your goals come to an abrupt end.

**TAKE SAFETY PERSONALLY:
MAKE IT A PART OF YOUR LIFE GOALS.**



THINK SAFETY!



"One Man's Opinion....."*Something to think about!***Some People Should Not
Be Riding Motorcycles
(A curmudgeon's point of view)**

By James R. Davis

I have decided to post a set of opinions here that some of you might not have expected from me. Since it is clear that motorcycle riding is rather a passion of mine, it might seem strange to some of you that I actively try to discourage a few people from sharing this sport with me. Nevertheless, I do.

For example, if the person is male and under the age of 30, (Honor Roll students, choirboys, war vets, doctors, lawyers, Indian Chiefs included), I do not think they should get within 30 feet of a motorcycle, but that is obviously unfair in the extreme. (Now that I think about it, the same holds true if the person is female and under the age of 30.)

Somewhat more seriously, a newly married man or woman might be well advised to defer ambitions to ride a motorcycle until their attention and focus can be redirected/broadened. This is not an opinion held with any particular strength, however.

Higher on the list though are parents of relatively young children. These people, it seems to me, are risking far more than their own lives on a motorcycle.

A person who is genuinely terrified of the activity should be engaged in some other sport. And, on the other side of that same coin, a person that has no fear, whatever, probably should not be driving motorcycles either.

Anyone who believes that they should not be riding, *for whatever reason*, is RIGHT! To ignore that particular inner voice is foolish in the extreme. (This does not mean these people should never ride, only that they should not ride while they happen to believe that they should not.)

A currently active alcoholic or drug addict is obviously not a person who should be driving anything (nor should they be allowed onto your motorcycle as a passenger!).

Finally, and this one is sure to find a few more people that will take a great dislike towards me; because riding a motorcycle takes as much judgment and clear thinking as it does skill, I think motorcycles should not be a sport taken up by anyone that confuses the wearing of a helmet (as opposed to a law regarding the wearing of it), with civil rights. (*The wearing of a helmet is a SAFETY issue, a helmet law is a civil rights issue.*)



Danger Signals:

How sleepy are you?

You cannot control your own sleep — ask anyone who's ever had insomnia. If you're tired you can fall asleep at any time. If you're about to fall asleep, you will experience some or all of the following:

- . You have trouble keeping your eyes open and focused
- . You nod and can't keep your head up
- . You daydream or have wandering, disconnected thoughts
- . You yawn a lot or need to rub your eyes
- . You find yourself drifting out of your lane or tailgating
- . You miss road signs or drive past your turn
- . You feel irritable, restless, and impatient
- . On the roadways, you drift off the road and hit the rumble strips

If you have even one of these symptoms you could be sleepier than you think. Pull off the road and get some sleep. It's dangerous to drive with your eyes closed.

AAA Foundation research identified some of the risk factors implicated in drowsy driving crashes. Ask yourself these questions:

- . Have you been awake for 20 hours or more?
- . Have you had six hours sleep or less in the last 24 hours?
- . Do you often drive between midnight and 6 a.m.?
- . Do you frequently feel drowsy while you're driving?
- . Do you work the night shift?
- . Do you work more than one job?

If you have any of these indicators you are at a much higher risk of having a drowsy-driving crash, even if you don't feel sleepy. Half the drivers who had drowsy-driving crashes said they felt "only slightly sleepy" or "not at all sleepy" right before the crash.

Before driving, ensure you have had plenty of rest and sleep. Do NOT tempt fate and drive while tired, drowsy or sleepy. Enjoy the driving experience and drive in a manner that will allow you to live to drive again.

Sports and Leisure

Alright players, listen up! No matter what sport you play, your most important goal - yes, even more important than scoring - should always be safety. That means doing everything you can to protect yourself, and everyone in the game, from injuries.



You can't stop all injuries, especially in sports. But you can help make sure they happen less often and are less serious. Just follow a few basic routines and you will shoot, you will score!

★ *Get Proper Training*

Before you start, learn how to do it. Take skiing for instance, you have more fun and look good too once you learn how to turn, stop and ski in control.

★ *Follow the Rules!*

If you don't want to get hurt, you've got to go by the rule book. So before you play, learn the rules of the game - and stick to them.

★ *Warm Up . .*

It is easier to get hurt when you playing a sport with cold, stiff muscles. That is why it is so important to warm up for at least five minutes before you start. Plan to arrive early so you can jog, stretch or shake out your arms and legs. Come on, we will rooting for you!

★ *Drink Up . .*

Playing sports makes you sweat, and that means your body is losing a lot of fluid. If you don't replace this lost fluid, you could start feeling very sick. You might even pass out. So it's important to drink lots of water before and during the game, especially on hot days.

★ *Wear the gear . .*

Wear it. Wear it. Wear it. We cannot say it enough times: Wear the gear that is right for your game, and be sure to wear it the right way. You will not get hurt as much, even if you fall or crash into another player.

★ *Wear the sunscreen . .*

If you are playing outdoors, apply waterproof sunscreen onto your skin at least 15 minutes before the game begins. And keep on applying it - read the label, it will tell you how often you should re-apply.

★ *Skateboards, Inline Skates, & Scooters . .*

Don't be a broken hero! Know the regulations and check with the Safety Office for tips on where and how to skate and scoot without getting hurt.



Wear the gear



*Skateboards,
Scooters &
Inline skates*

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S****CPSC Warns: Millions of Americans Have Smoke Alarms that Don't Work**

WASHINGTON, D.C. - This is Fire Prevention Week (October 5-11), but the U.S. Consumer Product Safety Commission (CPSC) estimates that millions of homes in the U.S. have smoke alarms that do not work. Usually, the batteries are dead or missing.

Since most of the U.S. will gain an hour when Daylight Savings Time ends on Sunday, October 26, the CPSC recommends that consumers make good use of the extra hour by changing their smoke alarm batteries and testing the alarms to ensure they work properly.

"Parents and children should make safety a family activity by changing the batteries in their smoke alarms annually," said CPSC Chairman Hal Stratton. "And be sure to test the smoke alarms every month to make sure they are working."

Fire is the second leading cause of unintentional death in the home. Each year, nearly 2,700 people die in residential fires, and there are more than 330,000 residential fires reported to fire departments.

Although 10 percent of homes have no smoke alarm, millions more do not have any working alarms. CPSC recommends consumers test each smoke alarm every month to make sure it is working properly. Long-life smoke alarms with 10-year batteries have been available to consumers since 1995. These long-life alarms also should be tested monthly.

CPSC recommends consumers place a smoke alarm that meets the requirements of a professional testing laboratory, such as Underwriters Laboratories (UL), on each level of multi-story homes outside sleeping areas, and inside bedrooms. CPSC has worked to strengthen smoke alarm performance and installation requirements and is now studying audibility to see if there are ways to make the alarms more effective in waking children and alerting older people.

Each year, CPSC works with other federal agencies and fire safety organizations to help reduce the number of injuries and deaths caused by fire. Local fire departments have installed smoke alarms in homes, distributed safety publications, and made presentations in schools. CPSC encourages officials at the federal, state, and local level to promote fire prevention and to work with local organizations to disseminate fire safety tips.

Over a 10-year period (1989 through 1998), there was a decline in fire-related deaths. In 1989 there were approximately 3,600 deaths, but in 1998 there were approximately 2,700 deaths. This decline in deaths can be attributed, in part, to CPSC and industry standards for cigarette-resistant mattresses and upholstered furniture, heating and cooking equipment, electrical products, general wearing apparel, children's sleepwear, child-resistant lighters, fireworks, battery-operated children's vehicles, smoke alarms, and residential sprinklers. CPSC has designated fire safety as one of three top priorities for the next five years, with the goal of reducing fire deaths further.

CPSC recommends consumers follow these tips to help prevent fires:

- **Install and maintain smoke alarms**
- **Maintain gas and electrical appliances**
- **Keep matches and lighters away from children**
- **Develop and practice a fire escape plan**

To report a dangerous product or a product-related injury, call CPSC's hotline at (800) 638-2772 or CPSC's teletypewriter at (800) 638-8270, or visit CPSC's web site at www.cpsc.gov/talk.html. Consumers can obtain this release and recall information at CPSC's Web site at www.cpsc.gov.

Foot Safety

How can foot injuries be prevented?

There is no workplace where a worker is immune to foot injury. However, the hazards differ according to the workplace and the types of tasks the worker does. The first step in developing a strategy to reduce foot problems is to identify the relevant hazards at the workplace. Such hazards should be assessed in each workplace with a Job Hazard Survey, no matter how safe or how dangerous it may seem. Contact your command or departmental safety representative to see if one has been completed for your workplace

What are some specific examples of workplace foot injuries?

Injuries	Common Causes
Crushed or broken feet, amputations of toes or feet	Feet trapped between objects or caught in a crack, falls of heavy objects, moving vehicles (lift trucks, bulldozers, etc.), conveyor belts (feet drawn between belt and roller)
Punctures of the sole of the foot	Loose nails, sharp metal or glass objects
Cuts or severed feet or toes, lacerations	Chain saws, rotary mowers, unguarded machinery
Burns	Molten metal splashes, chemical splashes, contact with fire, flammable or explosive atmospheres
Electric shocks	Static electricity, contact with sources of electricity
Sprained or twisted ankles, fractured or broken bones because of slips, trips or falls	Slippery floors, littered walkways, incorrect footwear, poor lighting

What should I know about protective footwear?

In designing strategies to protect foot injury, one has to remember the fundamental principle of occupational health and safety: that occupational hazards should be eliminated at the source. The role of personal protective equipment is to minimize exposure to specific occupational hazards, not to eliminate them. Protective footwear does not guarantee total protection. The OSH Answers document Designing an Effective Personal Protective Equipment (PPE) Program discusses personal protective equipment in more detail.

All states in the US require that workers wear adequate protection against workplace hazards. For workers exposed to foot hazards, the required protection is protective footwear certified by ANSI Standard Z41-1999 "Personal Protection - Protective Footwear" should be consulted. There is also the ANSI Z41 User Guide for Protective Foot-wear.

Providing adequate protective footwear is an effective protective strategy. By providing ANSI-approved protective footwear and requiring its use, the construction industry has reduced the frequency of foot injuries by 60 percent over the fifteen years between 1968 and 1984. New statistics are being developed.

All working footwear, for both men and women, whether it is safety wear or not, should provide comfort without compromising protective value. In addition, protective footwear should conform with ANSI Z41-1999.

- ➡ A steel toe cap should cover the whole length of the toes from tips to beyond the natural bend of the foot. A soft pad covering the edge of the toecap increases comfort. If the toecap cuts into the foot, either the size or style of the footwear is incorrect.
- ➡ Soles come in a variety of thicknesses and materials. They need to be chosen according to the hazards and type(s) of flooring in the workplace.
- ➡ Uppers of protective footwear come in a variety of materials. Selection should take into account the hazards, and individual characteristics of the worker's foot.
- ➡ A steel midsole which protects the foot against penetration by sharp objects should be flexible enough to allow the foot to bend.
- ➡ No one type of non-slip footwear can prevent the wearer from slipping on every surface type.

For add'l information concerning PPE, consult with your local Industrial Hygienist and your Safety Office or visit this website: <http://www.ccohs.ca/oshanswers/prevention/ppe/foot_com.html>.

ANSWERS TO YOUR QUESTIONS

Lockout for Safety

Hazardous energy! Thousands of people every year are injured or killed because they did not consider the effect of hazardous energy before they started working on a piece of equipment

Types of Hazardous Energy

Electrical: Servicing equipment often exposes workers to normally guarded electrical wires & components – Make sure all power is off and locked out.

Mechanical: Machines in motion can cause injury or death – stop all equipment before repairs or adjustments – Lockout all sources of energy.

Chemical: Acids, bases and other chemicals release energy when they react with your skin or other materials. Block all fluid lines and drain fluids in a controlled manner.

Thermal: Extreme heat or cold can burn or freeze your skin - Ensure all heat sources are blocked & allow hot equipment to cool before servicing.

Gravitational: What goes up, must come down, and it may come down on you! During maintenance ensure all parts that can fall are physically blocked from moving.

Employees who are authorized to perform maintenance have also been trained to lock and tag energy sources to prevent inadvertent starting of equipment during repairs or adjustments. For your own safety, if you are not an “authorized employee”, do not attempt any equipment repairs or adjustments. And for the safety of others, never touch controls that are locked out.

Accident Reports ... It could happen here!

An employee at a furniture manufacturer had three fingers amputated when he attempted to clear a jammed wood-shaping machine. As he fed the wood stock into the blades, the stock kicked forward and jammed the rotating blade. The worker placed his hands near the blade to grab the wood and when he freed the stock, his fingers were chopped off as the motor started.

A maintenance assistant was electrocuted when he opened up an electrical motor controller to replace the line fuses. He failed to turn off the power to the controller or use the proper fuse-pulling tool. As he reached inside the controller with his hands, he touched the 440- volt main electrical line. The worker died at the scene.

Make sure you know the hazards of what you are working on and ensure you have controlled these hazards to prevent injury to yourself and others

Safety Word Search

Y	Y	N	L	F	L	F	J	B	I	W	R	T	K
C	T	O	K	A	O	V	F	N	T	Q	M	D	K
N	S	I	K	Z	C	D	O	N	R	C	D	G	Q
E	N	T	C	D	K	I	P	E	J	W	R	R	M
G	R	A	V	I	T	Y	M	S	C	F	W	I	Q
A	U	T	H	O	R	I	Z	E	D	L	H	U	J
T	B	U	M	J	D	T	M	S	H	O	C	K	J
H	I	P	K	L	F	R	C	C	K	C	S	V	J
I	T	M	Q	O	P	P	R	E	S	S	U	R	E
L	V	A	O	C	W	I	K	N	L	L	Z	J	M
D	D	U	E	Z	Y	G	R	X	R	E	O	B	U
P	L	M	C	H	G	O	V	O	Z	D	Q	A	S

Find the following Safety Word Above

**Amputation
Authorized
Burns
Chemical
Electricity
Gravity**

**Heat
Lock
Motion
Pressure
Shock
Tag**