Safety & Occupational Health Newsletter

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NAVOSH Manager	264-3112
NAF Fire Dept	264-3248
Security	264-3323

Safety Department

Safety Specialist	264-4424
Atsugi Prgm Admin	264-4121
KSeya Prgm Admin	265-8876
Safety Inspector	264-4122

Traffic Safety Division

264-3983/3794
M/C EVOC Traffic Safety Mgr
License Examiner

Safety Admin

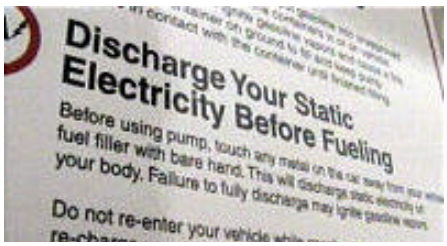
Safety Insp/Tech 264-3678

NAF Aviation Safety

264-4112

Emergency Nos.

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



BEWARE

Static Electricity Can Cause Gas Pump Fires!

Static electricity is a big problem in the winter months. It can cause a fire in your car's gas tank while you are refueling. The Petroleum Equipment Institute (PEI) recently launched a campaign to increase awareness of gas pump fires resulting from static electricity. To date, over 150 refueling fires have been documented that appear to be caused by a discharge of static electricity. The explosions are the result of static electricity discharge when touching the fuel pump nozzle or vehicle's fuel cap, causing a spark near fuel vapors. Some factors with static electricity are: 1) Entering or exiting a vehicle and sliding across the vehicle's seat surface can generate static electricity much like walking across a carpet.

2) Weather conditions, such as cold and dry winds, may cause static electrical buildups while both the vehicle and person are just standing still.

3) The flow of any fluid, including water, across a metal surface can cause can result in static electricity.

4) Wearing rubber soled shoes can insulate the person pumping fuel but not eliminate the static charge into the ground.

Another risk factor to consider is the likelihood of children strapped into car seats while the vehicle is at the filling station.

Always be prepared for the unexpected. Look around at the service station for fire extinguishers and the emergency fuel cut-off..... ***MORE on Page 4!!!***

Featuring...

- "BEWARE! Static Electricity.Gas Pumps"
- Winter Sports, Jogging Safety, Safety Session
- Winter Driving, Carbon Monoxide Poisoning
- Asbestos, The Need for a Workplace Safety Pgrm
- "Gas Pump Fires/Explosions & Ergonomic Tips"

Frequently Used Telephone Nos.

NAF Atsugi CDC	264-6367	BEQ	264-3698
Action Line (CMC)	264-3677	BOQ	264-3696
Medical Appt Desk	264-3958	Trilogy	264-3736
Dental Appt	264-3612/3613	SkyMasters	264-3659
NAF Air Terminal	264-3801	O'Club	264-3621

Base Safety Reps

Base Safety Reps

NAF Atsugi

AIROPS	264-3749
MWR	264-4673
FSSC	264-3628
SECURITY	264-3840
PWD	264-3811
SUPPLY	264-3131
KAMISEYA	265-8667

Tenant/Associate Cmd

AIMD	264-3119
BMC	264-4691
CSD	264-3063
DCMA	264-3244
FASO	264-3231
HSL-51	264-4365
NAMTG	264-3159
NAPRA Manager	264-3022
NEX	264-3195
NPMOD	264-3208
NMCB DET	264-3050
SHIRLEY LANHAM ELEM SCHOOL	264-4691

CAG / Other Cmd

CVW-5 Staff	264-3392
HS-14	264-3392
VAW-115	264-4297

NOTE: Any commands that desire to have their Safety Rep listed in the **NAF ATSUGI Safety Rep INDEX**, please contact NAF Safety at DSN 264-4424.

SAFETY FIRST

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New!

FALL PROTECTION

YOU BET YOUR LIFE!

Falls from elevation account for one third of all deaths in construction.

Therefore, most construction workers know the importance of wearing proper gear. It's us amateurs that can't seem to figure that out. So let me spell it out for you…

If you are up high and you fall, you will die or break something. If you have gear on that will keep you from falling (like a safety harness), you won't.

Still not convinced? Consider the facts: In the last five years, 43 Sailors and Marines died and 949 were injured by falling off roofs, cliffs, trees... you get the picture.

New guidance has just been published and is available at the NAF Atsugi Safety Office. Please call 264-3678 for additional info.

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. The editor is also the point of contact for submission and approval of related articles, ideas, and/or questions.

Upcoming Safety Training

Coordinate Safety Training through the NAF Safety Office

CFA YOKOSUKA

Asbestos Inspector	A-493-0014	3da	27-29 Jan 03
Asbestos Insp Refresher	A-493-0015	.5da	29 Jan 03
Respirator Prgm Mgr	A-4J-0031	2da	03-04 Feb 03
Electrical Safety	A-493-0083	4da	24-28 Mar 03
Intro to HazMat	A-493-0031	5 da	10-14 Mar 03
Safety Prgms Afloat	A-493-2099	5 da	03-07 Apr 03
HMC&M Mobile Team	A-322-2602	5 da	28-02 May 03

For updated schedules, contact a Safety Rep from your command or the NAF Safety Dept.

Carbon Monoxide

Risk Management

With the onset of cold weather, most of us have already switched on our heating systems. Beware! If you have not maintained your heating equipment this single act can be fatal. Carbon monoxide (CO) is a colorless, odorless and poisonous gas that results from incomplete combustion of fuels such as natural or liquefied propane (LP) gas, oil, wood and coal. According to the Consumer Product Safety Commission (CPSC), CO poisoning associated with fuel-burning appliances kills more than 200 people each year.

Service members are not immune. One Sailor and his four dependents and one Marine died as a result of CO poisoning during FY 98-00. The Petty Officer and his family died after turning on their gas furnace the first night temperatures dropped. The marine's death resulted from sitting in a car with the engine running in his garage. CO is so dangerous you can not take anything for granted. The old maxim "if something can go wrong, it will" applies equally to home heating appliances. Be proactive. Use the ***RISK MANAGEMENT PROCESS*** to prevent poisoning.

Here's how:

1. ***IDENTIFY HAZARDS*** - inspect your heating system for such things as a faulty furnace/heater, closed fresh make-up air return, dirty/clogged filters, blocked return air registers, inadequate ventilation, blocked chimney flue, or inoperative CO alarm. Certain plastic furnace vent pipes have just been identified in a recall by CPSC and require replacement.
2. ***ASSESS RISKS*** - **CRITICAL** - CO likely to cause death as exposure time and concentration increase. The potential for serious harm is so great immediate action is required if any hazards are found.
3. ***MAKE RISK DECISIONS*** - Have a qualified technician inspect your heating system, space heaters, fireplaces, hot water heater, vents and piping.
4. ***IMPLEMENT CONTROLS*** - Clean or replace dirty filters regularly. Heed the manufacturer's recommendations.
   - ⊘ Do **NOT** allow furniture to block air registers.
   - ⊗ If you use supplemental heaters, follow the manufacturer's warning about ventilation. (If you live in base housing ensure their use is allowed.)
   - ⊘ ***KEROSENE HEATERS ARE NOT AUTHORIZED FOR USE IN ON-BASE HOUSING***.
   - ⊘ **NEVER** use a hibachi or barbecue grill inside a home or garage.
   - ⊗ Ensure the flue is unobstructed before lighting your fireplace.
   - ⊘ **NEVER** leave your vehicle running in the garage. Do not assume opening the garage door is sufficient protection. When you start the engine, drive the vehicle outside immediately.
   - ⊗ When you return, turn off the motor as soon as you stop. If you suspect there is an exhaust leak, have it repaired.
   - ⊗ Purchase and install one or more CO alarms. Units are designed to sense low levels of CO and sound a loud audible alarm. Units with digital readouts are best. Follow the manufacturer's recommendations for testing the alarm. Every month and if powered b by a battery, replace as recommended.
5. ***SUPERVISE*** - Be sensitive to health changes (unexplained headaches, nausea, dizziness, fatigue).

If you suspect you or someone in your house is experiencing CO exposure or poisoning, get fresh air immediately. Open doors and windows. Call 911 and go to an emergency room. Don't wait.

RISK MANAGEMENT saves lives. It can save you and your family: Be a ***LIFE SAVER***.

"Stop Static" and Refuel Safely with Every Fill-up

The American Petroleum Institute (API) and the Petroleum Equipment Institute (PEI) announced today they are joining together... to remind motorists how to avoid potential problems with static electricity at the gas pump. The groups are encouraging motorists to follow all safe refueling practices with each fill-up.

Fall and winter brings cool, dry air to many parts of the country -- the typical climatic conditions when static electricity build-up is most likely to occur. Static electricity may build up when a motorist re-enters the vehicle during fueling. When the motorist then returns to the vehicle fill pipe during or at the end of refueling, the static may discharge at the fill point, potentially causing a flash fire or a small sustained fire with gasoline refueling vapors.

Static electricity-related fires at retail gasoline outlets are unusual but in some circumstances, these incidents have caused a few injuries and property damage.

The primary way consumers can avoid static electricity problems at the gas pump is to stay outside the vehicle while refueling. It may be a temptation to get back in the car when it's cold, or for any number of reasons. But the average fill-up takes only two minutes, and staying outside the vehicle will greatly minimize the likelihood of any build-up of static electricity that could be discharged at the nozzle.

In the rare event a motorist experiences a fire when refueling, leave the nozzle in the fill pipe of your vehicle and back away from the vehicle. Notify the station attendant immediately to shut off all dispensing devices and pumps with emergency controls. If the facility is unattended, use the emergency shutdown button to shut off the pump. . . . . Leaving the pump nozzle in the vehicle will prevent any fire from becoming much more dangerous.

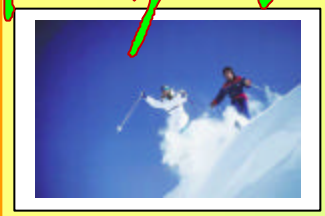
Motorists who cannot avoid getting back into the vehicle during refueling should discharge any static away from the fill point upon exiting the car before going back to the pump nozzle. Static may safely be discharged by touching a metal part of the vehicle or some other metal surface with the bare hand.

Consumers can minimize these and other potential fueling hazards by following safe refueling procedures all year long. For more information on avoiding potential problems with static electricity build-up at the pump, and other safe motor fuel refueling, storage and handling guidelines see API's web site at <www.api.org/consumer> and PEI's web site at <www.pei.org/static>.

"Safe Refueling and Fuel Handling Guidelines for Consumers" brochure is available on these web sites and may clarify what should and should not be done whether refueling your vehicle or filling a gas container for later use. Gas containers must ***NEVER*** be filled while inside a motor vehicle or in its trunk, bed of a pickup or the floor of a trailer. Only use containers APPROVED for gasoline and ***NEVER*** fill the container to the top - 95% full will give the fuel room for expansion. Ensure gas containers are sealed properly and will not slip nor slide when transported.

WINTER SAFETY

Play it SAFE with Winter Sports!



No matter what type of sports activity you choose, SAFETY should always be a top priority. Before you enter the playing field, consider the following safety tips on these winter sports.

***SKIING*:** During the winter season, more attention is paid to helmets. Experts agree that wearing helmets isn't a bad idea, however, head injuries account for only 2.6 percent of serious ski injuries. A far more serious problem is knee injuries: About 1 in 3 ski injuries are to the knee. In fact, in the recent past, there were about 54 million skier visits to ski areas, and about 135,000 people suffered injuries. To avoid injury to your knee, know how to fall: Keep your arms forward, your skis together and your hands over your skis. Don't use your hands to break a fall, and wait until you've stopped sliding to get up. In addition to knowing how to fall properly, keep these tips in mind:

* **If you're a beginner**, sign up for a group lesson.
* **Make sure your bindings aren't set too tight.** You want the skis to release if you fall. Have a ski technician test your skis while you have your boots on, before you leave the ski shop.
* **If you feel you're skiing out of control**, fall down on your rear end or on your side, the softest parts of your body.
* **Stay in shape all year.** Stretch before you get on the chairlift.

***SNOWBOARDING*:** Snowboarding has become an increasingly popular sport. Over 2.5 million people are presently snowboarding, almost double the 1988 total - researchers are learning more about the sports' risks. Most snowboarding injuries result from jumping; and most injuries involve the wrist, forearm and ankles, since snowboarders are inclined to break their falls with their hands. Follow these guidelines to make snowboarding safer:

* **Take a lesson** before you venture out for the first time.
* **If you do fall**, wrist guards and kneepads can protect you.
* **When you feel tired**, take a break.
* **Consider a helmet**, especially if you're snowboarding in an area that has lots of rocks and trees.
* **Stay on groomed trails.**
* **Don't start jumping until you're experienced** and have had proper instruction; jumps are the most common cause of spinal injuries.

***SLEDDING*:** The most common sledding injuries include fractured arms or legs, the result of sledders tumbling off their sleds. Here are some tips to avoid such mishaps:

* **Use a sled that you can steer.**
* **Do not allow children to go sledding unsupervised.** Kids should be at least 6 or 7 years old before they start; preschoolers don't have the essential coordination required.
* **Before your first trip**, inspect the hill to make sure it isn't too steep.
* **Don't hang your arms or legs off the sled.**
* **As with skiing and snowboarding, wear a helmet.**
* **Face forward**, and don't go down the hill headfirst.
* **Check the manufacturer's guidelines on the sled's maximum occupancy.** Also, some sleds are age restrictive and only allow those aged 13 and older.

THE SAFETY SIDE

THE NEED FOR A WORKPLACE SAFETY PROGRAM:

The purpose is to prevent employee injuries, maintain a state of military readiness, to ensure employee quality of life, and reduce compensation costs. Currently, NAF Atsugi is paying annually into the workers' compensation costs. With current budget restraints, we can ill afford to lose these funds.

Managing Risks

All operations, both on and off duty, require decisions that include risk assessment as well as risk management. Every commander, supervisor, and individual, is responsible for identifying potential risks and adjusting or compensating appropriately. Risk decisions must be made at a level of responsibility that corresponds to the degree of risk, taking into consideration the significance of the mission and the timeliness of the required decision.

Commanders, managers, and supervisors all share responsibility for the health and safety of individuals engaged in activities under their direction or supervision. They must ensure that the activities of these individuals comply with all relevant regulations and accepted standards and that work activities are performed in a safe, healthful and considerate manner.

Preventing Losses

If you want to reduce the costs and risks associated with workplace injuries, illnesses, and fatalities, managers need to place as much emphasis on safety and health issues as other management issues such as production, service and quality control. Establishing an effective occupational safety program helps support your mission while enhancing the safety and health of your employees. In identifying the processes and procedures for safety and health (by using the Job Hazard Analysis process), you will find that unnecessary steps may have been included in the past or that certain items can be removed. However, the most important result will be a safe and healthful workplace for service members and civilian employees without associated compensation costs and lost time.

Safety is based on Wise Decisions

Workers do not intentionally hurt themselves! Workers are not different from you. As mentioned above, you need to identify the processes that are broken that allowed the worker to get hurt. It is easy to blame the worker. It is hard to look at ourselves (see your Safety Representative for an explanation of the Job Hazard Analysis).

Safety = $$$

Lack of safety and lack of working safely costs. It is just as easy to learn to do something safely as it is to do it incorrectly. Recognize that a large percentage of workers learn by being taught on the job by their fellow workers; therefore, if the teacher does something in an unsafe manner, that unsafe act is passed on.

"If we always follow safety rules, we won't be cost effective." When you get down to the vast majority of the tasks that are performed everyday, they can be done safely without any additional cost. There are some that cost additional time - get a ladder instead of using a chair. Locking out the electricity instead of working on it hot. Shoring the trench instead of skipping the protection. But what is the consequence if something does go wrong? Injury or death!

FACTS

- Thirty-seven (37%) percent of all accidents occur within the first two (2) hours of work.
- The majority of accidents occur on Monday.
- The incident of accidents increases on Friday afternoons and the afternoons before holidays.
- Employees bring their home problems to work and are often inattentive.

SAFETY AWARENESS

Asbestos Awareness

Asbestos is the name of a group of minerals that occur naturally in the environment. Asbestos deposits can be found throughout the world and it is still mined in Australia, Canada, South Africa and the former Soviet Union. It differs from other minerals in its crystaline development, because of its long, thin fibers. These fibers are very strong and resistant to heat and chemicals. For these reasons asbestos was added to many older building materials including floor tiles, ceiling tiles, insulation on pipes and ducts, acoustical and decorative coating, transite siding, and roofing materials. These types of building materials are presumed to contain asbestos if installed before 1980, unless testing has proven otherwise.

Since many of the buildings on NAF Atsugi were built prior to this date, asbestos was a commonly used material. There are currently many buildings that still have some form of asbestos in them. Roofing, siding, and floor tiles which are all considered non-friable, make up the largest grouping of asbestos containing material (ACM). Many linear feet of pipe insulation or thermal system insulation (TSI), which has the capacity to become damaged or friable, also remains; much is being removed with the ongoing steam line replacement. Fortunately, most of this material is either in tunnels, pits or in areas that are not directly accessible to the general work force. All of these materials are inspected on an annual basis in accordance with Navy and Federal regulations by trained inspectors.

When left intact and undisturbed, these materials do not pose a health risk to building occupants. There is a potential for exposure only when the material becomes damaged to the extent that asbestos fibers become airborne. Asbestos is more likely to release fibers when it is friable. The term ***friable*** means the material can be easily crumbled. If powdered or friable forms of asbestos are disturbed and become airborne, an inhalation hazard results. In ***non-friable*** materials like floor tile, ceiling tiles, laboratory cabinet tops, and caulks, the asbestos fibers are tightly bound in a matrix which prevents the release of fibers to the environment unless the material is abraded, sanded or sawed.

If exposed to asbestos, several factors may influence whether harmful health effects will occur. These factors include the dose (how much), the duration (how long) and whether or not you smoke. Generally, adverse health effects from asbestos are the result of long term exposure to high concentrations of airborne fibers. According to the EPA, incidental airborne asbestos levels in buildings are typically very much lower that those identified in industrial work places where asbestos health effects have been observed. People who have been exposed to asbestos and are also exposed to cigarette smoke have a greater risk of developing lung cancer than those who do not smoke.

All work at NAF Atsugi involving removal, repair, maintenance or cleanup of asbestos containing material is conducted by licensed and certified workers under contract in accordance with Navy, Federal and Host Government OSHA and EPA regulations. Adherence to these regulations is important to assure protection of workers, building occupants and the environment. All buildings that contain ACM are inspected - by certified inspectors - on an annual basis to ensure all materials are in good condition and do not present a hazard.

Remember, when intact and undisturbed, asbestos building materials do not pose a health risk for building occupants. Damaged asbestos containing materials should be reported to the NAF Atsugi Safety Office at 264-3678. Specially trained staff are available to visit the area, determine if a suspect material contains asbestos, and to perform a hazard assessment. To avoid asbestos exposure, never attempt to handle damaged asbestos.

RECREATION SAFETY

Jogging Safety

Jogging is a great way to exercise and keep fit. After all, there's nothing easier than lacing up a pair of running shoes and heading outdoors. But jogging is not without risks. A little knowledge and preparation can go a long way to prevent injuries and accidents.

- **Before you start, consult your physician.** Your physician may suggest a stress test to evaluate your condition and can offer helpful advice specific to your physical condition.
- **Warm up before exercise.** Warming up your muscles before you jog can decrease your risk of injury. Spend at least 5 to 10 minutes stretching and loosening the muscles that will be used while jogging. The increased blood flow of such a warm-up will decrease tension in your muscles, improve their range of motion and can even improve performance. Also, warming-up can significantly reduce the chances of muscle pulls, strains, sprains and other such injuries.
- **Pace yourself.** Start jogging at a slower pace for the first few minutes or start your jog with a brisk walk. Sudden and unfamiliar exertions are most likely to cause injuries. If you want to run faster or longer, limit increases to no more than 10 percent a week.
- **Pay attention to how your body feels before and after a jog.** Aches and pains are not uncommon after jogging. However sharp pain that lasts longer than 20-30 minutes after a run could be abnormal. It's important to know your own body so you can be alert to a pull or pain that could be an indication of a more serious injury.
- **Beware of sudden injuries.** Most mild chronic injuries can be treated with a combination of stretching and strengthening exercises. Reducing mileage or icing the affected area are treatment options. Ankle injuries can cause the ankle to turn black-and-blue or to swell. However, the injury might not be a sprain if you can't bear to stand or bear weight on the injured foot. When in doubt, consult your physician and obtain a x-ray to determine if the ankle is broken.
- **Watch out for acute and chronic injuries.** Hamstring tears are common acute injuries - they usually cause sudden pain in the back of the thigh when the hamstrings are contracted suddenly and violently.
- **Treat injuries properly.** Treatment of both above mentioned injuries includes rest, ice, compression and elevation, commonly known as the RICE method. Once the muscles have recovered, begin a stretching regimen to prevent further injury.
- **Find out if jogging is right for you.** If you have a bad back, constant sore knees, or other recurring injuries, the pounding of jogging may not be for you. Find an activity that puts less stress and impact on the body.
- **Select the right shoes.** A proper fit means that your heel should be snug and not slide up and down excessively. Additionally, there should be about ½ inch between the end of your longest toe and the end of the toe box. Consider support, comfort, durability, and foot motion control. Periodically check the soles of your shoes for signs of wear.
- **Alternate different brands and styles of shoes.** Doing so helps alleviate foot problems that develop because of a particular shoe's construction. Using more than one pair can also prolong shoe life.
- **Cool down.** At the end of your jog, cool down by slowing your pace or walking. Muscles that have carried you through a workout have contracted, and a session of stretching is crucial. Muscles that are not conditioned this way are more likely to sustain pulls, strains and spasms.
- **Make it a habit.** Jogging only once a week, no matter how vigorous the activity, puts you at risk of injury and fails to provide you with maximum aerobic and conditioning benefits. Try to establish a schedule of three 30 minute workouts a week.

HAZARD ALERT

CPSC, Makita U.S.A. Inc. Announce Recall to Repair Circular Saws

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), Makita U.S.A. Inc., of La Mirada, Calif., is recalling about 180,000 circular saws. The lower blade guard of the saw can become jammed, which can result in the consumer coming in contact with the blade and suffering a serious injury.

Makita U.S.A. Inc. has not received any reports of incidents. This recall is being conducted to prevent the possibility of injuries.

The recall involves 7 1/4-inch circular saws with the model number 5740NB. The model number is located on the silver nameplate next to the name "Makita." The saw's housing is blue-green and the name "Makita" appears on the metal blade guard and silver nameplate on the motor housing. The recalled saws were manufactured in China.

Home centers, hardware stores and industrial suppliers nationwide sold the circular saws from April 1998 to November 2002 for between $99 and $119.

Consumers should stop using the circular saws immediately and return them to the nearest Makita factory service center for a free repair. For more information on how to return the saw or to locate the nearest Makita factory service center, consumers should contact Makita U.S.A. Inc. at (800) 462-5482 between 8 a.m. and 4:30 p.m. Monday through Friday.

Any 5740NB circular saws with an "N" preceding the serial number on the nameplate and a blue dot on the shipping carton are not involved in this recall.

CPSC, Eveready Battery Co. Announce Recall of Kidz Club Flashlights

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Eveready Battery Co. Inc., of St. Louis, Mo., is voluntarily recalling about 24,000 Kidz Club flashlights, sold under its Energizer brand. The flashlights can overheat and cause the batteries to leak, posing a risk of burns to children.

Eveready has received three reports of the flashlights overheating, including one report of a 4-year-old boy receiving a minor burn to his hand.

The multicolored flashlights measure about 5.75 inches in length, and are made with a metal barrel and a plastic head. They take "C" batteries and have a rotating focusing head. The model number FC230KBP appears only on the reverse side of the package. The words Energizer Kidz Club appear on the head of the flashlight. "Made in China" is written on the base.

Discount department and toy stores sold these flashlights nationwide from April 2002 through October 2002 for about $6.

Consumers should take these flashlights away from children immediately and remove the batteries. Consumers should contact Eveready at (800) 669-6394 between 7 a.m. and 7 p.m. CT, Monday through Friday for instructions on returning the flashlights and receiving a $12 refund. Consumers also can access the company's web site at www.energizerflashlights.com

If the flashlight takes other than "C" batteries or does not have a rotating focusing head, then the flashlight is not included in the recall.

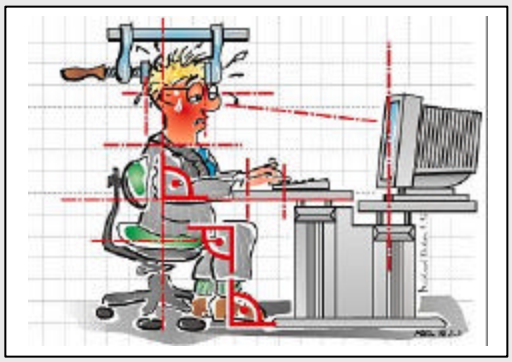
ERGONOMICS

BODY MECHANICS

Body mechanics are the body movements we perform to accomplish a task, either at home or at work. They are very important to the health of the back. Body Mechanics fall into three basic categories:

1. **Sitting**
2. **Standing**
3. **Material Handling**

SITTING



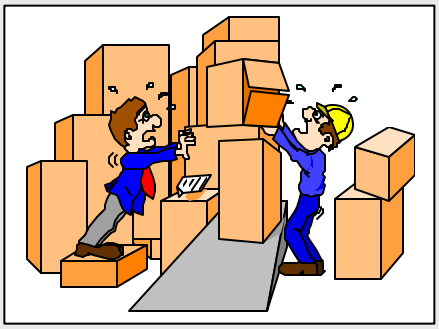
A sitting task combined with bad posture can be very stressful on the back and cause disc pressure and muscle fatigue. To avoid back problems:

- keep the normal curves in the spine
- keep work within easy reach
- adjust your chair so that feet rest comfortably on the floor
- change sitting positions frequently
- stand up at least once every hour, more often is better

STANDING

- stand with the legs shoulder width apart with one foot slightly ahead of the other
- stretch periodically to compensate for any long term awkward positions
- wear shoes with good cushioning
- stand on anti-fatigue mats

MATERIAL HANDLING



- keep the load close to the body
- check the weight of the load before lifting; if the load gets too heavy, get help or use a lifting device
- place legs about shoulder width apart with one foot slightly in front of the other
- tighten stomach muscles and lift with the legs **NOT** the back
- keeping your head looking forward

SAFETY SESSIONS

Chemical Safety

We often think of chemicals as being acids or other obviously harmful liquids. However, chemicals can be solids and gasses as well as liquids.

Being safe with chemicals is not difficult if you follow the company's Chemical Hazard Communication Program that provides you with not only information about chemical safety, but also information on each specific chemical we use.

Chemical information sheets are called Material Safety Data Sheets…or MSDS for short. These sheets are prepared by the chemical manufacturer and provide a wealth of information such as what protective clothing is needed, the hazards of the chemical and what situations to avoid. The sheets also tell you what health and physical hazards are involved in using the chemical.

Incompatible chemicals are those which, when mixed, will cause a violent reaction. That's why we have strict procedures that must be followed when mixing any chemicals.

We also have rules and specific training for employees who use chemicals. This employee training includes what protective equipment is required, how to use the equipment, such as respirators, gloves and goggles and other safety precautions.

For your safety, know and follow all precautions listed on chemical labels and those found in the MSDS.

Accident Reports...It could happen here !

Three workers were overcome by toxic fumes when they were transferring chemicals from large bulk containers to smaller portable cans. The workers were pouring the liquid in a small, enclosed room that did not have adequate ventilation. Over the course of thirty minutes the fumes built up in the room and all three men became unconscious. Two of the three men had severe damage to their lungs.

A long time worker at a cement plant contracted the lung disease Silicosis, after repeated exposure to silica (sand) dust. The company had provided respirators and training, however the employee routinely removed his respirator during work. Using the proper personal protective equipment will prevent over-exposure to chemicals.

Safety Word Search

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

Find the following Safety Words above:

Acid	Label
Chemical	MSDS
Dust	Mixing
Gloves	Respirator
Goggles	Warning