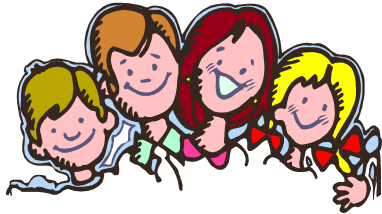


THE

CONNECTION

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SAVE YOUR FINGERS- WATCH OUT FOR THESE AMPUTATION HAZARDS

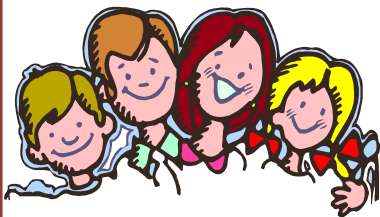
S a f e t y Starts at Home

Summer is a great time to catch up on all those home projects you've been putting off, but just make sure you follow the same safety precautions at home as you do on the job. Undertake major projects only after careful preparation. "Do it yourself" can be your undoing otherwise. Other safety tips to keep in mind at home:

Operate lawn mowers with caution. Never refuel while the motor is running.

Use only properly grounded power tools. Also, remember to put guards in place before use.

Get first aid immediately for any injury - no matter how small or insignificant you may think it is.



The reason your junior school shop teacher did not have all his fingers was obvious - it made an impact on young students to use machines safely.

Chances are that if an employee loses a digit at work, it will be because he or she came into contact with an unguarded or inadequately guarded machine. Knowing the parts of machines that can cause amputations is the first step to avoiding them.

Besides common pinch points, there are other types of hazardous mechanical motions. Any of the following can cause serious injuries, including amputations, under certain circumstances:

ROTATING This includes circular movement of couplings, cams, clutches, flywheels and spindles, as well as shaft ends and rotating collars that can grip clothing or otherwise force a body part into a dangerous location.

RECIPROCATING This type of motion includes back-and-forth or up-and-down action that may strike or entrap a worker between a moving part and a fixed object.

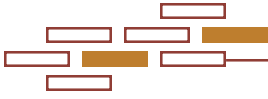
TRANSVERSING This means movement in a straight, continuous line that might strike or catch a worker in a pinch or shear point created between the moving part and a fixed object.

PUNCHING Punching includes motion resulting when a machine moves a slide to stamp or blank metal or other material.

SHEARING This is movement of a powered slide or knife during metal trimming or shearing.

BENDING This is any action occurring when power is applied to a slide to draw or form metal or other materials.

Solid machine guards prevent workers from coming into contact with any of these types of potentially dangerous mechanical motions. They will also help them keep all their fingers.



Laborers and Tobacco Use: A Deadly Combination

Most people know that smoking is bad for their health. Some people say they'll quit eventually, but have a hard time getting around to it, thinking they can beat the calendar by quitting before disease sets in. Laborers who smoke are at particular risk, more so than most other people, and are unlikely to beat the odds if they continue. If you're a smoker, you should be aware of some facts about tobacco use that, hopefully, will encourage you to stop smoking sooner than later.

Laborers have 20% greater risk of dying from lung cancer than others. More than a third of all cancers are caused by tobacco. The percent of Laborers who smoke is about double the overall rate of smokers in the U.S. To make things worse, Laborers are exposed to a lot of substances on the job that can affect their chances of getting cancer, including, but not limited to, asbestos. A Laborer who combines smoking with common job exposures is a cancer statistic waiting to happen.

The most common cause of death is heart disease. Smoking contributes to heart disease more than any other bad habit - more than eating fatty foods; more than lack of exercise. If you're a Laborer who eats pretty well and gets a lot of exercise at work, don't think that your heart is protected if you are a smoker. It's the worst thing you can do for your heart. - it doubles the risk of heart disease.

A Laborer's career is dependent on strong lungs and a good cardiovascular system. Smoking can also affect the career of a Laborer. Beside the obvious results that occur when a Laborer is no longer "fit" for duty, Laborers who can't pass medical

(Laborers & Tobacco cont.)

clearance for respirator use (because of high blood pressure or lung disorders) won't be able to work in the emerging fields of environmental cleanup, like asbestos, lead and hazardous waste clean up. And while not yet common in construction, job sites are becoming more and more "smoke free." It won't be too much longer before smoking restrictions are placed on construction jobs, either by contractors or owners.

Smokeless tobacco is still tobacco. Is chewing tobacco a better alternative? No. Smokeless tobacco contains nicotine, the same addictive drug found in cigarettes. Snuff dippers consume on average more than 10 times the amount of cancer causing substances than cigarette smokers. Smokeless tobacco is a leading cause of oral cancers (mouth, lips, throat) which can be deadly as well as disfiguring.

Laborers who use tobacco products and drink alcohol are even more at risk. The use of alcohol makes you even more likely to contract a tobacco-related cancer. Alcohol in the mouth and throat acts a "primer" for the tobacco carcinogens. Whether you

Lightning Danger

Lightning can provide a spectacular display, but this awesome show of nature also causes more deaths and destruction in a typical year than floods, hurricanes, and tornadoes combined.

Protect Yourself

Use your phone only for emergencies. Stay away from electrical appliances and metal objects. Seek shelter in an enclosed building or vehicle. No Shelter? Find a low lying area, lie flat. Avoid isolated trees, high ground, bodies of water or large open areas.

Protect Your Home

A lightning protection system provides a direct path for the lightning to follow to ground. A lightning protection system primarily consists of grounding rods and other connections to the exterior of your home. It is important to note that a lightning protection system does not attract lightning. It also cannot prevent a lightning strike; a lightning protection system does provide a safe path to ground the electric current.

Five Steps Toward Getting the Most From Your Daily Stroll

Speed is not the key to enjoying the benefits of walking. Walking is a wonderful form of exercise that fits into most people's daily regime.

Keep the following tips in mind to help your stroll turn into a fat-burning workout. Stand erect while walking; head up, shoulders back and abdomen tucked in. Stretch before your walk. Take about five minutes to warm up your muscles. As you walk, concentrate on taking long strides and using the gluteal muscles. Keep a good pace. You should be breathing deeply and your heart rate should rise.

Get your arms into it. Bend them slightly and swing them while walking.

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (616) 629-9708 or send to P.O. Box 460, Richland, MI 49083. Also visit our website at: www.CLS-Skilledlabor.com