

THE

# CONNECTION

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## Contact Lenses Have Little To Do With Safety



Believe it or not, some workers as-

sume that contact lenses will protect them from eye hazards they might encounter on the job. According to the American Optometric Association, contact lenses by themselves "do not provide eye protection in the industrial sense." Seeing clearly is important for safety, but as a barrier, contact lenses are worthless.

If workers need corrective lenses, they should understand they still need eye protection on the job. Another option is for custom prescribed safety glasses.



# PREOCCUPATION

## An Occupational Hazard

You're walking across the jobsite when your mind drifts to the something that's happening at home and BEEP! Close call - you didn't see that forklift coming. Many serious injuries occur when workers get distracted, unintentionally compromising the safety of themselves as well as others. But there are steps you can take to minimize hazardous preoccupations.

## Note The CUES

**Are you distracted? You are if you:**

**Suffer a series of uncharacteristic trips and falls.**

**Often have trouble concentrating.**

**Tend to continue working while listening to coworkers chit-chat.**

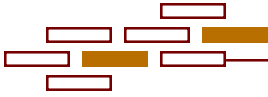
## Clear Your MIND

**To stay refreshed, always take your scheduled breaks and lunch hours.**

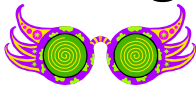
**If your mind keeps going back to one thought, make a deal with yourself: focus on the distraction at break time, so you can fully concentrate on the task in front of you; or schedule a 20-minute worry session before you start work or later in the day.**

**If your distraction is a coworker, postpone conversation until break time.**

**If stressful thoughts or personal problems cause continual distraction, seek help from a friend or professional counselor.**



# Understand The Hazards Before Selecting Eye Protection



To choose the right kind of eye protection, you need to understand the kind of hazards workers face on the jobsite.

Safety glasses and goggles are not all the same. There are specific types designed to deal with each of these common problems.

**Impact** Look for flying objects such as large chips, fragments, particles, sand and dirt.

**Heat** Emitting extreme heat can be a hazard to worker's eyes.

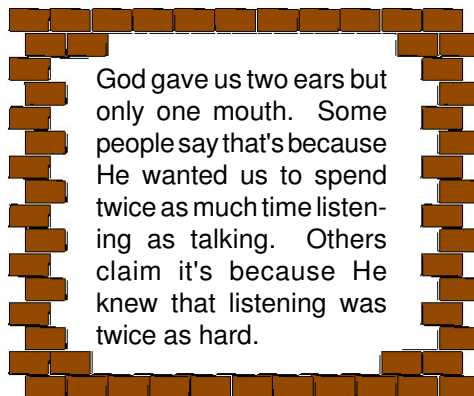
**Chemicals** A chemical splash is very dangerous when it gets in a worker's eyes.

**Dust** Woodworking, buffing and general dusty conditions can be harmful to the eyes.

**Optical radiation** This type of radiant energy can come from the glare of intense light of welding, torch-cutting, brazing or soldering.



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God gave us two ears but only one mouth. Some people say that's because He wanted us to spend twice as much time listening as talking. Others claim it's because He knew that listening was twice as hard.

## Hearing Protection Options:

(what they are and how they work)

Proper personal protective equipment (PPE) can mean the difference between a worker saving his or her hearing or losing it. Here are some common types of hearing protection and how they work to protect employees who are working in potentially hazardous noise environments:

### Earplugs:

These come in a variety of materials, including silicone, rubber or plastic. They are convenient because they can be molded to fit the work precisely. They can be washed and they're easily portable.

### Foam Plugs:

The foam in these plugs expands to fit the inside of the ear canal, ensuring a good fit.

### Hearing bands:

Essentially the same thing as canal caps. Some workers find both types of protection uncomfortable after a period of time.

### Earmuffs:

This type of protection completely covers the outer ear and it is important to fit the earmuffs to the worker to make sure there is a good seal to keep noise out.

## WHEN DO YOU NEED TO REPLACE YOUR HARD HAT HAT



Hard hats are an important part of your personal protection equipment.

To ensure that it is always there when you need it, you should inspect your hard hat periodically.

Check the straps and webbing for tears or fraying.

The shell should not have cracks or gouges on the inside or out.

If the surface has lost its luster and turned dull or brittle, its strength has diminished.

Rings appearing on the shell also can be a sign of weakened strength.

Some hard hat manufacturers recommend replacing hard hats after no more than five years.



## Prescription Eyewear/PPE

Correct prescription eyewear, if needed, is essential on the jobsite. But eye protection is also essential to the safety of the worker's eyes. Here are a few points to achieve a good match between eye protection and prescription eyewear:

1. Tight fitting goggles should be worn over a worker's prescription glasses.

2. Do not use prescription safety lenses with tempered glass or acrylic plastic lenses. They are not suitable for high impacts.

3. Use polycarbonate or Trivex lenses when working in high impact areas.

