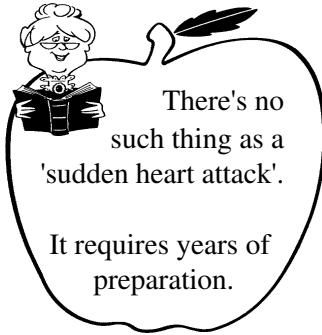


THE CONNECTION

AUGUST 2003



There's no such thing as a 'sudden heart attack'. It requires years of preparation.

Electrical Emergency Know-How

You know the importance of taking proper safety precautions when working with any kind of electrical equipment. When accidents happen, are you prepared to deal with them? Here are some important points to remember:

Electrical Fire

Turn off power at the main switch, or unplug tool or equipment if possible.

Use a nonconducting element to extinguish electrical fires - a halogenated compound, carbon dioxide, or a dry chemical extinguisher.

NEVER USE WATER OR A WATER-BASED AGENT!

Electrical Shock

If possible, disconnect plug or turn off main switch. If not, stand on a dry surface and, with dry hands, free victim with a dry board, rope, or stick.

Seek medical help. Unconsciousness may occur because electrical current can disrupt breathing. If victim has stopped breathing, begin artificial respiration at once. Once breathing has resumed normally, place victim's head lower than his feet and keep him warm until help arrives.

NO MORE BACK STRAINS AND SPRAINS

Lifting things is a big part of the work we do around here. We do it so often that it's easy to forget that there is a right way and a wrong way to lift things. Do it the wrong way and you may get away with it 50 or 100 times. But sooner or later you could become an instant invalid. Lower back injury-the most common work-related injury-can cause you lifelong pain and disability. Let's go over the steps for preventing back injury.

Before you begin lifting, wear gloves if you're handling rough equipment. And if you wear safety shoes, you can focus your mind on the load, not on your unprotected toes.

Get a good grip and good footing. Position your feet so that one foot is next to the load and one behind it.

Get under the load by **BENDING YOUR KNEES**, not your back. This is the single most important thing to remember about lifting.

Use your hands, not your fingers, to grip the load. Keep the load close to your body.

Never twist your body when lifting. Turn your whole body by using your feet.

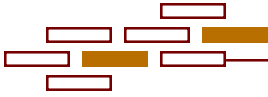
But before you lift anything, how heavy is that load? Studies show that only 10 percent of male industrial workers can lift over 70 pounds safely. Most men shouldn't lift more than 37 pounds and most women shouldn't lift more than 28 pounds. Just because you can lift it doesn't mean you should lift it. Get someone to help you with heavy loads. It's a great way to make friends.

If you do experience back pain, pay attention to it. You will recover from simple strains or sprains by giving yourself a rest. Stay away from heavy lifting until the injury heals. Lifting with an injured back can lead to severe back problems.

If heavy lifting is part of your job or if you strain your back often, do yourself a favor and get into good physical shape with a conditioning program that includes aerobics, weight training, and stretching exercises. Some workers find it helpful to wear back braces when on-the-job lifting is necessary.

Back injuries affect fully half of the nation's work force during their working lives. Follow the directions we've gone over here, and you can be sure of keeping yourself in the injury-free half.





Stack The Odds In Your Favor

In 1977, 16 year old Lang Martin of Charlotte, North Carolina, balanced six new golf balls vertically without using any adhesive. You'll probably never have to stack that precisely - but you should learn to stack and store materials and supplies the safe way.

Every year, thousands of workers are seriously injured as a result of careless or incorrect material storage. Don't you be one of them. Instead, stack the safety odds in your favor. Here's how:

Wedge rounded objects firmly to prevent rolling

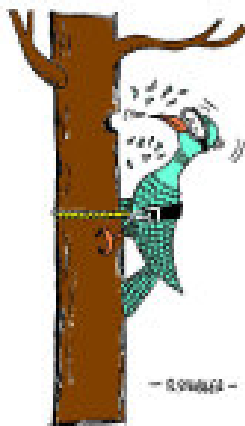
Store heaviest supplies closest to the ground. Stack lighter supplies on top.

Never overstack or stack on top of damaged containers or weak supports.

Use the pyramid or cross-tier method to insure greatest stability when stacking.

Always store supplies and materials in their proper places - never in aisles or exits.

August 1989 Bureau of Business Practice



We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: www.CLS-Skilledlabor.com

WALK AWAY FROM PEDESTRIAN COLLISIONS

Pedestrian collisions can occur in several way. You open a door too quickly and strike another person. You and a co-worker approach a corner on the same side of the hallway and collide. You are rushing to get to the bank before it closes, but in your hurry you don't see the glass doors.

These are just some of the ways a pedestrian can have an impact with another person or with an object. The end result can be the same - injuries.

Broken noses, fractured arms, strains, cuts, bruises and worse have been reported from pedestrian collisions.

Here are some safety tips to avoid "bumping into" an accident:

- 6. Try to stay on the right-hand side of hallways to avoid collisions at corners. Slow down as you approach a blind corner. This will give you time to react if someone else is rushing toward you.
- 7. Watch where you are headed.
- 8. On stairways, remember the rules of the road. Keep to the right-hand side to prevent collisions. Run your hand lightly along the railing to maintain your balance. Learn to anticipate problems beforehand.
- 9. When you walk up behind someone who does not see you, say something to warn the person you are there. That way, the person won't turn suddenly and collide with you.

There are other ways you can be involved in an accident as a pedestrian. For instance, articles left in unexpected locations can cause collisions, tripping accidents and falls.

- 1. Practice good housekeeping habits and keep hallways, aisles, doorways, stairs and emergency exits clear of obstructions.
- 2. Pick up and put away tools or equipment when your task is complete.
- 3. Return hand trucks and pallet movers to their proper location when you are finished with them.
- 4. Poor lighting can also contribute to pedestrian collisions, particularly in stairways.

Collisions on a jobsite can occur easily. Be sure to take you time and watch where you are going.

HUMIDITY:

AN OVERLOOKED TRIGGER

FOR HEAT STRESS

Most people understand that working in high temperatures can cause heat stress, but what most people don't understand is that high humidity can cause heat stress to occur at much lower temperatures.

The human body cools itself by perspiration. When high humidity levels make it more difficult for perspiration to evaporate from the skin, heat-related illnesses can occur.

The human body tries to stay as close to 98.6 degrees as possible and will attempt to lower its internal temperature through perspiration. When it can't do that effectively, any of the following symptoms may occur, signaling a potential heat disorder:

- | | |
|-----------------------|-------------------------|
| hot skin | lack of sweating |
| dry skin | muscle cramping |
| weakness | loss of |
| consciousness | convulsions |
| confusion | irritability |
| hallucinations | |

Even mild symptoms should be taken seriously. Immediately move heat disorder victims to a cooler location, and take whatever means are available to lower the victim's body temperature. Call for medical assistance immediately, since mild symptoms can escalate into severe heat stress or heat stroke with little warning.

An Ounce Of Prevention.....

The best defense for heat illness is to prevent it from happening in the first place. If you are active in hot or humid weather, make sure you:

- Work at a reasonable pace.
- Take frequent rest breaks.
- Wear clothing which is loose-fitting and light colored.
- Perform the most strenuous activities while temperatures are the coolest.