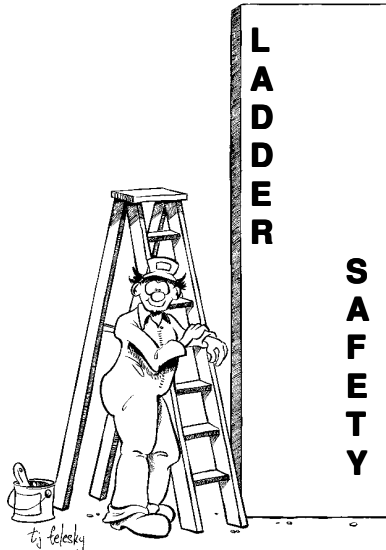


THE

CONNECTION

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GET A GOOD LIFT OUT OF YOUR JOB



Always inspect your ladder before use. Never climb on a damaged ladder, or on one that has missing parts.

Check your shoes. Your nonslip soles should be free of grease, snow, and mud.

Make sure your ladder is fully open and has a firm footing before you use it. Do not place it on boxes, unstable ground, or on scaffolds to gain additional height. Do not place it in front of a door that opens toward the ladder.

If you tire easily, are subject to fainting spells, use alcohol or other drugs that can make you disoriented, or if you have a physical disability - do not use a ladder.

Do not leave your ladder set up and unattended if children are present.

Always face the ladder rungs when climbing up or down. Keep your body centered between the side rails.

Use both hands when climbing.

Do not overreach. Do not "walk" the ladder when standing on it. To keep the ladder close to your work, climb down and move it when necessary.

Do not stand, climb, or sit on the top or pail shelf of the ladder.

Workers in health care, warehousing, transportation, construction, manufacturing, retail and many other sectors have to lift and move people and materials as part of their jobs. All of us have to do a certain amount of lifting to care for our families, homes and other responsibilities.

Safe lifting techniques are an important part of safety training for anyone. Back injuries can be painful, disabling and very costly. Learn to lift correctly to prevent back injuries which occur suddenly or develop over a period of time.

The most important point to remember when you are lifting is to protect your spine. Let your strong legs and arms handle the load, not your back. If necessary, get help from co-workers or use a lifting device.

Here are some guidelines for safer lifting:

Size up the item before attempting to lift it. Determine its size and shape. Check the weight listed on the packaging, or tilt up one corner to estimate the weight. Determine if you can safely move it alone, or if you need help.

Also read the label to determine if you need any Personal Protective Equipment (PPE) to handle the material. Wearing gloves and safety shoes is always a good idea. You might also need protective eyewear, chemical-resistant clothing or even respiratory protection to move some materials. Talk to your supervisor if you have any questions or concerns.

Establish firm footing. Place your feet shoulder-width apart with your toes pointed out and one foot slightly ahead of the other.

Get as close to the load as possible so you do not have to stretch or twist your body to reach it.

Crouch down. Bend your knees, not your waist or your back.

Get a good grip on the object, using the handles if available.

Stand up and lift the load by straightening your legs. Keep your stomach muscles tight to support your spine.

As you carry the item, keep it close to your body.

Don't twist your body. If you must turn, move your feet in the new direction first.

When setting the item down, bend your knees and not your back. Also take care to protect your hands from being crushed by the load.

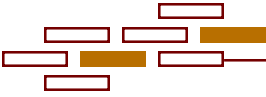
Get help with heavy or bulky items. When doing a lift as a team, designate one person as team leader to tell the others when to lift and when to set down the load.

Use a hand cart if necessary, or call for a forklift.

No matter what industry you work in, try to minimize the need for lifting. Arrange your work area so you do not have to twist your body, reach forward or backward to reach materials. Frequently-used supplies should be stored at waist height. Eliminate repetitive lifting by reorganizing the way you work and by obtaining mechanical help.

Safety Talks





HORSEPLAY IS NO JOKE

It seemed like a sure way to get some laughs. Some of the guys greased the rungs of Bill's ladder while he was up there with a can of paint. But the punchline wasn't very funny. Bill decided to press criminal charges and is preparing a civil suit to cover the cost of his broken ankle and lost work time. Some old friendships came to an end that day.

Was this just a case of a practical joke gone wrong? Or was it more proof that practical jokes in the workplace are always wrong? Or are that Bill's



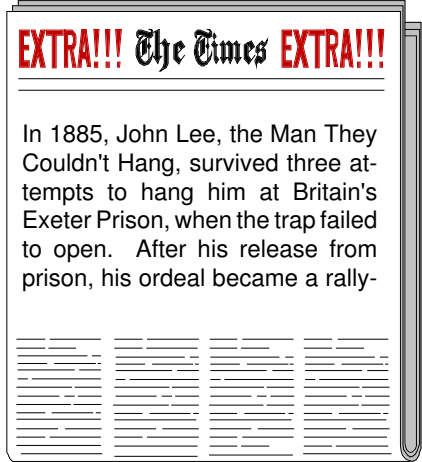
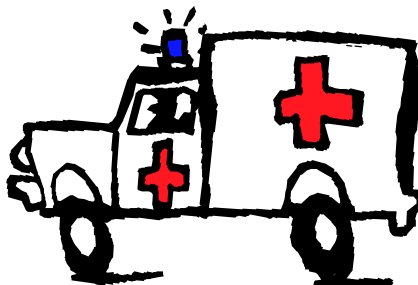
person suggested the joke, and the others went along with it against their better judgment-maybe because no one wanted to make waves. There is someone at almost every job site with a warped sense of humor who is always thinking up ways to get a laugh at another worker's expense. But deep down inside most of us feel uneasy around this sort of person. We never know where this loose cannon is going to strike next. The best thing you can do for yourself and others is to listen to your inner voice. Let the jokester know in no uncertain terms that you're not going along with the joke. You'd be surprised at how many other people are thinking the same thing but don't have the courage to say

it.

Let's talk about some of the results of horseplay gone wrong. While some people can laugh it off when they are the butt of a joke, others may be humiliated or embarrassed. Such jokes may result in anger, hurt feelings, distrust between workers, and even a desire for revenge. When practical jokes are common at a worksite, it's hard to pay attention to your job, because you're always on the lookout for the next joke. And horseplay is a safety hazard that can quickly get out of hand and lead to injury or death. If you get hurt as a result of horseplay, don't expect to be covered by worker's compensation; it's not a job-related injury. And if someone else gets hurt as a result of your horseplay or joke, you may be liable for damages. You will definitely be at risk of losing your job.

It's up to all of us to keep horseplay from getting out of hand. It's a matter of not going along with it. You don't have to confront a practical jokester in front of everybody. Take the person aside and talk confidentially. Point out that such acts as tripping, throwing tools, rearranging or hiding equipment, playing games with compressed air, and so on can cause serious injury to your buddies. Horseplay is not only dangerous-it's unfair and stupid.

Did I say that humor on the job is wrong? No way. Being able to laugh is what gets most of us through a day's work. Be as funny as you like-as long as it's not at someone else's expense or a safety hazard. Now, anyone have a good joke to tell?



In 1885, John Lee, the Man They Couldn't Hang, survived three attempts to hang him at Britain's Exeter Prison, when the trap failed to open. After his release from prison, his ordeal became a rally-

COVERING FLOOR OPENINGS

There's a right way to do everything, and doing less than the right way results in less than complete accident prevention.

Never leave a floor hole unguarded, even for a few minutes. Choose a floor covering that is big enough to overlap the edge of the hole generously. It should be thick enough to cover the hole without sagging in the middle. The bigger the hole, the thicker the covering should be. Unless you intend to stand there and warn everyone who might possibly go past that hole, nail the cover down, even if it's only going to be there an hour. Why take chances? If someone you work with ends up in the hospital because of your carelessness, you've not only disrupted someone else's life, you've also increased your own workload while the other worker is laid up and probably put your job on the line.

One more thing. If you see a hole that is unguarded, not covered, or improperly covered, whose business is it? The answer is, it's everybody's business. Even if it means taking time out from a tight work schedule, report improperly covered holes immediately. Taking responsibility for others' safety is good for business, and that's good for you.

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