

THE

CONNECTION

MARCH 2004

PERSONAL PROTECTION EQUIPMENT

SELECT SOUND HEARING PROTECTION

If you work in an environment where the sound level reaches 85 decibels or more, you need to wear hearing protection. But all too often, employees give excuses such as "I'm used to the noise" to avoid wearing hearing protection. Over time, however, hearing loss can become significant and irreversible. There are two basic types of PPE available to help protect against hearing loss:

Earplugs come in a variety of styles and are either reusable or disposable. Disposable plugs are compressed before they are inserted and are held in place while they enlarge to fit the ear canal. Reusable plugs, which come in a variety of sizes, must be fitted.

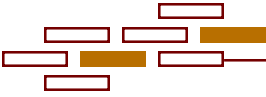
Earplugs are lightweight and relatively comfortable - but they must fit well in order to be effective.

Earmuffs fit over the ears and are composed of three parts, cushions, cups, and headband. The cushion, which may be filled with liquid or foam, should be kept clean and pliable to retain an effective seal. The cups fit over the ears to provide sound-reduction protection. The headband provides the pressure necessary to maintain the designed level of protection. The headband can easily be adjusted for a snug and comfortable fit.

PROPER FOOTWEAR AND FLOOR SURFACE IN THE WORKPLACE

CHARACTERISTICS OF SHOE SOLE MATERIALS		CHARACTERISTICS OF FLOOR SURFACES		
MATERIAL	RECOMMENDATIONS	FLOOR MATERIAL	CHARACTERISTIC	MAINTENANCE
Plastic (Vinyl) or Neoprene	Recommended for use on most flooring materials. Exception: not recommended for use under greasy conditions.	Limestone	Slip resistance: very good. Grease easily.	Waxes, wax-base products, synthetic resins or polishes applied to protect material. May serve to enhance or reduce slip resistance depending upon formulation and application.
Leather	Recommended for use on wet and greasy concrete, ceramic tile and wood floors. Not recommended for dry surfaces.	Waxyls	Slip resistance: very good. Cleans easily.	Same as limestone
Hardened Rubber	Recommended for use on greasy concrete or wood floors. Not recommended for ceramic tiles or on wet and dry concrete or wood.	Concrete	Slip resistance: good to fair. Cleaning: fair.	Surface can be treated or roughened to increase slip resistance.
Draw-Shank Cord	Recommended for use on greasy floors. Not recommended for work around hot metals.	Steel or Metal	Slip resistance: fair. Cleaning: fair.	Surface can be arc welded to raise areas, and to increase slip resistance.
Cushioned Groove Rubber	Recommended for use on dry or wet concrete (roughened). Not recommended on ceramic tile, smooth concrete or wood.	Hardwoods	Slip resistance: very good. Cleaning: good to fair.	Waxes or paint can be applied. Metallic particles or abrasives can be added to the surface treatment to increase slip resistance.

LABOR
MICHIGAN DEPARTMENT OF LABOR
SAFETY EDUCATION AND TRAINING DIVISION



SUIT UP FOR THE JOB

A professional football or hockey player wouldn't dream of meeting an opponent on the field or the ice without wearing the appropriate protective equipment. Helmets, pads, and facemasks are part of the game. Professional athletes realize that wearing personal protective equipment is the only way for them to remain in careers where personal hazards are all in a day's work. If your job requires you to wear personal protective equipment, remember the example set by professional athletes and "suit up" every time you go on the job.

1990/Bureau of Business Practice



Like almost everything else, the hard hat has an interesting history. It was first used by the Romans, way back in A.D. 300 near the Circus Maximus.

A huge Egyptian pillar was being erected there, but those working on the project were having trouble getting it off the ground. Workers were being injured by falling objects.

Finally a construction worker came up with the perfect solution - wear soldiers' battle helmets. They were metal and they worked pretty well.

Of course, these early hard hats were not half as safe or effective as the hard hats we have now. Today's hats are lightweight but sturdy. And the suspension straps help minimize the effects of any blow.

Without a doubt, we are better protected than those early construction workers ever were. That is, we're safer and better protected when we wear the hats.

Those who refuse to wear a hard hat in a hazardous area aren't safe at all. The risks they're taking just aren't worthwhile.

Don't you take a chance. Make use of one of the best protective devices ever invented. Whether you're working in or just passing through a hard hat area, put a hard hat on.

Safety Postings March 1989



Take Care of Your Safety Eyewear

You know how important safety glasses are for protecting your eyes from hazards. But your glasses can't do the job they're meant to do unless they're in good condition. To keep them in good shape, you should take the following steps:

Keep safety glasses clean. Wash lenses regularly with warm, soapy water.

Check the lenses and frames for cracks before each use. Do not use damaged glasses or goggles. Tag them as damaged, notify your supervisor, and request another pair.

Place safety glasses or goggles in a case and store them in your locker when not in use. Don't leave safety glasses unprotected in your work area where they could fall or otherwise be damaged.

Check the elasticity and fit of the headband on your safety goggles. Don't hang your goggles by the headband - doing so will stretch it out.

Wearing safety goggles or glasses that are in poor condition is almost as bad as wearing none at all. So don't take chances. Take care of your eye protection and it will take care of you.

Safety Postings September 1995



Earl never listened when his mother told him to wear his raincoat, either.
Safety Postings March 1996