

THE

CONNECTION

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Little Known Facts about SUNSCREEN

SPF protection does not increase proportionately with the number. An SPF of 30, blocks 97% of the sun's burning rays (UVB). An SPF of 15, blocks 93% of those rays. An SPF of 2, blocks about 50%.

Obviously, the SPF system isn't very logical.

The more sensitive your skin is to the sun, the higher SPF you should use.

The SPF number only tells how well the product protects you from UVB rays - the rays that cause sunburns and skin cancer. UVA rays are the ones that cause primarily premature skin aging (they can cause burning too).

Teamwork

A man brought his elderly father to a psychiatrist.

"I'm worried, Doc" he said.

"My father has a junk wagon pulled by his horse, Joe.

"But Dad's getting confused. He'll drive the poor horse down the street and call out, 'Come on, Joe! Come on, Steve! Come on, Sam!'"

The psychiatrist turned to the junk man and said, "Your son says the horse's name is Joe."

The old man nodded, "Certainly, it's Joe. But if he thought he was pulling the wagon by himself, he'd have quit long ago."

Hazardous Materials UP CLOSE & PERSONAL

Hazardous materials can be found in nearly every workplace. Sometimes they are simple household cleaners; other times they are complex chemical compounds used in the manufacture of a product.

Hazardous materials can come in the form of liquids, solids, or gases. And all of them can be handled safely - once you understand the hazards involved and the means for protecting yourself.

One of the first things you need to know is how easily any of these substances can enter the body - even when they don't realize it. Hazardous materials have three routes of entry into the body:

Inhalations. When scattered through the air as a dust, fume, or mist, some hazardous materials can enter through your nose as you breathe.

Ingestion. Some hazardous substances can enter through your mouth when you swallow.

Absorption. Still other hazardous substances can enter via your skin or eyes when you come into contact with them.

Get Personal About Protection

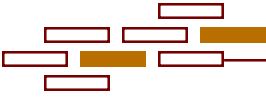
How can you protect yourselves against the hazards of hazardous materials? Take the following steps every day:

Wear appropriate protective clothing and equipment. PPE can put a protective barrier between you and any hazardous material you work with. Check your company's policy and the MSDS for each substance you use to see exactly which types of PPE are required.

Practice proper hygiene. Avoid eating, drinking, smoking, or applying cosmetics or lotion in contaminated work areas. Save these activities for clean lunch or break rooms, and be sure to wash your face and hands first. Simple face and hand washing is the best way to reduce the risk from hazardous substances that have collected on your work clothes or body.

Clean up your work area. Keep all work surfaces as free as possible of any buildup of hazardous materials. Whether this involves vacuuming or mopping, regular cleanups will help.





Ice or Heat?

Icing an injury restricts blood flow, which reduces swelling and pain. Heat boosts circulation, which helps supply more oxygen (and nutrients) to the injured area and helps remove waste products. But it's important to know when to use each technique.

ICE

HEAT

After an Injury

Try to apply ice within 20 minutes of the injury. In the first 72 hours, apply ice for 10 to 20 minutes at a time, then remove it for 20 minutes. Repeat often.

Wait for at least 24 hours after a minor injury before you apply heat - about 72 hours after a more serious injury or when acute symptoms have subsided. Apply for 15 to 20 minutes at a time once or twice an hour.

How to do it

Place a thin cloth over your skin for protection, then place the ice pack over the injured area. Or try an ice massage: Freeze a paper cup full of water, tear off the top rim to expose the ice, and rub the ice continuously over the injury.

Place the heat source over the injured area. Don't apply body weight or pressure.

Take Care

If you have Raynaud's disease or have ever had frostbite, don't use ice on the affected body parts

Don't apply heat to any areas with broken skin.

Use both ice and heat -

after several days of ice - only treatment (helpful if the pain/swelling has mostly but not completely subsided).

By alternating ice and heat, you keep the swelling down with the cold, but also keep the blood circulating through the injured area with the heat. Alternate cold and hot packs for 10 minutes. Or you can fill two buckets, one with cold water and ice, and the other with hot water. Soak in the cold bucket for 2 minutes, then switch to the hot for 2 minutes.

Source: Fifty-Plus Fitness Association; The Physicians and Sportsmedicine

Accident Investigation 101

Do It Yourself Ice Packs

Fill a zip-lock bag with three parts water and one part rubbing alcohol. Freeze. This makes a slushy mixture that can be molded to fit your injury - and it's reusable.

Use a bag of frozen veggies like peas or corn.

To hold your ice pack in place, try plastic wrap. It will also press the ice pack to the injury and help prevent swelling.



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

After an accident, it's natural to ask what happened. As a foreman, and most likely the person who will have to fill out the accident report, it is important to know exactly what occurred.

This is a good start. However, to really uncover the cause of an accident, you need to probe further. You'll want to know all of the details about how and why the accident occurred.

Consider each event that led up to the accident. Also ask about the sequence of events before the accident. In nearly every case, it is possible to trace this sequence back in time to the very beginning.

Get to the Root of the Problem

For example, an unguarded machine may be the obvious reason for a particular

accident. However, in order to investigate the accident thoroughly, you'll want to know why the machine was not guarded. Maybe someone failed to follow correct procedures or maybe there was no established procedure in the first place. This lack of procedure may have been the result of poor management of a safety policy.

By gathering this kind of information, you'll be able to uncover the root causes of accidents and help prevent similar occurrences in the future.

