

THE

CONNECTION

September 2004



FORKLIFT SAFETY

Several steps can be taken to make certain the work area is safe for both drivers and pedestrians.

Make sure you are properly trained in all aspects of the job, including safe parking and parking rules for the forklift.

Loads should be no more than 6 to 10 inches off the ground.

Use separate routes to and from work areas, whenever possible, to reduce exposure to pedestrians.

Horns, audible backup alarms, and flashing lights help warn workers in the area that a forklift is nearby.

HAND AND POWER TOOL SAFETY

Hand held tools manufactured with non-metallic cases are called double insulated. If approved, they do not require grounding under the National Electrical code. Although this design method reduces the risk of grounding deficiencies, a shock hazard can still exist. Often, such tools are used in areas where there is considerable moisture or wetness. Although the user is insulated from the electrical wiring components, water can still enter the tool's housing. Ordinary water is a conductor of electricity.



LIFTING



AND



CARRYING

Improper lifting and carrying are responsible for many accidents and injuries on the job every year. The most common type of injury involves the back.

Make sure the path and/or work area is clear of obstructions.

You should check and size the load. If you will struggle with lifting something, don't be afraid to ask for help or find an alternative, such as a dolly.

Position your feet for balance by placing one foot slightly ahead of the other, about shoulder width apart. You should then tuck your pelvis and tighten your stomach muscles. Tucking your pelvis and tightening your stomach muscles helps to support your lower back.

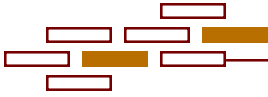
Bend your knees and let the strong muscles in your legs do the work of lifting. This will also protect your back.

Keep your back as straight as possible. Do not lift or twist while lifting or setting a load down.

Make sure you have a firm grip on the object to be lifted and keep your arms and the object close to your body while lifting.

When lowering a load, bend at the knees and keep your back as straight as possible.





STRENGTH TRAINING

8 GREAT TIPS

A few tips from professional trainers:

Start slow. Start working out a couple of days a week and build from there.

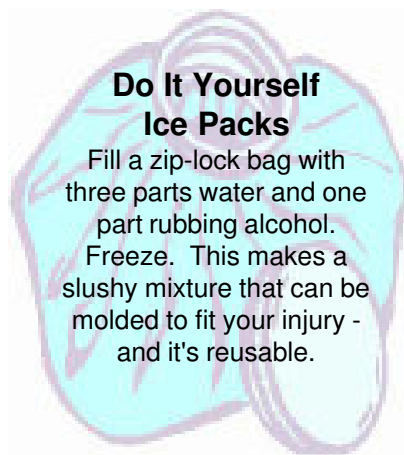
Work out with a plan. Set long-term goals, and write them down.

Lift enough weight, but not too much. The last two or three repetitions should be hard, but not so hard that you have to contort your body to complete them. You'll get better results using less weight and proper form.

Take your time both lifting and lowering a weight. By lifting weights too fast, all you develop is momentum.

Change your routine for greater benefits. Bodies that get used to one set of exercises gradually adapt and stop changing.

Be patient. It can take four to six months to see real improvements.



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.

A Great Walking Plan

| <u>Time/Day</u> | <u>Warm-up</u> | <u>Workout</u> | <u>Cool-down</u> | <u>Total</u> |
|-----------------------------------|--------------------------|-----------------------------|--------------------------|--------------|
| Week 1 | Walk Slowly 5 minutes | Walk Briskly* 5 minutes | Walk Slowly 5 minutes | 15 minutes |
| Week 2 | Walk Slowly 5 minutes | Walk Briskly* 7 minutes | Walk Slowly 5 minutes | 17 minutes |
| Week 3 | Walk Slowly 5 minutes | Walk Briskly* 9 minutes | Walk Slowly 5 minutes | 19 minutes |
| Week 4 | Walk Slowly 5 minutes | Walk Briskly* 11 minutes | Walk Slowly 5 minutes | 21 minutes |
| Week 5 | Walk Slowly 5 minutes | Walk Briskly* 13 minutes | Walk Slowly 5 minutes | 23 minutes |
| Week 6 | Walk Slowly 5 minutes | Walk Briskly* 15 minutes | Walk Slowly 5 minutes | 25 minutes |
| Week 7 | Walk Slowly 5 minutes | Walk Briskly* 18 minutes | Walk Slowly 5 minutes | 28 minutes |
| Week 8 | Walk Slowly 5 minutes | Walk Briskly* 20 minutes | Walk Slowly 5 minutes | 30 minutes |
| Week 9 | Walk Slowly 5 minutes | Walk Briskly* 23 minutes | Walk Slowly 5 minutes | 33 minutes |
| Week 10 | Walk Slowly 5 minutes | Walk Briskly* 26 minutes | Walk Slowly 5 minutes | 36 minutes |
| Week 11 | Walk Slowly 5 minutes | Walk Briskly* 28 minutes | Walk Slowly 5 minutes | 38 minutes |
| Week 12 and beyond | Walk Slowly 5 minutes | Walk Briskly* 30 minutes | Walk Slowly 5 minutes | 40 minutes |

* If you can sing a song in short bursts and are breathing deeply, but comfortably, you are exercising at the right pace. If you can't sing the first line of a song, and are huffing and puffing, slow down.

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