

THE

CONNECTION

OCTOBER 2004

Hand and Power Tool Safety

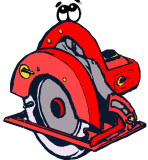
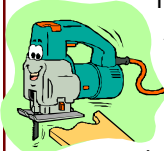


Hand held tools manufactured with non-metallic cases are called double insulated. If approved, they do not require grounding under the National Electrical code. Although this design method reduces the risk of grounding deficiencies, a shock hazard can still exist.



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.



PPE AND CHEMICAL EXPOSURE:

Three Things to Consider

Workers handling chemicals need to understand and practice safe handling techniques, especially for chemicals that pose potentially significant health hazards. This includes wearing appropriate protective clothing.

When selecting protective clothing, consider a variety of factors including:

Chemical Resistance

To be effective, the protective clothing must resist permeation and penetration by the chemical or chemicals being handled. Use of disposable gloves and clothing is often preferred, because proper decontamination of reusable items is often difficult.

Specific Job Functions

The nature of the job being performed will greatly influence the selection and features of protective clothing.

Potential for Exposure

The degree of exposure risk for individual job functions will help determine the degree of personal protection required and the appropriate clothing selected.

Keep in mind that the manual dexterity requirements of some jobs require the use of thin, form-fitting gloves that offer limited protection time. Using these gloves is acceptable if the gloves are changed with sufficient frequency.



Curbing the Snack Attack

There's nothing wrong with having an occasional snack between meals. But if you snack too often or always opt for high-fat, high calorie items, the extra calories in your diet and the extra pounds on your frame can really add up.

Whenever possible, have meals at regular times.

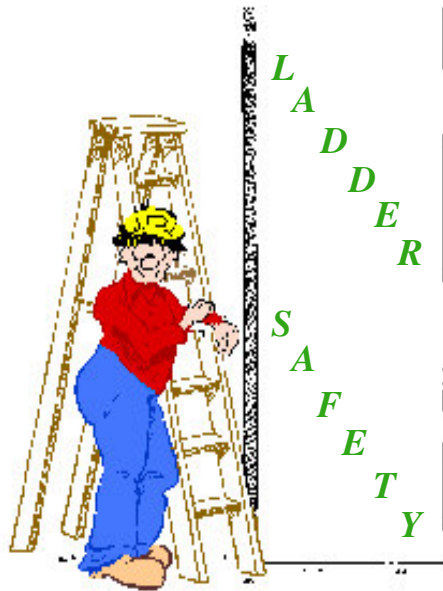
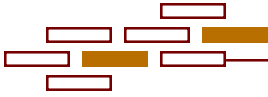
At meals, eat until you're pleasantly full but not stuffed.

Don't keep lots of tempting snack foods around the house.

Store tempting snack foods where you can't see them. Put them at the back of the cupboard or refrigerator, where they won't catch your eye.

Distract yourself until the urge to snack passes. It will. Work on a project or read a magazine.

If you snack, snack smart. Opt for low fat, low calorie foods, such as fresh fruit, raw veggies, pretzels or un buttered popcorn.



You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death.

Positioning portable ladders so the side rails extend at least 3 feet above the landing to make getting on and off the ladder easier. Secure the side rails at the top to a rigid support. Always hold on to a ladder with one hand while climbing up or down.

You should use only OSHA compliant ladders. The weight on the ladder should not cause the ladder to slip. Don't apply more weight than the ladder is designed to support.

Inspect the ladder before each use. Be sure to check for cracks or broken parts. These would include the rungs, steps, side rails, feet, and locking components.

Never use a ladder for any purpose other than the one for which it was designed.

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

KEEP YOUR FEET FEELING GREAT

Our feet are perhaps the most neglected part of our bodies.

We tone our abs and biceps, but the "lowly" feet never seem to get our attention.

Except when they hurt.

Here are a few foot exercises that should prevent or soothe most foot complaints. You can do them in the evening while you're watching TV.

HEEL RAISE, TOE POINT, TOE CURL.

Do these while sitting or standing, one foot at a time. Hold each position for five seconds and repeat 10 times.

BIG TOE PULLS.

Place a thick rubber band around your big toes and, rotating your ankles outward, pull the big toes away from each other. Hold for five seconds and repeat 10 times.

You can also put the rubber band around all of the toes on one foot. Then spread your toes apart, moving big and little toes in opposite directions.

GOLF BALL ROLL.

Roll a golf ball up and down under the length of your foot for two minutes.

MARBLE PICK-UP.

Place 20 marbles (or another small, roundish object) on the floor. Using your toes, pick up one at a time and drop it in a bowl.

Source: American Orthopaedic Foot and Ankle Society



MAKE HANDS SAFE AT WORK AREAS

Hand injuries on the job are more common than injuries to any other part of the body. If you've ever had a hand injury, you know that it can prevent you from doing your job easily.

Some common type of hand injuries include PINCHING, CRUSHING, SPLINTERS, PUNCTURES, CUTS, AND BURNS.

Pinch points are a risk anytime hands might get caught between two moving objects, or between one stationary object and one moving object. Carefully setting down drums, cylinders, heavy boxes or other items will help prevent pinching between the two items or the ground. You should check the width of a doorway before carrying an item through it.

Crushing injuries are a risk when working with hammers, presses, and similar pieces of equipment. Check that machine guards are in place.

Splinters, punctures, and cuts are often the result of picking up an object without first inspecting it for hazards. Punctures can also be caused by using hand tools improperly. To avoid these injuries:

Inspect materials for splinters, jagged edges, burrs, and rough or slippery surfaces before handling

Put on gloves or take other precautions to protect hands.

Use the correct hand tool for the job and use it properly.

Burns are a result of skin contact with chemicals or temperature extremes. Always wear the appropriate gloves to protect against chemical exposure or temperature extremes. The type of gloves are cloth or canvas, leather, natural rubber, PVC, Nitrile, Butyl, and Metal mesh/Kevlar mesh to name a few. Each type of glove protects your hands in different ways. Find out which glove gives you the best protection for the job.