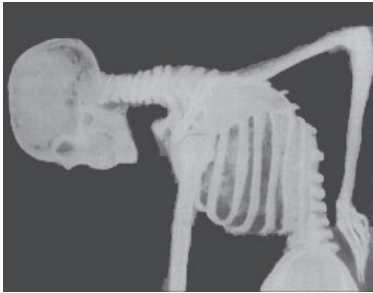


THE

CONNECTION

MARCH 2006

THE EYES HAVE IT



BACK PAIN CHECKLIST

Most back pain is caused by muscle strain from poor posture, obesity, sedentary lifestyle, mental stress, improper lifting and lack of physical fitness.

Think about your back. Become more aware of how you are using your habits with the checklist:

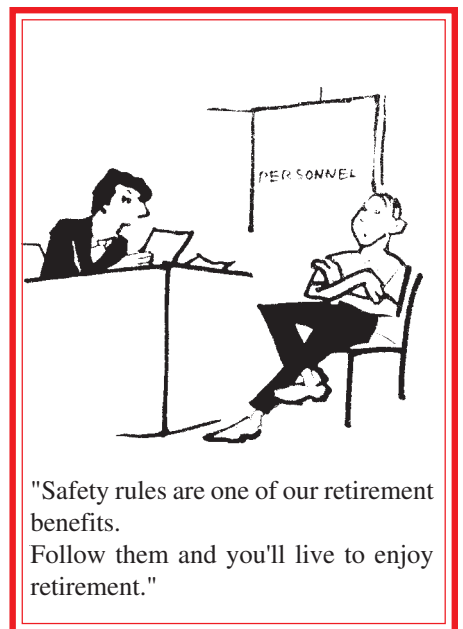
1. I avoid slouching when sitting or standing.
2. While sitting or driving for long periods, I use some type of lumbar cushion to support my lower back.
3. When lifting heavy objects, I bend my knees and lift with the muscles in my legs, abdomen and shoulders, not my back.
4. When moving an object, I let my leg muscles do the work by pushing, not pulling.
5. I take efforts to reduce stress and fatigue in my life.
6. I include a regular stretching routine in my exercise program to build strength and flexibility in my spine.

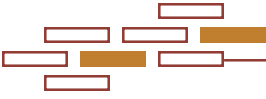
The more you apply these practical safeguards, the less back strain you will experience.

Each day about 2,000 workers have a job-related eye injury that requires medical treatment. About one third of the injuries are treated in hospital emergency departments and more than 100 of these injuries result in one or more days of lost work. The majority of these injuries result from small particles or objects striking or abrading the eye. Examples include metal slivers, wood chips, dust, and cement chips that are ejected by tools, wind blown, or fall from above a worker. Some of these objects, such as nails, staples, or slivers of wood or metal penetrate the eyeball and result in a permanent loss of vision. Large objects may also strike the eye/face, or a worker may run into an object causing blunt force trauma to the eyeball or eye socket. Chemical burns to one or both eyes from splashes of industrial chemicals or cleaning products are common. Thermal burns to the eye occur as well. Among welders, their assistants, and nearby workers, UV radiation burns (welder's flash) routinely damage workers eyes and surrounding tissue.

In addition to common eye injuries, health care workers, laboratory staff, janitorial workers, animal handlers, and other workers may be at risk of acquiring infectious diseases via ocular exposure or from touching the eyes with contaminated fingers or other objects. The infections may result in relatively minor conjunctivitis or reddening/soreness of the eye or in a life threatening disease such as HIV, B virus, or possibly even avian influenza.

Engineering controls should be used to reduce eye injuries and to protect against ocular infection exposures. Personal protective eyewear, such as goggles, face shields, safety glasses, or full face respirators must also be used when an eye hazard exists. The eye protection chosen for specific work situations depends upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs. Eye protection should be fitted to an individual or adjustable to provide appropriate coverage. It should be comfortable and allow for sufficient peripheral vision. Selection of protective eyewear appropriate for a given task should be made based on a hazard assessment of each activity, including regulatory requirements when applicable.





The Colors of Safety

Although often taken for granted, safety signs are there to provide you with the warnings and information you need to work safely. OSHA has a color-coding system that provides you with a universal road map for identifying hazards and safety equipment in any workplace.

RED: Is used to identify fire protection equipment, to indicate danger on labels of flammable safety containers, to mark barricades and temporary obstructions, and to highlight emergency stop buttons on equipment. In addition, red is universally associated with exit signs.

YELLOW: Symbolizes caution and marks physical hazards that could cause someone to stumble, fall, trip, or become caught in between two objects.

ORANGE: Stands for warning and identifies parts of equipment or machines that may cut, crush, shock, or otherwise injure.

GREEN: Marks first-aid equipment. For example, a green sign would identify the location of an eyewash station.

BLUE: Warns against starting, using, or moving equipment that is under repair.

BLACK & WHITE: Marks boundaries such as traffic aisles, stairways, and directional signs.



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

COMPETENT PERSON SCAFFOLD INSPECTION CHECKLIST

This list is not all-inclusive and should be used as a starting point for the competent person to develop a checklist specific to the type of scaffold and jobsite conditions encountered.

Are scaffolds and scaffold components inspected before each work shift by a competent person?

Have employees who erect, disassemble, move, operate, repair, maintain, or inspect the scaffold and the performance of their duties related to this scaffold?

Have employees who use the scaffold been trained by a qualified person to recognize the hazards associated with this scaffold and know the performance of their duties relating to it?

Is the maximum load capacity of this scaffold known and communicated to all employees?

Is the load on the scaffold (including point loading) within the maximum load capacity of this particular scaffold?

Is the scaffold plumb, square, and level?

Is the scaffold on base plates and are mudsills level, sound, and rigid?

Is there safe access to all scaffold platforms?

Are all working platforms fully planked?

Do planks extend at least 6 inches and no more than 12 inches over the supports?

Are the planks in good condition and free of visible defects?

Does the scaffold have all required guardrails and toeboards?

Are 4:1 (height to width) scaffolds secured to a building or structure as required?

Putting Safety to Work Preoccupation: An Occupational Hazard

Many serious injuries occur when workers get distracted, unintentionally compromising the safety of themselves as well as others. But there are steps you can take to minimize hazardous preoccupations.

Note the Clues

Are you distracted? You are if you: Suffer a series of uncharacteristic trips and falls.

Often have trouble concentrating and continuing to working while listening to co-workers chitchat.

Clear Your Mind

To stay refreshed, always take your scheduled breaks and lunch hours.

If your mind keeps going back to one thought, make a deal with yourself: focus on the distraction at break time, so you can fully concentrate on the task in front of you.

If your distraction is a co-worker, postpone your conversation until break time. If stressful thoughts or personal problems cause continual distraction, seek help from a friend or professional counselor.

WHAT: SPRING FOREMAN SAFETY BANQUET
WHEN: THURSDAY, APRIL 27, 2006 @ 6:30 P.M.
WHERE: BLACKHAWK BAR & GRILL
8940 n. 32ND ST., RICHLAND