

THE

CONNECTION

Fair Warning

Some workers disregard danger signs frequently. They use a power tool showing an obvious sign of danger - a frayed cord. They smoke in "No Smoking" zones. They continue to run machines that are vibrating dangerously. Some people refuse to buckle up their seatbelts even though they've been told about the dangers time and time again. They just don't think these warning apply to them, until it's too late.

Work with your safety and the safety of your co-workers in mind at all times.

Don't scoff at safety rules or measures. Instead, obey all regulations. And encourage your co-workers to follow them, too. Remember, their carelessness could mean injury to you. Safe conditions exist only when everyone pitches in to work safely.

What Causes Accidents?

Below is a list of the most common causes of accidents:

Overtiredness tends to blur your sight. When you're tired, that causes accidents.

Haste is one of the greatest accidents-causers. Maybe it's just a few minutes until break time and you're rushing to finish a job. Your mind and your hands are racing, but sometimes they don't keep in step - a perfect time to have an accident. Slow Down!

Inattentiveness is a prime cause of on-the-job accidents. When you allow your mind to drift to other things, you just can't be giving your full attention to the job. And that's when accidents are more likely to occur.

Treating Summer Rashes

Heat Rash (prickly heat) is caused by excessive sweating during hot, humid weather.

What it's like:

Clusters of reddish bumps or pimples. It's most likely to occur on the neck, upper chest, groin and in skin creases.

Self Care:

Keep your body - including the affected area - cool and dry. Avoid ointments and creams.

Medical Care:

Unnecessary

Poison Ivy, Oak and Sumac are plants that cause rashes when your skin comes in contact with their oily sap or resin.

What it's like:

Reddish rash with blisters and crusting where the skin has been in contact with plant resin.

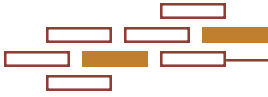
Self-Care:

Wash skin with soap and warm water within 10 minutes of contact with the plant to help prevent or minimize the rash. Relieve itching with over the counter hydrocortisone creams, calamine lotions or oral antihistamines. Wash clothes or any other items that may have been in contact with the plant.

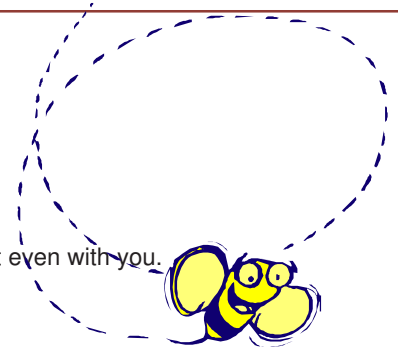
Medical Care:

Seek immediate help if you have a severe allergic reaction (such as difficulty breathing or swelling of the face, tongue or lips) or if the rash is extensive. Visit your doctor if the rash affects your face, lips, eyes or genitals, or appears infected.





BEE STINGS



Bee stings can cause serious health problems.

To prevent being stung by a bee....

Stay calm. Do not karate chop the bee, as this will only make it defensive and more likely to get even with you.

Avoid wearing strong cologne or perfume and bright or flowery clothing.

If you do get stung.....

Find the stinger and remove it right away. Try to dislodge the stinger by scrapping it away rather than squeezing it, which will only release more venom.

Clean area with soap and water.



Put ice, calamine lotion, a lotion containing Benadryl, or as us old folks remember, a mixture of baking soda and water on the sting.

Grilling Safety



If used properly, cooking with a portable grill can be a wonderful experience, providing users with many great memories. But when used carelessly, grilling can be not only dangerous for the chef, but all those near the grill. The following are tips to help create a memorable grilling experience and ensure many more to come.

Designate the grilling area a "no play zone," keeping kids and pets away until grill equipment is completely cool.

Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.

Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard.

To prevent a build-up of gas, always keep the lid open when lighting the grill.

If the burner does not light the first time, turn the gas off, open the lid, and let the burner sit for five minutes before trying again.

Make sure no loose clothing or hair is over the grill when lighting the burner or when cooking.

A blue flame with little or no yellow flame provides the best heat. To achieve the desired flame, adjust the air damper on the back of the burner.

Do not use the grill indoors and make sure it is at least 10 feet from the nearest building.

Keep the burner away from any dry vegetation when in use.

Do not over fill propane tanks. For propane tanks to work properly, they must have enough room inside for the liquid to expand.

When storing a propane tank use extreme caution. Never store tank indoors when it is full. Never store an unused tank near a grill being used. You should always store tanks in an upright position.

Safety Now August 2005 Issue 235

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