

THE

CONNECTION

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PERSONAL PROTECTIVE EQUIPMENT

Being hit by falling objects, striking objects as you slip or fall...flying objects...and having objects roll over your feet are some of the reasons construction workers need personal protective equipment.

Whether it is a hard hat, safety shoes, safety belts, ear plugs, lanyards, shields, glasses, or goggles, the rule is the same.... to be protected, workers must wear personal protective equipment.

The most important piece of safety equipment a construction worker can wear is the hard hat. About three percent of all disabling injuries are injuries where safety helmets could have provided a significant level of protection.

A 12-inch crescent wrench from an elevation of 58 feet can strike a worker in one second at a speed of 43.5 m.p.h. Never be on the job without a hard hat.

Foot injuries also account for many of construction's on the job injuries. A typical foot injury is caused by objects falling less than four feet and weighing about 65 pounds. Wear foot protection.

No matter what the job, your hands, eyes, legs, and arms are important. Wear personal protective equipment, it's designed to protect you.

WHAT ARE YOUR CHANCES?

Every year, accidents on the job claim hundreds of lives and cause thousands of serious injuries. Your chances of having an accident increase with one or all of the following factors present:

Apathy

"Who cares?" is an attitude toward safety that can drastically increase your odds of getting injured on the job.

Carelessness

If you don't follow safety rules and procedures, you are endangering yourself and your co-workers.

Complacency

"I've never been hurt before on my job, so why should I worry about my safety?" is another attitude that can injure or kill and often does.

Ignorance

If it has to do with job safety, what you don't know can hurt you.

Defiance

You're asking for an accident if you purposely ignore safety rules.

Emotion

Excessive anger can injure. No one can work safely or concentrate effectively when overly upset.

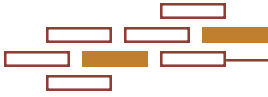
Negligence

Failure to keep equipment in good repair or to practice good housekeeping increases your chances of having an accident.

Tiredness

Being overtired slows your reactions and lowers your power of concentration.





Slips and falls are the leading cause of construction accidents in Michigan, so remember these safety tips:

Keep walking and working surfaces clear of litter and debris.

Keep walking and working surfaces as level as possible. Faulty patching, wear, sagging supports, warped boards, and poorly constructed working surfaces are conditions to look for to eliminate slips and falls.

Put Your Heart On a Diet

Eat Less Saturated Fats

Below 10% of your total calorie intake.

Cut Total Fat Intake

below 30% of your total calorie intake.

Eat Plenty of Fruits and Vegetables

at least 5 servings a day.

Reduce Sodium Intake

below 1000 mg per 1000 calories

Eat Enough Fiber

25 to 30 grams daily

Watch the Alcohol

no more than 1 drink a day.

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

JOINT PROTECTION

Correct "body mechanics" help you move with minimal strain. A physical or occupational therapist can suggest technique and equipment that protect your joints while decreasing stress and conserving energy.

Modifications you can make include:

- Avoid grasping actions that strain your finger joints. Don't twist or use your joints forcefully.
- Spread the weight of an object over several joints.
- Take a break periodically to relax and stretch.
- Poor posture causes uneven weight distribution and may strain ligaments and muscles.
- Throughout the day, use your strongest muscles, and favor large joints. Don't push open a heavy door. Lean into it. To pick up an object, bend your knees and squat while keeping your back straight.

Proper Lifting

Another leading cause of injuries, not only in construction but all occupations, is back injuries from over-exertion due to improper lifting.

To avoid back injuries, remember these two rules: Bend your knees -- use your leg muscles to lift and If the load is too big -- get help.

There is a right way and wrong way to lift. Size up the load, get a good footing, and put your body close to the load. Place your feet about 8 to 12 inches apart and bend your knees to grasp the load, lifting gradually by straightening the legs, and keep your back straight. Always keep the load close to your body.

If you intend to place an object on a table or bench, rest it on the edge, then slide the object above your waist, lift the object for support. Change your grip, then bend your knees again to get extra leg muscle power for the final lift.

When carrying a load, decide in advance the route you will take and check for hazards that might trip you. Use caution while changing direction with loads. Don't twist your body, but turn it to match changes in direction.

