

THE

# CONNECTION

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## Blind To Safety

Construction has a much higher rate of eye injuries than any other industry. More than 10600 eye injuries each year force construction workers to miss work.

Nails, tiny pieces of metal, splinters, and cut wire fly in the air.

Mixing of cement, sawing, grinding, and chipping produces dust and grit.

So does heavy machinery moving across a site.

Chemicals and welding arc can burn your eyes. If you are not careful, you can hurt your eyes or go blind.

Wear the proper eyewear and safety equipment.

Protect yourself.



## Carbon Monoxide Safety at Home

### WHAT IS IT?

Carbon monoxide (CO) is a colorless, odorless, and deadly gas that can affect all humans. It results from the incomplete burning of any material that contains carbon, such as natural gas, propane, gasoline, oils, coal, wood, and paper.

### WHY IS IT DANGEROUS?

CO poisoning occurs when the gas displaces oxygen being transported by the blood. Symptoms range from headaches, fatigue, and dizziness through loss of consciousness, brain damage, and death.

### WHAT ARE ITS SOURCES?

The most common sources are gas or oil appliances that have no outdoor exhaust. Leaky or blocked chimneys and flues on other equipment can allow CO to enter living spaces. CO buildup is worse during winter because doors and windows are closed.

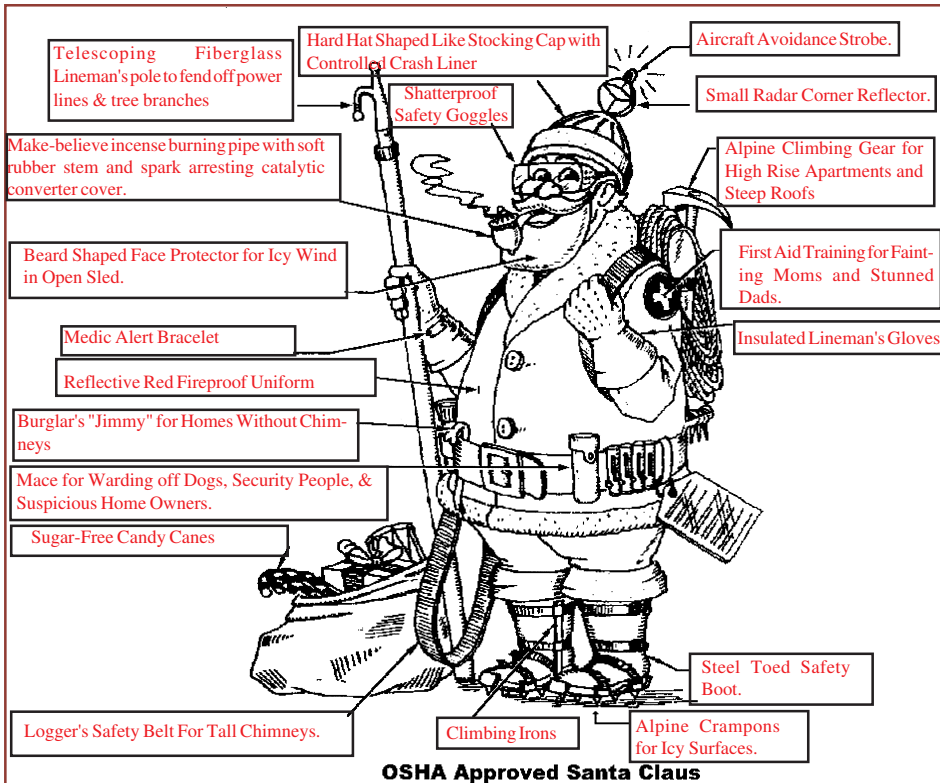
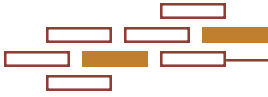
### HOW CAN IT BE PREVENTED?

Homeowners must strictly adhere to the installation, maintenance, and operating requirements specified by manufacturers of appliances and fixtures designed to burn carbon containing fuels. An annual professional inspection of your furnace is essential.

### WHAT ELSE CAN BE DONE?

Install CO alarms on each level of your home and near sleeping areas. Follow the manufacturer's recommendations for placement, testing, and periodic replacement. Never ignore a sounding alarm.





## Skull Bucket: A Few Hard Hat Facts

The first hard hat was called the "Hard Boiled" hat and was made from boiled leather.

It was developed in 1919 by E.W. Bullard of Bullard Company, a family-owned business that sold carbide lamps and mining equipment.

The hat was modeled after the doughboy helmet he had worn as a soldier in the First World War.

Bullard designed and manufactured the first aluminum hard hat in 1938.

The first Hard Hat Area was established at the construction site for the Golden Gate Bridge.

The first heat-resistant fiberglass hard hat was introduced in 1940.

Thermoplastics replaced fiberglass in the 1950s and 60s to create a less costly hat.

A non-slip ratchet suspension helmet with sizing capabilities was designed in 1982.

## Cold Medications Pose Safety Hazards

Beware if you take any over the counter medications at work to help fend off the effects of allergies, or a cold or flu bug. Many over the counter medications can trigger side effects that could seriously affect your ability to work safely. Common remedies containing decongestants or antihistamines can cause drowsiness and slow your reflexes. They can also impair your ability to concentrate, make decisions, drive a vehicle, or operate machinery. All of these reactions translate into safety hazards. If you need to take a cold or allergy remedy, follow these guidelines:

Follow recommended dosages. Doubling a dose will also double the side effects.

Read labels carefully to find out proper dosages, potential side effects, and precautions you should take.

Stay away from combination medications, which tend to have more side effects.

## Prevent Repetitive Motion Injuries

The pain associated with repetitive motion injuries (RMIs) most often affects the tendons, nerves, and muscles of the hands, wrists, elbows, arms, neck, and lower back. Fortunately, treatment can help and establishing better work habits can prevent similar problems in the future.

To prevent RMIs, you should:

Take scheduled breaks and vary your tasks as often as possible.

Keep your wrists in a neutral position.

Make whatever adjustments you can to your work to eliminate stretching and straining.

Use the right tool for the job.

Grip objects correctly.

Take precautions when using vibrating tools.

Protect your hands when working in the cold.

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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](http://www.CLS-Skilledlabor.com)