

THE

CONNECTION

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Supported Scaffold Safety Tips

Supported scaffolds consist of one or more platforms supported by outrigger beams, brackets, poles, legs, uprights, posts, frames, or similar rigid support.

Guardrails or personal fall arrest systems for fall prevention/protection are required for workers on platforms 10 feet or higher.

Working platforms/decks must be planked close to the guardrails.

Planks are to be overlapped on a support at least 6 inches, but not more than 12 inches.

Legs, posts, frames, poles, and uprights must be on base plates and mud sills, or a form foundation; and be plumb and braced.

Scaffold user training must

include:

The hazards of type of scaffold being used;

Maximum intended load and capacity;

Recognizing and reporting defects;

Fall hazards;

Electrical hazards including overhead lines;

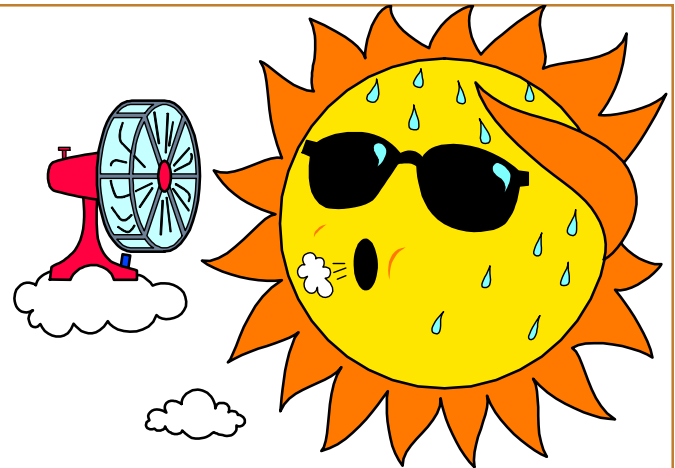
Falling object hazards;

Other hazards that may be encountered.

OSHA US DEPT OF LABOR

STAY SAFE IN THE SUMMER SUN

Warm summer days and outdoor activities expose you to the sun's rays, also called ultraviolet or uv rays. A sunburn or tan results when uv rays damage unprotected skin and may lead to wrinkles, skin spots, or skin cancer. The same UV rays that damage your skin also harm your eyes.



Are You More Sensitive to the Sun?

People with the following risk factors are more likely than others to develop skin cancer:

Lighter natural skin color

Family history of skin cancer

Personal history of skin cancer

Outdoor workers

A history of blistering sunburns early in life (adult sunburns count also)

Skin that burn, freckles, reddens easily, or becomes painful in the sun

Blue or green eyes

Blond or red hair

Certain types and a large number of moles

Rare disorders associated with impaired immunity or increased sensitivity to the sun

If you fall into any of these categories, you need to be extra careful about sun exposure. If you are not on this list, that doesn't mean you are safe, you are just not at highest risk.

Protect Your Skin

The wrinkles and other skin changes we think are caused by aging usually occur from getting too much sun. Recent estimates report that 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Even dark-skinned people can develop skin cancer. Taking a few simple sun-safe steps can help delay skin changes and prevent skin cancer. It is never too late to protect yourself from the harmful effects of the sun. Here's what to do every day:

Generously apply sunscreen and lip balm with a sun protective factor (SPF) 15 or higher and UVA and UVB protection at least 20-30 minutes before going outside. Apply at least one ounce of sunscreen every time and reapply every two hours or after swimming or sweating.

Wear protective clothing such as a long-sleeved shirt, pants made of tightly woven fabric, and a wide-brimmed hat and sunglasses. Wear a hat that protects your ears, face, temples, and neck from the sun.

Take a break in the shade when you can, and remember that the sun's UV rays are strongest between 10 am and 4 pm.

Use extra caution when near water, snow, concrete, and sand as they reflect the damaging rays of the sun.



Check your skin often for changes in the size, shape, color, or feel of birthmarks, moles, and spots. Such changes may be a sign of skin cancer.

Avoid artificial sources of UV exposure, such as tanning beds.

Protect Your Eyes

The scientific evidence is piling up: long-term exposure to invisible ultraviolet radiation can damage our eyes and lead to vision loss. Everyone is at risk, even children.

Like your skin, your eyes never recover from UV exposure. Studies show that exposure to bright sunlight may increase the risk of developing cataracts and age-related macular degeneration, both leading causes of vision loss among older adults.

UV exposure, wind, and dust can also cause pterygia, benign growths on the eye's surface. The more exposure to bright light, the greater the chance of developing these eye conditions.

In addition to the damage caused by a lifetime of exposure to bright sun, you need to protect your eyes from acute damage caused by outings on very bright days. Excessive exposure to ultraviolet light reflected off sand, snow, water, or pavement can damage the cornea, the eye's surface. Similar to a sunburn on your skin, corneal ultraviolet injuries are painful, but usually heal quickly.

Take these steps to protect your eyes from the sun:

Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag. Make sure your sunglasses block 99 percent or 100 percent of UV rays and UVB rays.

Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.

In addition to your sunglasses, wear a

broad-brimmed hat to protect your eyes. Don't be fooled by a cloudy day. The sun's rays can pass through the haze and thin clouds.

Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and in higher altitudes, where UV light is more intense. Even if you wear contacts with UV protection, remember your sunglasses.

By following these tips, you can have fun in the sun while protecting yourself from UV radiation.

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Confined Space Rescue Think Before You Act

Did you know that many confined space fatalities are the result of untrained workers rushing in without the proper equipment to help their co-workers? In many of these cases, it is not only the original entrant who dies, but also the would-be rescuer.

However, this doesn't mean that you are helpless in the event of an emergency. You can help by cooperating with rescue personnel and assisting as directed. Never attempt a confined space rescue unless you have been properly trained.

Also keep in mind that the safest and most common trained rescue is from outside the space - when entrants can be pulled out without the need for a trained rescuer to enter the space and confront the hazard. Attempting an untrained rescue can actually place the entrant in needless jeopardy and further complicate the situation. Leave rescue efforts to your company's trained in-house team or to the chosen outside rescue service.



Keeping Sidewalks Safe for the Public

On a construction site, we expect to walk across broken rock or climb over ditches. We automatically keep a lookout for crane counterweights, equipment, and materials in our path, and things falling from scaffolds. But sometimes we forget that there is a whole world out there full of people who don't expect safety hazards as they walk past where we are working. And they aren't wearing hardhats.

A simple crack in the sidewalk is a case in point. Someone who has been walking down that sidewalk every day for 20 years is not going to notice a new crack caused by construction work. And they may not be on the lookout for objects on the sidewalk. Be sure you don't leave anything, from a loose nail to a load of bricks, on a sidewalk that pedestrians can reach. Keep the sidewalk scrupulously clean and mend or report cracks immediately. Use barricades to keep the public away from damaged or hazardous sidewalks.

Elderly people are especially at risk in construction areas. Their eyesight, hearing, and reflexes aren't what they used to be, and they lose their balance easily. Always assume that the next person to walk by might be an elderly person and ask yourself if the way is safe for such a person.

Remember that pedestrian accidents aren't covered by Workers' Compensation. Pedestrians can and do sue construction companies for injuries they sustain in work areas. These lawsuits mean higher insurance rates for your company and less profits left over for your next pay raise.

So take a little time to be aware of the public around you. Make sure that barricades are in place and clearly visible. Report sidewalk hazards immediately. By watching out for the public, you could prevent a tragedy and save your company - maybe yourself - from loss of income and public confidence.

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