

THE CONNECTION

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CLS CONSTRUCTION SERVICES, INC.

HOW TO CHOOSE SAFETY SHOES

Every year, thousands of workers suffer painful foot injuries because they weren't wearing safety shoes. But you don't have to be one of them. OSHA requires you to wear protective footwear whenever there's the slightest chance that your feet could be injured.

There are hazards found in almost every worksite. The most common include....

Falling and rolling objects. This is the primary cause of foot injuries. Keep in mind that it doesn't take much of an impact to break the delicate bones of the foot. In fact, typical foot injuries are caused by objects that fall less than four feet and weighs an average of 65 pounds. But remember, that's just an average. That means a number of foot injuries were caused by objects that weighed far less.

Electrical Shock: Are you exposed to electrically energized parts? Have you ever experienced a buildup of static electricity? Do you work around chemicals or explosives? What about near sensitive computer circuits? There are a variety of shoes to pro-

tect against these electrical hazards.

Sole Punctures: Is there any possibility that you might step on objects that could pierce the sole of your shoes?

And these aren't the only foot hazards. Your feet can be exposed to molten metal, hot surfaces, acids, extremely cold weather, and other harmful hazards. But the right foot protection can keep your feet safe.

When you shop for safety shoes, the most important factor to bear in mind is that they must be ANSI-approved to be in compliance with OSHA requirements. The American National Standards Institute (ANSI) rates shoes and assigns them a certain number which refers to their ability to withstand impact and compression up to that number of foot-pounds. Generally, the higher the number, the better the protection. So shoes rated ANSI 30 will not provide the same protection as shoes rated ANSI 75. When shopping, look for the ANSI label, and select shoes with the appropriate impact-resistance for your particular job.

Then consider the particular hazards you face. Depending on your job and your work environment, you might need shoes that are steel-toed, or resistant to punctures, oil, heat, chips, chemicals, slips, or abrasions. Or you might require some combination of protection. If you're exposed to static build-up, sparks, electrical current, or work with explosives, you'll need to choose from a variety of specialty electrical footwear. If you work with molten metal, you'll need special foundry shoes. If you work outdoors, consider waterproof or insulated boots.

For extra protection, you might need metatarsal guards to protect the area between your ankle and toes, heel and ankle guards protect the back of your foot from being bumped, or ice cleats to prevent slipping on ice. And if you spend most of your day working on your feet, you'll want to look into innersoles, arch supports, and heel cushions to relieve the stress on your lower back, hips, knees ankles, and feet. Of course, it's also important to find a good fit. To do so, keep these tips in mind:



PICK THE RIGHT SHOE FOR THE JOB

Shop at the end of the day, after your feet swell.

Have your feet measured and stand during the process. Also, have both feet measured; one is usually larger than the other.

Choose shoes that conform as closely as possible to the shape of your foot.

If you can't completely uncurl your toes when standing, the shoes are too tight.

Walk around in the shoes and simulate the movements you make on the job.

Don't buy shoes that are uncomfortable.

And if you have any foot pain, see your doctor or a foot specialist.

Love Your Feet

THE CONNECTION

Practice Work Zone Safety

Work zone safety is not limited to professions that use construction signs, flashing lights, and orange traffic cones. Everyone, regardless of their job, has a work zone. And each work zone contains potential safety hazards that could result in serious injury to you and your co-workers.

Practice work zone safety by following these rules:

Define your work zone: If you're in an area, it becomes your work zone.

Anticipate potential hazards: Changes in procedures can mean new hazards.

Remove, repair, or report any safety hazards.

Protect your safety within your work zone: Wear appropriate PPE and follow all safety rules.

Make others aware of your work zone: Using lockout/tag is one example of how you can warn others



Know when personal protective equipment is required, what type is necessary, and the limitations of the equipment.

Practice Work Zone Safety (cont.)

Keep the safety of others in mind:

Keep a protective eye on any who enters your work zone.

of a safety hazard—while protecting yourself.

Keep the safety of others in mind: Keep a protective eye on any who enters your work zone.

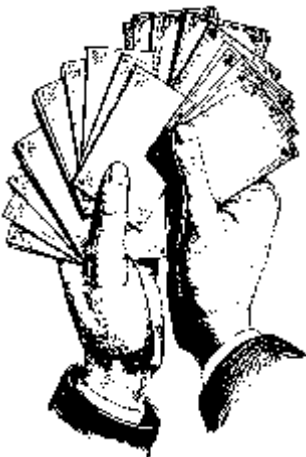
Communicate when you share a work zone: Make sure everyone is aware of hazards

and appropriate protective measures.

Secure your work zone before you leave it: Follow all required housekeeping and safety procedures.

Slip Free Zone

Every workplace has the ability to reduce, or end, slip and fall accidents. Prevention is the best action. Accidents can be eliminated if each worker accepts a role and responsibility in setting high safety standards and sticking to them.



CAFFEINE DOESN'T COUNTER FATIGUE IN DECISION MAKING

When you cover the link between personal habits and workplace safety with employees, here's another good reason to put some emphasis on getting enough sleep. A new study shows people who don't sleep enough are more likely to take risks.

Alert, but making bad decisions. Researchers from Harvard Medical School and Walter Reed Army Institute of Re-

search used a test based on playing cards known as the Iowa Gambling Test. Participants were tested at baseline (rested), at 51 hours away and 75 hours away. Some volunteers also received 200 milligram doses of caffeine to see whether it helped people who were sleep deprived. At baseline, the participants easily learned to avoid high-risk card decks while choosing more frequently from low-risk

decks. However, when sleep deprived, the same people showed impaired performance, choosing more frequently from the high risk deck. Caffeine didn't provide a significant amount of help to people after 51 or 75 hours. So while caffeine may help people stay alert, it doesn't help them make better choices and avoid risk.

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