

# YCPARMIA Safety Journal

March 2006

## Eye on Eye Safety

### See why you need to use eye protection

It's been estimated that 2,000 eye injuries occur in the workplace every day, of which 10 percent to 20 percent are disabling. In other words, the person loses some or all sight in one or both eyes. It's also estimated that 90 percent of all eye injuries can be prevented.

The best place to start preventing eye injuries is by identifying the eye hazards in your job. The list of possible hazards includes:

- ☞ **Impact**—from flying chips, particles, sand, dirt, etc.
- ☞ **Burns**—from sparks, molten metal, or chemical splashes
- ☞ **Irritation**—from chemical vapors or dust
- ☞ **Light radiation**—from welding and similar operations
- ☞ **Glare**—may not cause injury, but affects ability to see well and work safely

Protect your eyes from the hazards in your workplace by using the proper personal protective equipment (PPE):

- ☞ **Safety glasses with side shields** or goggles for impact hazards—and a face shield over the safety eyewear for extra protection
- ☞ **Goggles worn with a face shield** for burn hazards
- ☞ **Ventilated safety goggles** to protect against chemical vapors or dust
- ☞ **Welding goggles** with special lenses to filter out harmful light radiation
- ☞ **Sunglasses** for outdoor work—or adjusting task lighting to eliminate glare

Here are some other general precautions to prevent eye injuries:

- ☞ **Obey all warning signs** requiring eye protection.
- ☞ **Don protective eyewear before entering** hazardous areas.
- ☞ **Make sure eye protection fits properly** and comfortably, including when worn over prescription glasses.
- ☞ **Always check protective eyewear** for damage and replace it immediately if it has any defect.
- ☞ **Assume that eye hazards are present** whenever you're in doubt.
- ☞ **Ask your supervisor what PPE to wear** if you're not sure what the correct type of eye protection is in a particular situation.

#### EYE PROTECTION DO'S AND DON'TS

##### DO:

- ☑ **Choose the right eye protection** for the job. The wrong choice may not provide the level of protection you need.
- ☑ **Inspect eye protection** before each use. Replace if lenses are pitted and scratched, headbands are loose or damaged, or frames are bent or damaged.
- ☑ **Take care of eye protection.** After each use, wash gently in warm soapy water, rinse thoroughly, and air dry. After chemical exposure, follow decontamination procedures. Store eye protection in a clean dust-proof case.

##### DON'T:

- ☒ **Don't substitute regular glasses for safety glasses.** They may look the same, but regular glasses are not strong enough to resist a hard blow, even with shatter-proof lenses. The lens or frame could be pushed into your eye as the result of a hard blow.
- ☒ **Don't wear contact lenses in conditions that expose you to heavy dust, vapors, or splashes.** In fact, OSHA prohibits wearing contact lenses when using a respirator or when exposed to certain substances. If you wear contacts, check with your supervisor before you wear them on the job.
- ☒ **Don't wear metal-framed eye protection in areas where there may be an electrical hazard.** Metal conducts electricity, so accidental contact between the frame and an energized power source could mean real tragedy.

# 12 Key Safety Rules

## Fill in the blanks on workplace safety

Test your knowledge of workplace safety by completing each statement below.

1. At all times while you work, be alert for anything that could go \_\_\_\_\_.
2. Wear \_\_\_\_\_ to protect against job hazards.
3. When you lift a heavy object, lift with your \_\_\_\_\_, not your back.
4. Before you begin a job, look for \_\_\_\_\_.
5. Don't take \_\_\_\_\_ even if you're very familiar with your job.
6. Be very careful with \_\_\_\_\_ tasks, tools, substances, and equipment.
7. Never use \_\_\_\_\_ or \_\_\_\_\_ on the job or come to work under their influence.
8. Report any \_\_\_\_\_ conditions to your supervisor immediately.
9. Ask \_\_\_\_\_ if you are not sure about any safety hazard or procedure.
10. Pay \_\_\_\_\_ to your work at all times.
11. When using a hazardous substance, read the container \_\_\_\_\_ and the \_\_\_\_\_ before you begin work.
12. Keep the workplace safe by taking \_\_\_\_\_ for safety.

### Answers:

- (1) wrong (2) PPE (personal protective equipment) (3) legs (4) hazards (5) shortcuts (6) new (7) drugs; alcohol (8) unsafe (9) questions (10) attention (11) label; MSDS (material safety data sheet) (12) responsibility



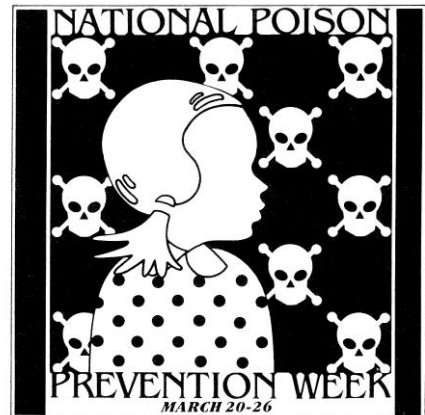
# DANGER: Poison!

## How to prevent accidental poisonings

According to the American Association of Poison Control Centers, millions of Americans are exposed to potentially poisonous substances. Children under age 5 who will put anything in their mouth are especially vulnerable.

This year's Poison Prevention Awareness Week is March 20-26. Follow these tips from [poisonprevention.org](http://poisonprevention.org) to protect yourself and your family from poisons:

- ☒ Keep medicines, household cleaning products, and other potentially hazardous substances out of sight and out of reach of children. In fact, lock them up to be sure they are inaccessible.
- ☒ Close containers securely with child-resistant locks.
- ☒ Never let young children out of your sight when you are using cleaning products, painting supplies, and other hazardous materials.
- ☒ Avoid taking medicine in front of young children.
- ☒ Keep cleaning products, solvents, etc., in their original containers and leave the original labels in place.
- ☒ Always turn on the light so you can see what you're doing when you take or give medicine.
- ☒ Check packaging on medications before you purchase them to make sure it has not been tampered with.



# Eat Right, Play Right

## March is National Nutrition Month

Here's some excellent nutrition advice from Texas A&M University Cooperative Extension Service:

- 👉 **Be adventurous and expand your horizons.** The key to good nutrition is to eat a variety of foods that are both tasty and healthy. Choose foods with a variety of colors, flavors, and textures.
- 👉 **Treat your taste buds.** Good nutrition isn't a bread and water diet. You can enjoy all your favorite foods—in moderation.
- 👉 **Maintain a healthy weight.** Healthy weight and healthy nutrition go hand in hand. Eating sensibly and choosing good, nutritious food over empty calories helps maintain a healthy weight long-term.
- 👉 **Balance food choices with lifestyle.** Cyclists like Lance Armstrong have to eat thousands of calories of food every day during a race to keep their energy levels up. But if you tend to be more of a spectator than a participant in sports and other activities, limit your food choices and intake accordingly.
- 👉 **Be active.** On the other hand, why not get out and participate more often? You need to be active every day in addition to eating healthy food. Follow these suggestions from the experts at Texas A&M, "Be creative and enjoy a variety of ways to stay active to feel your best. Start by making a list of physical activities that fit into your lifestyle and schedule one every day."

## What Do You See?

### Protect your eyesight

How much do you really see? Only what your eyes look at? Or do you also see with your imagination, knowledge, and experience? Imagine that you are about to sharpen a tool on a grinding wheel without any eye protection. You see the sign that says, "EYE PROTECTION REQUIRED." But will you see the potential damage that could occur if your eyes are unprotected. Will you take the necessary precautions to protect your eyes?

Only one eye accident is necessary. Once the damage is done, it may not be possible to undo it. When you're tempted to take a risk with your precious eyesight by failing to use required eye protection, take a second look. Look into the twilight zone of what could happen as a result. Then let that second sight guide you to the sensible, safe decision.

Remember, eye protection will never do the important job it was intended to do if it's raised up on your forehead, hanging around your neck, tucked into your pocket, or lying on the shelf in your locker. Sure, you can get a look-alike eye if one is destroyed in an accident, but you can never get a see-alike eye.



### SAFE DRIVING CHECKLIST

#### Do you obey the law?

- Ⓜ Observe speed limits.
- Ⓜ Obey traffic signs and signals.
- Ⓜ Pass other vehicles only on the left.
- Ⓜ Never pass a stopped school bus.
- Ⓜ Yield to drivers who have right of way.
- Ⓜ Never drive under the influence of drugs or alcohol.
- Ⓜ Use your seat belt.

#### Do you drive sensibly and defensively?

- Ⓜ Position mirrors and seat before you start.
- Ⓜ Never tailgate, staying at least three seconds behind the vehicle in front of you.
- Ⓜ Don't insist on the right of way.
- Ⓜ Dim your headlights for oncoming cars and those ahead of you.
- Ⓜ Be aware of what's happening ahead of and behind you.

#### Do you expect the unexpected?

- Ⓜ Reckless behavior from other drivers.
- Ⓜ People or animals darting into the road.
- Ⓜ Swerving cyclists.
- Ⓜ Potholes or debris in the roadway.

#### Do you maintain your vehicle?

- Ⓜ Conduct pre-driving inspections.
- Ⓜ Make sure scheduled maintenance checks are carried out on time.
- Ⓜ Be alert to below-par performance of any equipment and get it fixed promptly.
- Ⓜ Don't abuse your vehicle by driving too fast over bumpy terrain.



**National Public Health Week**

**April 3-9, 2006**

## **“Designing Healthy Communities, Raising Healthy Kids”**

- ❖ **What: Community Health Fair**
- ❖ **Where: Wal-Mart, in the Yolo-Polo Plaza**
- ❖ **When: Thursday April 6, 2006**
- ❖ **Time: 2:30 P.M. - 5:30 P.M.**
- ❖ **Activities Include: Informational Booths, Hands-On Educational Games for Kids, Demonstrations, Prizes ... And More !!!**
- ❖ **Cost: Free !!!**

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