

YCPARMIA Safety Journal

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Safe Driving Tips

Make your daily commute a safe one

One of the biggest safety risks you face every day is not at work, but rather driving to and from work. To ensure a safer commute, follow these driving tips from the folks at Edmunds.com, known for their car-buying guide:

- ⊕ **Avoid the fast lane.** The center or right lanes on multilane roads give you more escape routes should a problem suddenly arise that requires quick lane changes or pulling onto the shoulder. Most highway accidents occur in the left or fast lane.
- ⊕ **Keep scanning the area ahead.** Smart drivers don't look only at the car ahead of them. They also watch the traffic in front of that car. This increases your chance of seeing a problem while you still have time to react to it.
- ⊕ **Beware of blind spots.** Don't rely solely on your mirrors. Look directly into the lanes beside you to avoid missing objects left undetected by the mirrors.
- ⊕ **Get racecar driver control of the wheel.** The idea here is to maintain control of the wheel by moving your seat close enough to the steering wheel (like the racecar drivers do) so that, with your arm outstretched and your back against the seat, you can rest your wrist on the top of the wheel. This puts you in the best position to manage last-minute evasive maneuvers.
- ⊕ **Place your hands at 9 and 3 o'clock.** This provides better vehicle control, especially if you are forced into quick maneuvering to avoid a potential crash.
- ⊕ **Know your vehicle.** Pay attention to how it reacts in certain situations. Become familiar with the limits of your brakes and tires.
- ⊕ **Keep your vehicle in shape.** Edmunds recommends sticking to the manufacturer's recommended maintenance schedule as a way to ensure that your vehicle will accelerate, stop, and steer when you need it to.
- ⊕ **Nighttime is not the right time.** Traveling at night is more hazardous than driving during the day. You're more likely to be tired and your field of vision is decreased. Drive extra defensively.

SPEED KILLS

Consider these statistics:

- ★ You're six times more likely to have an accident if you're traveling at 10 or more miles per hour above the speed limit.
- ★ Your chance of being seriously injured or killed doubles for every 10 mph over 50 mph that you travel.
- ★ Sixty percent of speed-related crashes occur at night.
- ★ Excessive speed is responsible for 24 percent of crashes on straight roads, but 48 percent of those that occur on a curving road.
- ★ Forty-four percent of speed-related accidents occur on roads with a posted speed limit of 55 mph.

WHAT IS AGGRESSIVE DRIVING?

OSHA reports that a substantial number of the 6.8 million crashes that occur each year are believed to be the result of aggressive driving. Here's what Americans identify as aggressive behavior, according to the Network of Employers for Traffic Safety's Nerves of Steel Survey:

Tailgating	95%
Making rude gestures	91%
Passing on the shoulder	90%
Pulling into parking space someone else is waiting for	88%
Failing to yield to merging traffic	85%
Flashing high beams at the car in front of you	74%
Waiting until the last second to merge with traffic on the highway	66%
Changing lanes without signaling	66%
Driving through a yellow light that is turning red	62%
Honking the horn	53%

Personal Safety at Work

The importance of PPE

Here's what you need to know about personal protective equipment (PPE):

1. PPE provides a personal barrier between you and job hazards when those hazards cannot be eliminated by other means.
2. Without assigned PPE you have no defense against work hazards and are at greater risk of being injured or becoming sick.
3. When selecting PPE, choose equipment that:
 - ✓ Protects from identified hazards
 - ✓ Is of safe design and construction and gives you a good fit
 - ✓ Is sanitary, reliable, and provides more than minimum protection
 - ✓ Meets required safety and health standards
4. To ensure that PPE is safe to use:
 - ✓ Inspect equipment before each use.
 - ✓ Look for holes, tears, cracks, dents, wear, or other problems.
 - ✓ Replace worn, damaged, defective PPE immediately.
5. To remove and dispose of PPE safely:
 - ✓ Remove PPE from the top down, wearing gloves to protect your skin.
 - ✓ Grasp contaminated gloves on the inside and peel down without touching the outside.
 - ✓ Place contaminated PPE in designated containers.
 - ✓ Wash thoroughly after removing PPE.



The MSDS

Your 24-hour safety resource

Before using any chemical, read its material safety data sheet (MSDS) for its ...

Chemical characteristics such as:

- ☞ Normal appearance and odor
- ☞ Physical state (gas, liquid, or solid)
- ☞ Boiling, freezing, or melting point
- ☞ Vapor pressure, vapor density, and evaporation rate
- ☞ Solubility in water, and specific gravity or density

Health hazard information such as:

- ☞ Exposure route—how the chemical can enter your body
- ☞ Health effects—acute or chronic
- ☞ Effect on existing medical conditions
- ☞ Effect on specific organs of the body

First-aid information such as:

- ☞ A list of symptoms of hazardous exposure (headache, nausea, dizziness, etc.)
- ☞ What to do if exposed (first aid as well as required professional treatment)

Fire, explosion, and reactivity hazard information such as:

- ☞ Flashpoint and flammable limits
- ☞ Reactions with other chemicals, heat, air, or water
- ☞ Recommended firefighting measures

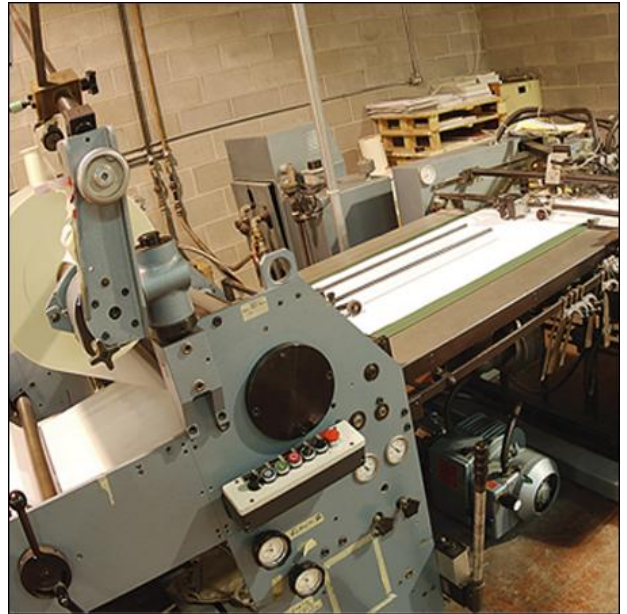


Machine Musts

Prevent amputations and other injuries

Amputations occur most often when workers operate unguarded or inadequately guarded machinery. To prevent machine accidents and injuries:

- ⇒ Make sure you understand machine hazards and the potential for accidents.
- ⇒ Recognize the need for machine safeguards and know how they work to protect you.
- ⇒ Check that guards are in place at all required points before turning on a machine.
- ⇒ Realize that removing, bypassing, or tampering with machine guards exposes you to injury.
- ⇒ Report any problems with machine guards to your supervisor right away.
- ⇒ Don't use a machine without required guarding or with guarding that is not operating properly.
- ⇒ Feed and operate machines correctly using tools when appropriate to keep hands away from the danger zone during cycling.
- ⇒ Clear jams or make running adjustments safely.
- ⇒ Clean and maintain machinery properly, replacing guards and making sure they are in place before using a machine.
- ⇒ Follow lockout/tagout procedures when machine guards must be removed for or repairs.



'Tis the Season — to Fall?

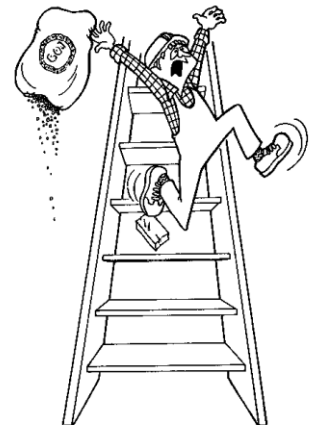
Take precautions to prevent falls

The holiday season can bring with it an increased risk of injuries from falls as people use ladders, stools and other furniture to hang lights, ornaments, and other decorations. According to the Centers for Disease Control and Prevention (CDC), in an average year, about 5,800 people (that's two to three every hour!) end up in hospital emergency rooms for fall-related injuries sustained while decorating during the holiday season.

CDC's research shows that:

- Men are more likely than women to be injured (58% vs. 42%).
- The majority of those injured in falls while decorating for the holidays (62%) were young and middle-age adults (20-49 years of age). In contrast, this age group comprises only 30% of people injured annually in falls.
- Most holiday decorating-related falls were from ladders (43%), followed by falls from roofs, furniture (including step stools), stairs, and porches.
- Fractures were the most frequent holiday decorating-related injury (34%).
- Just over half (51%) of the fractures were caused by falls from ladders.

Be careful when decorating this year so that you can enjoy your holiday. Never stand on a chair or climb on other furniture. Use a ladder or step stool—and use them safely.



Skin Safety Quiz

Do you know how to protect your skin?

See what you know by circling the letter of the best answer:

- 1. Skin disease is the:**
 - a. Most common on-the-job illness
 - b. Least common on-the-job illness
 - c. Neither "a" nor "b"
- 2. How often should you change your work clothes if you might be exposed to skin hazards?**
 - a. Once a week
 - b. Twice a week
 - c. Every day
- 3. Which of these is NOT a common skin hazard?**
 - a. Heat or cold
 - b. Chocolate
 - c. Chemicals
- 4. What should you do if your skin is exposed to hazardous substances?**
 - a. Wash the exposed skin with soap and water for 15 minutes
 - b. Use a barrier cream or lotion
 - c. Tell the supervisor sometime tomorrow
- 5. If you work with potential skin hazards, you need to:**
 - a. Wash immediately after working with a hazardous substance
 - b. Wash within 1 hour of contact
 - c. Have your skin tested for irritants once a month
- 6. What is sensitization?**
 - a. Immunity to chemical injuriess
 - b. An allergic reaction to certain substances
 - c. A reaction to heat or cold

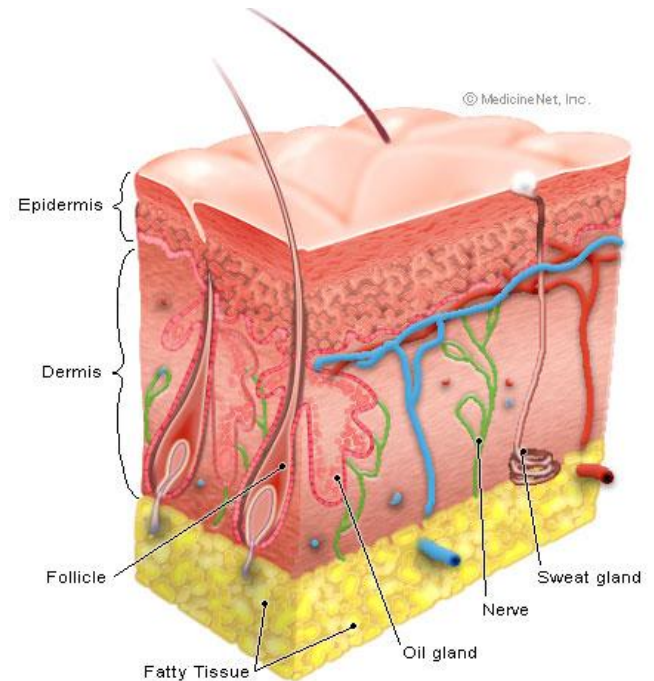
Answers: (1) a (2) c (3) b (4) a (5) a (6) b

YCPARMIA Web Site

Have you visited us yet?

The YCPARMIA web site is up and running, and better than ever. Check out our expanded list of training videos, many of them now available on DVD. And, we provide an ever expanding source for model safety programs that are designed to make it easy for you to comply with current Cal-OSHA regulations. Our web site address is:

www.ycparmia.com



Normal Skin

THREE REASONS FOR EYE INJURIES

The Department of Labor says that the three most common reasons for workplace eye injuries are:

1. Not being aware of potential eye hazards
2. Not using eye protection
3. Using the wrong type of eye protection for the hazard

You can avoid most eye injuries simply by:

1. Watching out for eye hazards
2. Taking the right precautions while you work
3. Always wearing the right kind of eye protection