Nevada ARNG Safety Office

2nd Quarter-2011

The Safety Evening Post

Slips, Trips, and Falls

Slips can occur when floors or other working surfaces become slippery due to wet or oily processes, floor cleaning, leaks, or from materials and debris left in walkways.

Trips can occur due to uneven floor or working surfaces, protruding nails and boards, from stretched carpet or bunched floor mats intended to prevent slipping, from holes or depressions in working surfaces, and from step-risers on stairs that are not uniform in height.

Both slips and trips can result in falls. In addition, falls can occur when ladders are not maintained properly, and when stairways and elevated working surfaces are not designed properly.

1. Don't be in a big hurry. Never run up or down stairs.
2. Always keep an eye out for potential hazards.
3. Use both hands when climbing a ladder. Keep at least one hand and both feet on it while you're working.
4. Use the hand rails on stairs.
5. Don't carry heavier loads than you can handle. Keep your balance when you are carrying a load. And maintain a clear field of vision so you can see where you are going.
6. Put trash in its proper containers.
7. Immediately notify your supervisor of any cracks in the flooring, holes or other hazards in need of repair.
8. Be aware of the surface you are walking on. Some, such as outside terrain, can't be corrected. Take extra care when walking on these surfaces.

DO's and DON'TS for Slips, Trips, and Falls

DO:

- Be on the constant lookout for such hazards as wet, slippery spots, and hoses or cords in walkways.
- Wear the appropriate work clothing, including shoes with non-skid soles.

Pick up items that don't belong on the floor.

DON'T:

- Carry loads that are too heavy or loads that may block your vision.
- Use unsafe ladders or stairs, or run up and down stairs.
- Ignore potential hazards. Correct them or report them to your supervisor.

Points of Contact

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Upcoming Safety Courses

- RCAS-SOH, 20-22 Apr (Class is full, but we will still take names for wait list)
- OSHA Employee Hazard Recognition, 23-24 and 26-27 May
- Aviation Accident Prevention, 11-22 Jul
- OSHA for 1st Line Supervisors, 25-29 Jul
- Unit Safety Management, 9-10 and 11-12 Aug
- Accident Investigation, 13-16 Sep

*Contact the Safety Office for enrollment

PPE and Your Safety

We do a lot to make sure you're protected

First, we identify workplace hazards by examining work areas, jobs, processes, and tools and equipment, looking for potential dangers such as:

- Chemical exposures
- Rolling or pinching objects
- Air contaminants
- Falling objects
- Flying objects
- Sharp objects
- Excessive noise
- Heat and high temperatures

Second, we select effective PPE that:

- Protects against identified hazards
- Meets the standards of the American National Standards Institute (ANSI)
- Provides more than minimum required protection
- Offers varied sizes to fit all workers
- Fits correctly and comfortably

Third, we train you so that you know:

- When to use PPE
- What PPE to use for specific hazards
- How to put on and adjust your PPE properly
- How to wear PPE properly
- How to remove PPE correctly
- How to clean and store it
- How to dispose of contaminated or damaged PPE
- Limitations in PPE protection and useful life

Now it's your turn. Your part is to always wear required PPE.

NEW STUFF CAN MEAN NEW HAZARDS

Although new equipment is often safer because it has new or enhanced safeguards, there will almost certainly still be hazards. And those hazards may be different from the ones you were used to with the old equipment. New risks might involve:

- ➲Electrical shock
- ➲Burns
- ➲Eye injuries
- ➲Cuts
- ➲Amputations
- ➲Fire
- ➲Noise

With hazardous substances, you have to be concerned about risks such as:

- ➲Acute and chronic health effects
- ➲Safety hazards such as fire, explosion, or chemical reactions
- ➲Chemical burns
- ➲Sensitization to irritants
- ➲Consequences of spills and other unexpected releases

New procedures might expose you to new hazards or expose you to the same hazards in different ways. For example:

- ➲If a new procedure involves different materials, substances, or equipment, you could be exposed to new hazards.
- ➲If a new procedure involves new or different steps, the consequences of forgetting steps or performing steps in the wrong order could lead to unanticipated results, including accidents and injuries.

When anything is new in your job, make sure you understand potential new hazards as well as new or different precautions required to keep safe.

Be Fire Smart

To see or not to see, use eye protection.

Take steps to prevent workplace fires

What does it take to start a workplace fire? Surprisingly little. First, you need some oxygen, and there's no shortage of that in the air. Then you need some kind of fuel, and there's a lot of that in the form of paper, cardboard, wood, cloth, flammable and combustible liquids, and other materials that burn easily. Finally, you need an ignition source like a spark, a flame, heat, or electricity. Oh, yes, there's one other thing—carelessness. Somebody has to be careless enough to let all these fire-starters get together.

Here's an example:

A leaking chemical container releases flammable vapors that are heavier than air, and so they sink to floor level and travel across the work area to where a worker is using a metal tool that creates a spark. The spark ignites the vapors, which burn rapidly. If there are enough vapors or if the fire makes it back to the container of flammable liquid, there could be an explosion.

All the elements of a fire existed here—oxygen, fuel, and ignition source—plus the added ingredient, carelessness. The worker should have been using nonsparking tools in an area where flammable liquids were present. And someone should have inspected the container, found the leak, and reported it.

Here's another example:

There's a pile of cardboard and paper trash out on the loading dock. A worker sneaking a smoke fails to completely extinguish the cigarette before tossing the butt into the pile of trash. It takes a while, but eventually the trash bursts into flames. If the fire goes unnoticed for long, it could easily spread.

Again, all the elements for starting a fire were there. Plus, someone's carelessness resulted in a pile of combustible trash lying around, and someone else's carelessness set the trash on fire.

Look around your work area. Is there fuel to start a fire? Are there ignition sources? Are you being careful and making sure that the fuel and the ignition sources don't get together to start a fire?

PREVENT EYE INJURIES

☺**Obey workplace warning signs** that call for eye protection.

☺**Don protective eyewear** before entering an area where hazards may be present.

☺**Assume hazards are present** whenever you're in doubt. Better safe than sorry.

☺**Get a good fit** for your eye protection.

☺**Inspect protective eyewear before each use** and replace immediately if there are any defects.

☺**Store eye protection safely** where it won't get scratched or damaged, and keep it clean.

☺**Ask your supervisor** whenever you're unsure about which type of eye protection is required for the job.

YOUR ROLE IN INVESTIGATIONS

When accidents happen, we need to find out what happened, why, and how to prevent it from happening again. That's where you come in:

- Report accidents and near-misses even if no one is hurt.
- Understand that the purpose of accident investigations is to find hazards and correct them, not to place blame.
- If you witness an accident or are involved in one, come forward right away and tell what you know.
- If you have special knowledge or experience about procedures, equipment, or other factors involved in an accident, speak to investigators and share your expertise and recommendations.

Inaction Can Be Unsafe, Too

Just think of what could happen if you didn't…

When you think about safety, you probably think about all the things you're *supposed* to do. In safety meetings you often hear about unsafe acts and risky behavior. But sometimes it's failure to act that can get you or a co-worker in trouble. For example:

× Imagine what could happen if you failed to report a leaking chemical container. Hazardous vapors could fill the air in dangerous concentrations and start a fire, cause an explosion, or make co-workers sick.

× What if you didn't bother to wear required PPE, like a hard hat in an area where heavy objects could fall from above? Something could come smashing down on your head and cause a serious, perhaps fatal, brain injury.

× Or just think what could happen if you saw a co-worker doing something risky and failed to talk to him or her about it. That person could be involved in an accident and be badly hurt. How would you feel then, knowing you might have been able to prevent the accident if only you'd spoken up?

× Here's another one. You fail to inspect a piece of equipment before using it, and it turns out that there is something wrong with it—something you could easily have spotted if you'd taken a couple of minutes to look. You'd be kicking yourself if you got hurt.

What Do You Know?

Don't draw a blank on safety information

Here's a quiz to test your general safety knowledge.

1. If you see a safety hazard you can't safely fix yourself, _____ it.
2. Only use a fire extinguisher to fight _____, contained fires.
3. The _____ on a chemical container warns of safety and health hazards.
4. To protect workplace security, report _____ individuals or activities.
5. _____, such as safety glasses and hard hats, are personal barriers against job hazards.
6. If you don't understand a safety procedure or don't know if something is a hazard, ask a _____.
7. A hazardous space with limited entry and exit areas that only trained, equipped, and authorized personnel are allowed to enter is called a_____ space.
8. Never touch anything electrical with _____ hands.
9. When you have to lift an object, lift with your _____ muscles.
10. Places where fingers, hands, or other body parts can get caught between two surfaces or between moving machine parts are known as _____ points.

Answers: ((1) Report (2) Small (3) Label (4) Suspicious (5) Personal protective equipment (PPE) (6) Supervisor (7) Confined (8) Wet (9) Leg (10) Pinch

If you or someone you know is in crisis, please call:

1-877-885-HOPE (4673)
Nevada Suicide Prevention Hotline
Or
1-800-273-TALK (8255)
National Suicide Prevention Lifeline

NV ARNG State Chaplain
MAJ Harold Woomer
Office: (775) 887-7249

If you have any suggestions or contributions for the next Quarterly Safety Newsletter, please contact SGT Bill Hawkins at 775-972-2704 or at william.d.hawkins @us.army.mil.

The Safety Office has been upgrading the video library. We now have over 45 DVDs. These videos can make your next safety training session quick and painless. For a current list of available titles, go the Safety tab on the intranet. Please contact us if you want to check one out or if you want us to add a specific subject to our library.

"Damn those Health & Safety guys."