



# YCPARMIA Safety Journal

March 2007

## First Aid: Think Fast

### How effective would you be in an emergency?

How well prepared are you to take effective action in a medical emergency on the job? To find out, just circle T for True or F for False, and then see how you scored:

- |  |   |   |
|--|---|---|
| 1. The first thing you should do when someone is injured or becomes seriously ill on the job is apply first aid.   | T | F |
| 2. Since heart attack symptoms could be something much less serious, it's a good idea to sit the person down and wait a while to see if the symptoms pass. | T | F |
| 3. Most victims of serious injuries must also be treated for shock.  | T | F |
| 4. If a person has stopped breathing but has a pulse, CPR should be performed right away by someone who has been properly trained.                         | T | F |
| 5. You should always move an accident victim away from the scene of the accident to apply first aid.   | T | F |
| 6. For an eye injury involving chemicals, cover the eye with a patch and get the person to the emergency room right away.                                  | T | F |
| 7. To treat burns, you should immerse the burned area in cold water for at least a minute and then cover the skin with lotion or butter.                   | T | F |
| 8. If a person is bleeding badly, use a tourniquet to stop the flow of blood until emergency help arrives.   | T | F |
| 9. When someone has received an electrical shock pull the person away from contact with the electrical current right away.                                 | T | F |
| 10. For amputated limbs, you should place the limb in a plastic bag with ice and send it to the hospital with the victim.                                  | T | F |

#### HEALTHY HABITS, HAPPY LIFE

Good living habits set you up for a long, happy life. If you often feel sick, rundown, or exhausted, you probably do not have to feel that way. Apart from missing a satisfying life today, you are also setting yourself up for avoidable medical problems in the future. Almost everybody has a few bad health habits they would like to change. How about you? It is never too late, and it is not so difficult to change—if you take it one step at a time:

1. Eat sensibly.
2. Reduce stress.
3. Get some exercise.
4. Stop smoking.
5. Use alcohol in moderation.

#### Answers:

- |   |  |
|---|--|
| 1. False. Call for medical help immediately (9-1-1).  | 7. False. Never use lotion or butter. Use cool, running water to cool the burn. For critical burns, you should also call for immediate medical assistance, treat for shock, and check breathing regularly. |
| 2. False. Call for emergency medical help right away and keep the victim still in a comfortable sitting or reclining position until help arrives. | 8. False. Apply pressure directly on the wound and elevate. Never apply a tourniquet.  |
| 3. True.  | 9. False. Don't touch a person in contact with a live electric current. First, turn off the main electric switch.  |
| 4. True. CPR should be administered when there is no breathing. This is a recent change to the CPR protocols.                                     | 10. True. Wrap the limb with a sterile dressing before placing it in the plastic bag. Call 9-1-1 for assistance.   |
| 5. False. Never move a seriously injured person unless it is necessary to save his or her life.   |  |
| 6. False. For chemicals in the eye flush with water for at least 15 minutes and then get medical attention.                                       |  |

How did you do? If you scored 100 percent, you have probably taken a first aid course. If not, think about signing up. You could save a life.

# Drive Safe, Walk Safe

## Keep basic forklift safety rules in mind

Forklifts can move mountains of materials that would take many extra workers and hours to do. However, forklifts can be dangerous. They are responsible for serious injuries every day. Potential forklift accidents include:

- Tipping over
- Falling off docks and ramps
- Colliding with people, objects, or other vehicles
- Fires or explosions from improper maintenance, fueling, or recharging

### If you operate a forklift:

- ☞ Drive it safely
- ☞ Carry loads safely
- ☞ Load and unload properly
- ☞ Park it securely
- ☞ Maintain and refuel or recharge it correctly

### If you work around forklifts:

- ☞ Only trained and authorized employees may operate a forklift.
- ☞ Keep alert at all times and watch out for vehicles.
- ☞ Never fool around or become careless around forklifts.
- ☞ Never hitch a ride on a forklift.

# High Five

## Give safety a hand

Hand injuries are all too common on the job. Cuts, burns, and other hand injuries can be painful and make your life more difficult. Take simple effective precautions to protect your hands. Choose the right gloves. Here is a list of common workplace hazards and the appropriate type of glove to prevent injury:

- **Chemicals:** Check the MSDS to find out what kind of glove resists and protects against the specific chemical.
- **Chips and sparks:** Use leather gloves.
- **Dirt:** Wear cotton gloves.
- **Electrical shock and burns:** Use insulated gloves.
- **Heat and cold:** Select the appropriate insulated gloves.
- **Open flames:** Wear insulated, fire-retardant gloves.
- **Radiant heat:** Use insulated reflective gloves.
- **Rough surfaces:** Choose leather gloves.
- **Sharp objects:** Wear metal mesh gloves.
- **Splinters and abrasions.** Choose cotton gloves.
- **Bloodborne pathogens:** Use disposable non-latex gloves.

If you are not sure which type of glove is best, do not guess—ask your supervisor. In addition, be sure to inspect your gloves before each use to make sure they are not torn or damaged. Replace worn out or damaged gloves right away—they will not protect your hands from harm. As you can see, hand safety is not hard, but it is worth the effort.

### WHEN SECONDS COUNT

Your quick and correct response in a medical emergency can prevent further harm to the victim and even save a life. In the event of any workplace accident resulting in an injury, there is a certain routine to follow. Memorizing this sequence of events will help you respond effectively in case of an emergency:

1. Call for help immediately. Explain the kind of injury and where the victim is located.
2. Check to see if the victim is breathing and has a pulse. If the victim is not breathing but has a pulse, perform emergency breathing. If the victim is not breathing and there is no pulse, perform CPR (if trained).
3. Bring help to the victim; do not bring the victim to the help. Moving an accident victim—unless it is necessary to save his or her life—could cause more harm.
4. Know where first aid kits are kept and use supplies and equipment to help the victim until emergency medical assistance arrives.
5. Do not give an injured person any medication without a doctor's supervision.
6. While waiting for help to arrive, treat a seriously injured person for shock by laying the person down, covering, and raising the feet above heart level. Do not give the person anything to drink, and check regularly for breathing.
7. If you are not sure what to do, or if you are too upset to care for the victim, make the phone call for emergency help and go wait for the EMTs so that you can direct them to the victim. Let others perform first aid and comfort the victim.

# Four Eyes—Safe Eyes

## Review this eye protection safety checklist

According to OSHA estimates, as many as 90 percent of all eye injuries could be prevented if workers used proper protective eyewear. You hold the key to protecting your eyes from possibly blinding injuries. Take time to review the following safety checklist:

### To prevent eye injuries:

- ☐ Identify potential hazards and select proper PPE before starting a job.
- ☐ Wear safety glasses with side shields to keep out flying objects.
- ☐ Use goggles plus face shields to protect against chemical splashes, hot sparks, dusts, fumes, mists, gases, and vapors.
- ☐ Wear goggles with special filtered lenses to keep out harmful radiation.
- ☐ Never wear contact lenses in areas with dust or chemicals.
- ☐ Make sure eye protection fits comfortably but snugly to keep out hazards.

### Before using eye protection:

- ☐ Inspect before each use.
- ☐ Exchange damaged or worn eye protection for new equipment right away.

### After removing eye protection:

- ☐ Clean lenses with water plus soap or mild detergent.
- ☐ Decontaminate if contaminated by chemicals and store properly.

### INSULATE YOURSELF FROM HAZARDS

Electricity helps power the workplace, but it can also be a powerful hazard, one that injures and kills many workers every year. That is why you may be assigned protective equipment designed to keep you safe from electrical hazards. For example:

- Nonconductive head and hearing protection like safety hats and earmuffs with no metal parts.
- Safety glasses and face protection that help protect you from sparks.
- Protective shields, barriers, and/or insulating materials to keep you from contacting live electricity.
- Insulating tools and handling equipment so you can do your job and not risk electrical shock.

Be sure to use all assigned protective equipment and use it properly

# Danger! Poison!

## Protect your family from household poisons

There are over 1.5 million accidental poisonings resulting in nearly 4,000 deaths each year in the U.S. Cleaning substances, plants, pain relievers, and prescription drugs are the most common causes of poisoning. Moreover, almost 60 percent of all accidental poisoning victims are children under four years of age.

To help reduce the number of poisonings and save lives, this month has been designated Poison Prevention Awareness Month. Fortunately, following some very basic safety rules can prevent most poisonings:

- Read warning labels.
- Keep the poison control emergency number posted near the telephone.
- Be aware of the hazards of common household products like bleach, ammonia, paint thinner, pesticides, gasoline, laundry detergent, and dishwashing soap.
- Keep them tightly sealed in their original containers and secured from children.
- Keep household plants out of the reach of young children.
- Dispose of old and unused products safely at a household hazardous waste collection center.
- Do not trust childproof tops.
- Keep all drugs in their original containers and clearly labeled.
- Dispose of old prescriptions by flushing them down the toilet.
- Do not take a higher dose of any drug than is called for.
- Do not mix drugs (even over-the-counter drugs) and alcohol.
- Make sure gas stoves are operating properly.



# Expect the Unexpected

## Be prepared to respond to any emergency

If a fire, explosion, or natural disaster were to strike our facility, would you know what to do? You should. Nevertheless, if you do not, then the time to find out is now. How? Read our emergency action plan. It explains how you need to respond in an emergency. If there is anything about the plan you do not understand, ask now. Do not wait for something to happen. There will not be time to ask then.

The most important thing you will need to know in any emergency is how to evacuate the facility safely. This means you must:

- **Know your assigned evacuation route.** Escape plans are posted around the facility directing you to the nearest exits.
- **Be familiar with alternate escape routes** in case you are not able to reach or use your assigned exit.
- **Pay attention during evacuation drills.** Know how to exit safely even if there is blinding smoke or no lights, and know where to assemble outside the facility.

In the event of an actual workplace emergency:

- **Act promptly** when you hear an alarm—even if you think it is just a drill.
- **Remain calm.** Do not run downstairs or scream—you could cause a panic.
- **Perform emergency assignments** only if you can do so safely.
- **Recognize your limits.** Do not try to assist during an emergency if you are not sure what to do. You may get injured or injure someone else. Help those in danger only if you can do so without endangering yourself.

## YCPARMIA Video Library

### New DVDs are being added all the time

Here are a few more of the new titles that are available::

#### 1154 Mosquitoes & Ticks (15 min DVD)

Make sure your employees can protect themselves from mosquito and tick bites that may cause Lyme Disease, Encephalitis and West Nile Virus. This program will teach outdoor workers proven methods for avoiding the dangerous bites, and the early warning signs of these potentially debilitating diseases.

#### 1174 Office Ergonomics Today (16 min DVD)

Prevent lost workday injuries and compensation costs when you train with this new program from Summit. Filmed with the nation's leading office furniture manufacturer and ergonomic office designer, this program shows a broad range of office situations and computer use that all your workers can relate to.

#### 1183 Lightning Safety (12 min DVD)

This video describes lightning safety tips for recreation and work situations. Outdoor illustrations include ball fields, golf courses, swimming pools, small shelters, a playground, outdoor workers, and various machinery. Indoor scenes include swimming pools, substantial buildings, the office workplace, and the home.

#### MOVE IT—SAFELY

Regardless of our job titles, at one time or another, we are all materials handlers. Whether it is hauling grocery bags from the car to your kitchen or moving a stack of cartons at work, you need to think about safety. Here are some tips to help you get smart about materials handling:

- **Plan.** Figure out the flattest, straightest, clearest route, and anything you could trip over —remove!
- **Size up the load.** Before you move it, make sure that the load is stable, with weight evenly distributed; there are no sharp edges or rough surfaces; and it's not too high for clear vision.
- **Do Not overdo it.** If the load is too heavy, use materials handling equipment, break the load into smaller parts and make a few trips, or get help.