

YCPARMIA Safety Journal

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People vs. Machines

Take precautions to prevent amputations

Machines cut, shear, bend, punch, and have dangerous rotating parts and in-running nip points. Against all those hazards and all that power, what chance do your fingers, hands, arms, and legs have when you operate machinery?

The best chance you have to go home every day with all your fingers and toes are machine guards, safety devices, and safe work practices, which keep all your body parts safely out of reach of the danger.

Here are examples of workers who failed to take machine hazards seriously:

- An employee working with drilling equipment got caught in the super-strong and super-sharp machinery. His leg was cut off below the knee.
- Another worker lost his right middle finger while cleaning near a rotating gear of a printing press. Two-thirds of his finger was cut off when it was caught by the rotating press.
- A food service employee decided to clean a meat slicer while the machine was on. He had lifted the guard to expose the blade. As he was cleaning the front of the slicer, his foot slipped on a piece of plastic wrap that was on the floor. His body fell forward into the slicer and the tip of his right index finger was cut off.
- A worker at a food processing plant was feeding crab through a ringer on the production line when his finger was caught in the machine. He suffered a major cut to his finger, but he was glad that his finger wasn't cut off.
- A warehouse employee was watching boxes mount an elevator conveyor when he noticed glue build-up on the conveyor rollers. He tried to scrape the glue off the rollers while the machine was still running. His sleeve got caught, and his arm was pulled into the rollers. He was relieved to escape with only a badly broken arm.

Don't forget that amputations aren't the only injuries associated with machinery. You could be badly burned or electrocuted, too. So keep your guard up, and stay safe. Don't take risks with machinery.

OSHA'S MACHINE GUARDING RULES

The list of possible machinery-related injuries is long and bloody. In fact, every year workers who operate and maintain machinery suffer around 18,000 injuries, which include severed fingers and other limbs, crushed hands and arms, nasty cuts, and other injuries too horrible to mention.

It's not surprising that OSHA has a nine-part standard on machinery and machine guarding (29 CFR 1910.211-219). The standard's purpose is to protect machine operators and other employees in the work area from machine hazards by requiring, among other things, the use of effective machine guards and safety devices.

According to the regulations, machine safe-guards have to meet six basic requirements. They must:

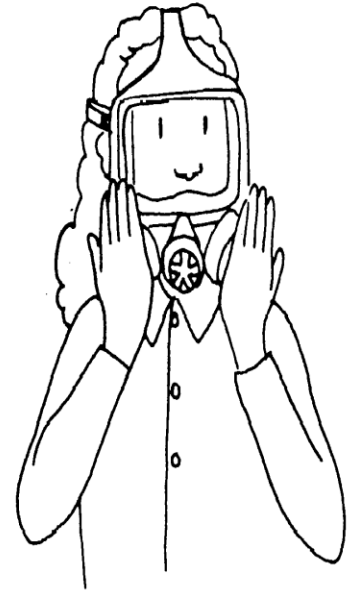
- 1. Prevent contact** of hands, arms, or any other part of a worker's body with dangerous moving parts on the machine.
- 2. Be secured** to the machine so that they can't be easily removed or tampered with.
- 3. Be protected from falling objects.** For example, a small tool dropped into a cycling machine could easily become a projectile that could strike and injure the operator or someone else.
- 4. Create no new hazards**, such as shear points, jagged edges, or unfinished surfaces that could cause lacerations.
- 5. Let workers perform the work** comfortably and efficiently, without interference.
- 6. Allow safe lubrication** without removing the guard, if possible.

Breathe Easy

You have a respirator to protect you

See how much you know about respirator safety with this quick quiz.

- 1. Which statement about respiratory hazards is true?**
 - a. You will always see and smell a respiratory hazard.
 - b. You might not see a respiratory hazard, but you will always smell it.
 - c. You might not see nor smell a respiratory hazard.
- 2. How does an air-purifying respirator protect you?**
 - a. It supplies oxygen to breathe.
 - b. It filters contaminants out of the air you breathe.
 - c. It recycles the air within the mask so that no air from outside can enter.
- 3. Which type of respirator is a SCBA?**
 - a. Air-purifying
 - b. Filtering
 - c. Atmosphere-supplying
- 4. How do you know which type of cartridge or canister to use?**
 - a. Check with the respirator manufacturer.
 - b. Canisters and cartridges are color-coded.
 - c. Read the IDLH.
- 5. Under which circumstances might you be unable to wear a respirator?**
 - a. You wear contact lenses.
 - b. You have a heart condition.
 - c. You have to wear goggles for the job.
- 6. When should you inspect a respirator?**
 - a. Before use only
 - b. After use only
 - c. Before and after use



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

Eye on Safety

12 ways to protect your vision

Around 2,000 work-related eye injuries occur every day. That's about one every minute 24/7. And that's way too many. Protect your eyes. Follow these safety tips:

1. Identify all possible eye hazards before you start a job.
2. Ask your supervisor before beginning a job if you are uncertain about any hazards. Always be extra cautious and safe rather than sorry.
3. Obey warning signs requiring eye protection.
4. Wear the right eye protection for the job that will provide maximum protection against the eye hazards you've identified.
5. Check eye protection before use to make sure it's in good condition.
6. Wear eye protection *before* entering an area where eye hazards are present.
7. When in doubt, assume hazards are present and wear the right eye protection.
8. Make sure eye protection fits properly.
9. Know where eyewash stations are located and how to use them properly to flush eyes.
10. Know where first-aid materials are kept and how to treat eye injuries.
11. Store eye protection properly to avoid damage.
12. Report potential eye hazards.



And don't forget, more than half of all eye injuries occur at home. So take proper precautions there, too.

Office Safety

It's about more than just paper cuts

Here are some important points to remember about office safety:

• **Paper and materials stacked on the floor or piled precariously on desks and tables can be a hazard.** An untidy office is not only stressful, the “paper menace” also presents a fire hazard, especially if stacks are near an electrical outlet. Piles of files and other stacks of stuff can also fall off shelves and file cabinets and hurt someone. Even a single piece of paper on a hard-surface floor could create a slip hazard.

• **Electrical equipment and outlets are another fire safety concern.** Do not overload outlets. Use extension cords only for temporary purposes, not as a permanent solution. Also, keep electrical cords from walkways to avoid trip hazards. Immediately turn off electrical equipment that overheats, smokes, or sparks. Unplug it and report it to maintenance.

• **Food in the office can present a health hazard** unless basic rules are followed. Keep office refrigerators, coffee pots, microwaves, and other equipment clean. Wipe down counters in food use areas with a kitchen cleanser. Dispose of food trash in proper containers.

Committed to Safety

Safety committees help us stay safe

Our employee-management safety committee performs many important functions. It promotes workplace safety, focusing everyone's attention on safety concerns and helping prevent accidents, injuries, and illnesses. It helps our organization meet safety goals and comply with government regulations.

The safety committee also provides a channel of two-way communication about workplace safety and health between employees and management. It brings your safety concerns to management's attention and helps management communicate safety policies to you and your co-workers.

In addition, the safety committee may serve a variety of other functions, including recommending safety policies and procedures, participating in safety training, conducting safety inspections and accident investigations, and implementing corrective measures.

Safety committee members are committed to improving workplace safety and health. But they need your help to accomplish their mission successfully. So please get to know the people who serve on the safety committee. Consider serving on it yourself. Always cooperate with safety committee members, and assist them in accomplishing safety and health goals.

PAPER-LESS OFFICE

The totally paperless office is not just a dream, it's eco-friendly, cost-effective, and absolutely within reach. The less paper we use, the less combustible trash we create and the less chance of fire. Also, by reducing paper use, we are making an environmentally sound choice.

Office paper facts:

- ✗ The average American office worker prints 6 wasted pages per day, or 1,410 per year.
- ✗ On average, office workers use 2 reams of paper a month and 12,000 sheets of paper a year.
- ✗ The cost of office paper use runs 13 to 31 times the original purchase price.
- ✗ The average cost of a wasted page is 6 cents, which comes to \$84.60 per office worker per year.

What can be done?

- ✓ Save documents electronically.
- ✓ Review/proofread documents on screen.
- ✓ Think before printing documents and e-mails and print only what you really need on paper.
- ✓ Before printing make point size smaller and adjust margins to fit more on a page.
- ✓ Remove images if possible before printing unless graphics are absolutely necessary. They use more ink and take up space on the page.
- ✓ Print on both sides of a sheet; use duplex printing.
- ✓ Reuse paper printed only on one side as scrap paper for notes.
- ✓ Reuse file folders and envelopes.
- ✓ Recycle waste paper rather than throwing it in the trash.



**Jacques Dubeuf, guillotine cleaner.
First and last day on the job.**

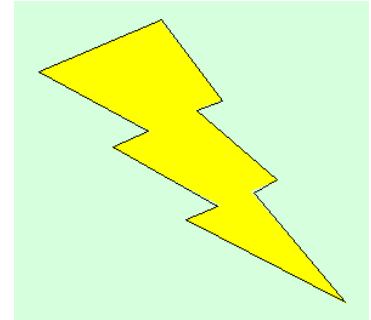
Electrifying News!

May is National Electrical Safety Month

The main hazards of electricity in the workplace are shocks, burns, and fires. Here's how you can help eliminate electrical hazards.

Take steps to avoid electrical shocks and burns:

- Inspect electrical equipment before use to ensure insulation is in good shape.
- Make sure that plugs have a good, tight connection.
- Report any wires with worn or damaged insulation right away.
- Remove from service, tag, and report any equipment, appliance, or electrical power tool that gives you even a slight shock.
- Don't use anything electrical with wet hands or while standing on a wet surface.
- Don't place electrical cords or equipment in or near water.



Prevent electrical fires:

- Don't overload electrical circuits or outlets.
- Don't tangle electrical cords or fasten them with staples.
- Use extension cords only when necessary and only to meet temporary needs.
- Keep paper, cardboard, flammable liquids, etc., away from electrical equipment and appliances.
- Use cords around flammable materials that are designed for that purpose.
- Don't use any electrical equipment or appliance that smokes, smells, sparks, shocks, or trips circuits. Remove it from service and report it immediately.

Traffic Safety

Seatbelts save lives

May 18 to 31 is the National Highway Traffic Safety Administration's (NHTSA's) **Click It or Ticket** program. Check out these NHTSA seat belt safety statistics:

- ⇒ 42,642 people were killed on the nation's highways in one recent year. For people ages 2 through 34, motor vehicle crashes are the leading cause of death, far out-pacing crime and disease-related causes.
- ⇒ In the same year, approximately 17,000 homicides were reported in the United States, while nearly 16,000 passenger vehicle occupants killed in crashes were not buckled up.
- ⇒ Nighttime drivers, young males, and teens are among those least likely to wear seat belts, which greatly increases the risk of death for these groups.
- ⇒ Worn correctly, seat belts reduce the risk of fatal injury by 45 percent for front-seat passenger car occupants and by 60 percent for pickup truck, SUV, and minivan occupants.
- ⇒ An estimated 15,383 lives were saved by seat belt use in a recent year. During the preceding five-year period seat belts are estimated to have saved the lives of 76,000 people.
- ⇒ High-visibility enforcement of seat belt laws, such as the annual Click It or Ticket mobilization, has been highly effective at raising the seat belt usage rate.



Unfortunately, too many still haven't gotten the message. Almost one-fifth of motor vehicle occupants still don't buckle up.