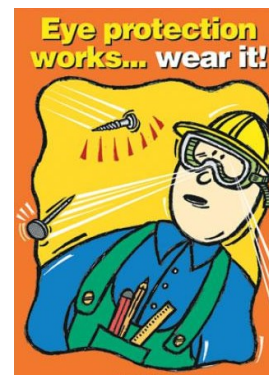




## Protect Your Eyes

January is **National Eye Care Month**, which is a great time to be reminded of the preciousness of our eyesight and the need to use eye protection. Consider these basics of eye safety.

- **Identify each eye hazard** you face on the job and know specifically how a particular type of safety eyewear protects you from each hazard.
- **Realize why Cal/OSHA requires eye protection.** Cal/OSHA knows how dangerous many jobs are and imposes strict regulations to urge all workers to take steps that will save their eyesight from workplace injuries.
- **Know the consequences** of failing to use required eye protection. Have you heard horror stories, or miracle stories, about how workers' eyes have been injured because they weren't wearing eye protection or their eyesight was saved because they were?
- **Recognize that eye protection gives you more control** over your own safety. The simple practice of donning appropriate PPE in the face of particular hazards gives you that extra measure of control.
- **Be a vision leader.** Always use required eye protection in the work area. Make sure visitors also use it, even if they're just passing through an "Eye Protection Required" work area. The example you set for co-workers is always a powerful message.



## Report Repeat Accidents

Here's what you can do to help break a cycle of repeat accidents in your workplace:

### DO:

Talk about your priority every day.

Be a safety advocate. Remind co-workers not to take shortcuts, use substitute tools, or otherwise increase their risks for accidents.

Be a cheerleader, not a critic for safety responsibility in your work area.

Always be on the lookout for potential safety problems.

### DON'T:

Don't criticize co-workers without also offering suggestions and support.

Don't lecture. Lectures not only annoy, but they also turn co-workers into passive receptors rather than actors in improving their own safety performance.

Don't blame. Even if a co-worker makes a mistake, remember the goal is to fix the error, not to point fingers.

Don't give pep talks with simplistic answers.

Don't criticize co-workers without also offering suggestions and support.

Don't assume the worst of people. This assumption can backfire by becoming a self-fulfilling prophecy for the singled-out person.

Actions speak louder than words so back up encouraging words by making real changes and offers of assistance.

You play an important role in preventing repeat accidents for yourself, and your co-workers.

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[www.ycparmia.org](http://www.ycparmia.org)

### Safety Suggestion Box

Report hazards anonymously! Go to our website at [www.ycparmia.org](http://www.ycparmia.org), and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, anonymously and exactly as written, to the appropriate entity's safety committee for their consideration and/or action.

Make safety your  
New Year's  
resolution



## Repeat Resolutions

Are you going to make a repeat resolution to work more safely this year? That's a great idea! A good place to start is to cut down on repeat accidents.

What causes repeat accidents?

- **High-risk jobs** involving hazardous chemicals, dangerous equipment, and confined spaces.
- **High-stress jobs** without adequate built-in relief, such as enough staff or sufficient break times.
- **Seasonal jobs** that involve periodic high-volume work, which can create accident clusters.
- **Repetitive jobs** that can cause ergonomic injuries.
- **Repeat injuries** from previous injuries that did not heal properly, possibly because of returning to work too early.
- **Referred injuries** from overcompensation of other body parts to make up for the injured body part, such as hip problems from adjusting the gait to accommodate a knee injury.

Who causes repeat accidents?

- **Stoic "tough guys"** who work through any injury and consider it a sign of weakness to do otherwise.
- **Angry people** who let passion distract them from working safely because they're "just so angry they can't see straight".
- **Easily distracted people** who don't pay enough attention to what they're doing.
- **Disengaged workers** who don't care enough to be careful.
- **Tired people**, including shift workers, whose lifestyle doesn't give them enough energy or alertness to work safely.
- **Workaholics** who won't stop to report for fear of losing work time.
- **Shy workers** who won't draw attention to themselves by reporting an incident and risking an investigation of their work.

Do you recognize yourself in any of these characters? If so, resolve to stay safe this year.