

GOGGLES – GLOVES

GOGGLES – There is nothing new about wearing goggles for eye protection. Every job is using them to a greater or lesser degree. But the question always arises as to who should not be asked to wear eye protection. There is no job throughout construction that does not carry a potential eye hazard. In analyzing eye injury cases, it is found that most common are caused from foreign bodies in the eye, flying objects, dust, and horseplay. The jobs include office workers, laborers, operators, warehousemen, millwrights, drivers, mechanics, carpenters, and so on down the line.

Actual reported cases describe accidents in which a laborer was cleaning out one thing or another when some of the contents of a chemical nature splashed in his eyes and resulted in the loss of his sight. Goggles were not worn, since they were not considered necessary for that type of work or worker. But follow this injury and others like it and you will find that most could have been prevented if the right eye protection had been used.

GLOVES – Your hands are your wage-earners. Hands are hurt more often than any other part of the body. Hand injuries don't have to occur. As talented as your hands are, they can't think, they are your servants, and it is up to you to think and keep them out of trouble. Be sure you wear the right kind of gloves for the particular kind of work you are doing. When you wear gloves, you aren't trusting to luck and you're not taking unnecessary chances. Wear gloves when you are doing a job that needs them, but, not around moving machinery. Time spent in preparing your hands for the job will not only save trouble for you but will probably save time in doing the job.

THERE IS NO SUCH THING AS BEING TOO SAFE!

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5 WAYS TO PREVENT WORKPLACE FALLS

Falls are the leading cause of death in construction. Listed below are 5 ways to help prevent workplace falls:

1. If you are working at 6ft or more, use fall protection.
2. Before starting a job, develop a fall prevention plan.
3. Provide workers with the right equipment for the job.
4. Train everyone to use the equipment safely.
5. Inspect your harness, lanyard and your anchorage point before each use.



OSHA.GOV

**– REMEMBER –
SAFETY DOESN'T HAPPEN BY ACCIDENT!!**

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HEALTH & SAFETY NEWS

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SAFETY COMMITTEE OF THE CARPENTERS-CONTRACTORS WORKERS' COMPENSATION TRUST FOR SOUTHERN CALIFORNIA

LONG-TERM STRESS HARMS EVERYONE IN THE WORKPLACE

Stress is not always bad. In fact, in the workplace, stress can prompt workers to stay focused on a task or meet a deadline. Extensive and prolonged stress in the workplace, however, can harm workers' physical and mental health, negatively affecting an organization's success. Employers can help alleviate workplace stress by supporting their workers. Unions and worker organizations can also support workplace mental health and well-being through their member services, outreach, and community engagement work.

How Does Long-Term Stress Harm Workers?

Physical Harm:

- ♣ Heart disease
- ♣ High blood pressure
- ♣ Headaches
- ♣ Excessive weight gain or loss
- ♣ Poor sleep

Mental health challenges or behavioral changes:

- ♣ Depression
- ♣ Anxiety
- ♣ Burnout
- ♣ Emotional outbursts
- ♣ Social withdrawal
- ♣ Drug or alcohol use
- ♣ Restlessness
- ♣ Fatigue
- ♣ Anger and irritability
- ♣ Lack of motivation or focus

How Does Long-Term Stress Harm Employers?

- ♣ Increases potential for workplace incidents. Stressed and fatigued workers are less attentive in recognizing and avoiding hazards.

- ♣ Reduces productivity. Stressful working conditions can cause workers to lose motivation, become easily distracted, lose focus, make mistakes, experience a decline in performance, and develop mental health challenges. The World Health Organization estimates for every dollar U.S. employers spend treating common mental health issues, they receive a return of \$4 in improved health and productivity.

- ♣ Increases absenteeism. Exposure to long-term stress undercuts workers' physical and mental health, causing them to miss more days of work.

- ♣ Undermines morale and leads to high turnover. Stressed workers are less likely to be energized to perform well or to stay at a company that does not show interest in improving work conditions.

For more information on workplace stress and well-being, visit www.osha.gov/workplace-stress.

IMPORTANT FORKLIFT SAFETY GUIDELINES

OSHA estimates that 680,400 incidents involving forklifts occur in the United States each year. These accidents can be prevented by remembering to follow these guidelines:

- ♣ Inspect the forklift every day before use.
- ♣ DO NOT operate a forklift unless you have been trained and certified.
- ♣ Use seat belts if they are available.
- ♣ If damage or problems occur with the forklift during your shift, tell your supervisor.
- ♣ Exit from a rear-entry, stand-up forklift by stepping backward, in case of a lateral tip-over.
- ♣ Use extreme caution on grades and ramps.
- ♣ On grades, tilt the load back and raise it only as far as needed to clear the road surface.
- ♣ Do not raise or lower the forks while the forklift is moving.
- ♣ Do not drive up to anyone standing in front or a bench or other fixed object.
- ♣ Travel backward with the load if you cannot see in front of you. Also, look toward the travel path and keep a clear view of it.
- ♣ Sound the horn as you approach and while turning corners where you cannot see.
- ♣ Band or secure loads on forklifts if they could fall.



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SAFETY IS EVERYONE'S RESPONSIBILITY

HIGH VISIBILITY SAFETY VESTS

and

WHEN TO USE THEM

High visibility safety vests provide maximum visibility for those working in construction. They enhance visibility and reduce the risk of accidents from machinery and vehicles. Make sure your workers are properly trained in wearing these vests:

- Make sure they fit properly. Vests should be selected in appropriate sizes and properly adjusted to ensure a snug fit without restricting movement.
- Wear the vests correctly. Reflective stripes must be positioned to the front and back for maximum visibility. Ensure the vest is not covered by clothing or equipment.
- Maintain and regularly inspect. Look for signs of wear and tear, such as faded reflective stripes or damaged fabric. Replace when necessary.

Safety vests are an investment in worker safety, and their effectiveness diminishes over time. The fluorescent fabric of the safety vest is designed to be highly visible. If the color significantly fades or becomes dull, it may impact the vests visibility, especially in low-light conditions. Consider replacing the vest if the color has noticeably deteriorated.

BE SEEN AND STAY SAFE WITH HIGH VISIBILITY SAFETY VESTS



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