

JUNE 2010

San Benito County Safety & Health Newsletter



Announcements

Ergonomics: What you need to know now

OSHA is taking another look at workplace ergonomics. Before the agency makes another move, it's a good idea to get your ergonomic ducks in a row.

Answer **TRUE** or **FALSE** to the following statements to test your ergo knowledge.

1. Trying to work too quickly is the most common cause of musculoskeletal disorders, like carpal tunnel syndrome.
2. Organizing your work area can reduce the chance that you'll suffer from an ergo injury.
3. If you feel some numbness or pain during the day, that's fine as long as it goes away at night.
4. Reviewing tasks for ergo issues before workers start the job is a good way to prevent injuries.

ANSWERS

1. **FALSE.** Working fast doesn't usually cause ergo injuries. In fact, ergo injuries are most commonly caused by repetitive motions. That's why you should periodically change tasks or take short breaks to give your body a rest.
2. **TRUE.** The way you organize your work space can help reduce the chance you'll end up with an ergo injury. Remember: All the tools that you need to do your job should be within a 20-inch reach. Your work surface should be waist high and if you use a computer, make sure it's set up so your elbows are at right angles while using the keyboard.
3. **FALSE.** Any pain or numbness is your body's way of telling you something isn't right and you might need to reorganize things.
4. **TRUE.** OSHA says you should review tasks before you work to find any potential ergo hazards.

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PPE Cheat Sheet

Figuring out when to use certain pieces of PPE isn't always easy. Use this cheat sheet and share it with workers. You should wear:

HEARING PROTECTION when noise is at or above 85 decibels. If you have to yell to communicate, you need hearing protection.

HARD HATS whenever you might be exposed to falling object hazards on the job.

GLOVES AND ARM PROTECTION if working with or near chemicals, or in hot or cold conditions.

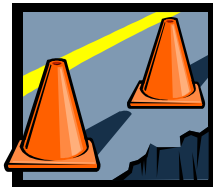
A RESPIRATOR whenever you're exposed to harmful inhalation hazards. Make sure it fits properly.

SAFETY HARNESES WITH LANYARD if you're exposed to fall hazards.

EYE AND FACE PROTECTION when using tools like saws or working near chemicals.

STEEL-TOE SHOES in case there are heavy objects that may fall.

DON'T ZONE OUT



Working along the roadside is dangerous work. If you're working on the side of a highway, know these rules of the road:

WEAR THE GEAR...Wear all protective gear required for your job, such as hardhats and high-visibility apparel.

USE APPROPRIATE BARRIERS...Make sure barriers are set up correctly for the job and provide an adequate clear zone.

PUT UP SIGNS...Make sure signs are visible to drivers both day and night.

DON'T ZONE OUT...Listen for alarms. Stay alert for drivers and equipment operators who may have difficulty negotiating the work area.

ACTIONS YOU SHOULD TAKE TO BE PREPARED IN EMERGENCIES



1. GET A KIT

Have at least three days of supplies in an easy-to-carry evacuation kit, with additional supplies on hand. Remember to check your kit and replace the stock every six months. If you purchase a kit or choose to build your own, check that it includes:

Water	Clothing
Food	Personal Items
Flashlight	Sanitary Supplies
First Aid Kit	Money
Medications	Contact information
Radio	Pet Supplies
Tools	Map

Store your disaster supplies in sturdy yet easy-to-carry containers, in a place that is easily accessible. Keep a smaller version of the kit in your vehicle. If you become stranded or are not able to return home, having some items with you will keep you more comfortable until help arrives.

2. MAKE A PLAN

Discuss with your family the types of disasters that can happen where you live.

Choose two places to meet after a disaster:

- Right outside your home, in case of a sudden emergency, such as a fire.
- Outside your neighborhood, in case you cannot return home or you are asked to evacuate.

Each adult in your household should learn how and when to turn off utilities.

Let everyone in the household know where emergency information and supplies are kept.

Make copies of the information for everyone to carry with them.

Do a home evacuation drill twice a year.

Drive your planned evacuation route and plot alternative routes on a map in case main roads are impassible or gridlocked.

Include your pets...if you must evacuate, take your animals with you.

EATING WELL ON A BUDGET

Eating a healthy diet doesn't have to break the bank. Try adding these to your grocery list:

Lentils and beans. High in protein, iron and fiber, they're a great replacement for meat. Stock up on canned beans and rinse before using to reduce sodium.

Frozen produce. It's just as nutritious as fresh. Bonus? Less worry about spoilage.

Canned fish. Think tuna, salmon and sardines. Fish can be a great source of omega-3 fats, which may help ward off heart disease. Canned fish is versatile too; use it in fish cakes or pasta salads.

Eggs. High in protein and choline (a possible brain booster), eggs are a healthy bargain. Remove the yolks before eating if cholesterol is a concern.

Sweet potatoes. They surpass white potatoes for nutritional value and can be baked or added to stews.

Apples, bananas and oranges. Buy green bananas and they'll last you all week. If they get black or mushy, freeze them in plastic bags, then use later for smoothies or banana bread.

STOP EATING YOUR ANGER



Some people use food to calm their angry feelings; others find food a temporary distraction from that anger. If you realize that anger is driving your appetite, try handling it in better ways. *Some Options:*

Slow down and be sure you get the facts straight before jumping to conclusions or taking offense at others' behavior. Keep things in perspective: "I am just having a rough time now" is more reasonable than "the world is out to get me".

Avoid temptations to overeat. Don't carry change for the vending machine, and ignore the doughnuts in the coffee room. Talk to a friend when angry feelings arise.

Exercise. It's a great way to "burn off steam". Staying fit will help you handle stressful situations better.

Go easy on yourself. Often we turn anger on ourselves. Use frustrating situations as learning opportunities instead of criticizing yourself.

Practice patience. Changing habits takes time; even with your best efforts, you may occasionally fall back on using food to cope.

What's Wrong With This Picture?????



I hope you all are enjoying this safety newsletter.
If you have any safety stories/information or suggestions you would like
posted, please send me an email.

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