

Newsletter – November 2023

- Fall Protection – More Than A Harness;
 - Safety Talks on Indoor Air Quality, Food Service, Bloodborne Pathogens, and Slips, Trips and Falls;
 - Fatality Reports;
 - Preparing for Bloodborne Pathogens Exposure Determination;
 - and more...
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Winter Weather Driving Course Spanish

Key Takeaways:

- Observing hazards of winter driving while operating a vehicle
- Learning about items you should prepare and check before a trip when weather conditions may present a driving hazard
- Gaining tips for driving safely in inclement weather conditions
- Realizing actions available if your vehicle becomes stalled and you are stranded in winter weather

Course Description

The best way to stay safe during winter driving conditions is to avoid them altogether. If it's possible for you to avoid driving in the snow and ice, stay put. But hunkering down isn't always an option. If you have to hit the road when it's snowy, icy, or wet, make sure both you and your car are prepared for safe winter driving. (Spanish)

Newsletter – October 2023

- Hearing Protection PPE Requirements;
 - Safety Talks on Environmental, Hearing Loss, Security, and Shiftwork;
 - Fatality Reports;
 - Leading When the System Fails;
 - and more...
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Plumbing Safety Infographic – Spanish



Fuente: <https://www.homecenter.com>

Newsletter – September 2023

- First Aid 101;
 - Safety Talks on First Aid, Lockout Safety, PPE, Aging Workers;
 - Fatality Reports;
 - Being Approachable;
 - and more...
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Newsletter – August 2023

- Don't Let Indoor Heat Stress Take a Toll on Your Workers;
 - Safety Talks on Summer, Water Safety, Drug and Alcohol Use and Machine Guarding;
 - Fatality Reports;
 - Know the Signs of Opioid Overdose;
 - and more...
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Newsletter – July 2023

- 9 Common Pitfalls to Avoid in Investigating Workplace Harassment Incidents;
- Safety Talks on Driver Security, Fire Extinguishers, Harassment and Bullying, and Housekeeping;
- Fatality Reports;
- Meeting Minutes – Tips and Tricks;
- and more..

Punctures and Cuts Meeting Kit

WHAT'S AT STAKE

Punctures and cuts are common on-the-job injuries. Punctures occur when objects such as splinters, nails, glass, and sharp tools such as scissors and knives pierce the skin and cause a small hole. Cuts occur when sharp objects, including knives, scissors, sharp metal edges, and glass slice through the skin superficially or into the deeper layers of fat, tendons, muscles, and even bone.

WHAT'S THE DANGER

A PUNCTURE EXAMINED

A puncture wound is a deep wound that occurs due to something sharp and pointed, such as a nail. The opening on the skin is small, and the puncture wound may not bleed much. Puncture wounds can easily become infected. A doctor should always examine a deep puncture wound. Puncture wounds that occur due to a bite or stepping on a rusty piece of metal, such as a nail, need prompt medical attention.

A CUT EXAMINED

A cut is a break or opening in the skin. It is also called a laceration. A cut may be deep, smooth, or jagged. It may be near the surface of the skin, or deeper. A deep cut can affect tendons, muscles, ligaments, nerves, blood vessels, or bone.

HOW TO PROTECT YOURSELF

FIRST AID FOR CUTS AND PUNCTURE WOUNDS

Cuts or puncture wounds that are minor may be treated at home. For

more severe cuts or puncture wounds, immediate medical attention is necessary.

Cuts

First, stop any bleeding by covering the cut and applying gentle pressure. If the cut is bleeding heavily and you aren't able to stop it, seek medical treatment immediately.

Next, clean the cut thoroughly with an alcohol wipe, antiseptic wash, or clean water. Dip a cotton swab into hydrogen peroxide and lightly roll it over the area of the cut to clean it. Use tweezers that have been cleaned with alcohol to remove debris on the surface of the cut. If you see debris embedded, don't attempt to remove it.

Once the cut has been cleaned, apply an antibiotic cream to it. This can prevent infection and speed the healing process. Apply a bandage to the cut site. Change the bandage daily and whenever it becomes wet or dirty.

Treatment options for deep cuts include stitches, staples, or liquid stitches.

Puncture Wounds

First, attempt to stop the bleeding by covering the wound with a clean bandage and applying gentle pressure. If the wound is bleeding heavily and you cannot stop it, immediately seek emergency medical care.

Next, clean the area thoroughly using a small alcohol wipe. Don't attempt to wash a puncture wound. If you notice debris embedded into the puncture wound, don't try to remove it. Don't probe the wound if you realize part of the object that caused the wound has broken off. Instead, seek emergency medical attention immediately.

Once the skin is clean, apply an over-the-counter antibiotic cream to prevent infection. Cover the puncture wound with a bandage. You should change the bandage daily or sooner if it becomes wet or dirty. Check for signs of infection, such as:

- redness
- drainage, such as pus, from the wound site
- swelling in the area

COMPLICATIONS OF CUTS AND PUNCTURE WOUNDS

- a wound infection
- a blood infection, or sepsis
- gangrene
- an amputation
- a loss of function in the area of the wound
- nerve damage
- organ damage

BEST SAFETY PRACTICES WHEN DEALING WITH PUNCTURES AND CUTS

Avoidance and Proper PPE: The best way to deal with cuts and punctures is to avoid getting them in the first place. Wear appropriate clothing on the job such as sturdy shoes or work boots, long sleeve shirts, and long pants. Wear personal protective equipment (PPE) appropriate to your job tasks such as gloves, safety glasses, work boots, gauntlets, and chaps.

Safe Work Regime and Good Housekeeping: Follow safe work practices and know how to use your tools properly. Inspect, maintain, and replace your tools when necessary. Always use the correct tool for the job. Ensure that blades on cutting tools are sharpened; dull cutting surfaces can cause accidents. When working with sharp tools, always know where both of your hands are at all times. Practice good housekeeping with your sharp and cutting tools by sheathing and storing them properly. Place tools far back on workbenches and shelves, not against the edge where someone walking by might get stuck.

Broken Glass, Sharps and Syringes: If you have to pick up broken glass or metal shards, use a broom and a dustpan or pieces of cardboard. Never pick up broken glass with your bare hands. Dispose of sharp objects properly in rigid sided containers that will not get punctured and spill. Label these containers with the word “sharp” to warn coworkers of the hazard. Never reach into a garbage can with your hands or try to “tamp” it down with your

hands or booted feet in case someone has improperly disposed of a sharp object or even a syringe. To properly dispose of syringes, pick them up with tongs.

Workplace Cut/Puncture and First Aid: If you receive a puncture or cut on the job, notify your supervisor immediately. If you can, gently wash the area with soap and water. To stop bleeding, apply gentle pressure to the wound with clean gauze, cotton, or other absorbent material. When bleeding has stopped, apply an antibacterial ointment and a clean dressing to the wound. If you cannot stop the bleeding, if the wound is very large, or if you are impaled with an object, seek medical attention.

Tetanus Shot for Wounds: If your wound was caused by stepping on a nail or other sharp object in contact with the soil, you may be exposed to the bacteria that causes tetanus. Consider getting regular boosters for tetanus every five-to-ten years. If your wound was caused by a needlestick, seek medical testing and treatment due to a potential exposure to bloodborne pathogens. Consider a Hepatitis B vaccination if you are exposed to potential needlesticks.

FINAL WORD

Punctures and cuts are not the most flashy injuries, but are the most pervasive and require immediate care and treatment in all work sectors.

ESSENTIAL 29: Active Shooter Response

Key Takeaways:

- Learning the warning signs of an active shooter event.
- Understanding the three ways people typically react in an active shooter event (fight, flight, or freeze).
- Understanding the importance of being familiar with your surroundings in public spaces.
- Recognizing the actions you can take in an active shooter event.
- Learning what to do when law enforcement arrives to the scene.

Course Description

Active shooters are people engaged in killing or attempting to kill people with firearms. Situations involving active shooters are unpredictable and evolve quickly.

If it wasn't already apparent from the news, the threat of indiscriminate gun violence hasn't diminished. It's important now more than ever for active shooter preparedness training efforts to escalate across the country.

Our aim is to lower the body count by equipping people with the latest life-saving preparedness training.

Designed with the assistance of subject matter experts from the law enforcement community, this online course is intended for any audience in any setting. Everyone can benefit from this course because active shooter events happen at more places than just schools and higher learning facilities like colleges and universities.

This course is meant to help all ages and backgrounds.

Discuss active shooter events with your family. Especially in the case that you have school-age children in your life, talk with their schools, ask about their planning and response. Ensure children know what lock-down measures and drills are in their school and how they work. Talk about what to do if you and your family were ever involved in an active shooter incident. Preparation could save all of your lives.

Newsletter – May 2023

- How to Prevent Contractor Accidents;
- Safety Talks on Contractor Safety, Electrical Safety, Mining Safety, and Sun Safety;
- Fatality Reports;
- How to Solicit Feedback From Trainees;
- and more...

Newsletter – April 2023

- The Importance of Good Housekeeping;
- Safety Talks on Housekeeping, Horseplay, Alcohol Awareness, Stress;
- Fatality Reports;
- How to Respond to Feedback;
- and more...

GHS: Hazardous Materials Labels

This GHS Container Labeling Training Video will help your employees understand the six types of information contained on a Globally Harmonized System (GHS) label as well as how to understand the 9 types of pictograms used in a GHS labeling program. This training DVD was created specifically to help you with the OSHA GHS compliance standard

Industrial Ergonomics

The official definition of Ergonomics is this...to apply engineering controls and scientific principles when designing a work environment that accommodates the employee in relation to the workplace, product, equipment, tools, workspace and organization of the work. The objective of ergonomics is to fit the task to the worker, rather than forcing the worker to adapt to the existing conditions. To put it simply, ergonomics is about making your job more user friendly. This video does exactly that and along the way you'll learn how to prevent CTDs and other cumulative injuries by recognizing the warning signs before they cause pain and discomfort. The Goal? Fewer injuries and CTD's, improved productivity with less time off the job due to ergonomic injuries, and an overall better quality of life, on and off the job.

Janitorial Safety

Janitorial workers have many, many responsibilities. It would probably be easier to talk about what they DON'T do than what you do on a daily basis. But, regardless of how many different tasks they perform or how busy they are, safety should be the top priority. It's simply this. That's what this program is all about, examining common hazards janitorial staff face on a daily basis and the steps they can take to minimize risk. Topics include: Personal Protective Equipment, PPE, Back Injury Prevention, Bloodborne Pathogens, Slips, Trips and Falls, Electrical Safety and Chemicals.

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Lockout Tagout

It is estimated that over 100 workers are seriously injured every day Lockout/Tagout procedures may be necessary for many pieces of equipment in your facility during maintenance or repair. This program is a great tool for training “affected” and “authorized” employees in lockout/tagout procedures. This includes workers in kitchens, laundry rooms, and maintenance. A lack of knowledge pertaining to proper lockout/tagout procedures can have tragic results.

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Machinery Tool Safety

Machine safety requires a combination of proper training, safeguards, good judgment and concentration. Machines have hazards that cannot be completely eliminated. Even simple machines can pinch, cut or crush. To avoid injury, follow procedures and be on your guard. Allowing yourself to become distracted, even for a second, can have serious consequences for you or the people you work with. This video teaches you how to recognize hazards and reduce your risk around machinery and tools.

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Confined Space Entry

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Slips, Trips and Falls

When most people think of workplace injuries they visualize high-risk activities. Slips, trips and falls are the second-leading cause of workplace injuries and fatalities. Over 50% of them occur at ground level. Slips, trips, and falls are 100% preventable. This new, engaging and fast-paced program will motivate your employees to recognize and respect the common causes of slips, trips and falls, and teach them procedures and techniques to prevent them from occurring and causing injury. This program will have a positive impact at your work site.

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Shop Safety

Shop Safety – Spanish

