

Warehouse Safety: The Basics – Spanish

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Delivery Truck Driver

Driving a delivery truck safely has its hazards but being informed about certain aspects of the job will help keep you safe. The material covered in this program goes beyond just safe driving. This program addresses Safe Lifting which is not only a part of a Delivery Driver's job, but essential to their health and well-being. Program also addresses Pre-trip inspection, distracted driving, driving in bad weather are also addressed. This is an excellent program for anyone in the delivery business, new or experienced!

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Heat Stress: Facts and Prevention – Spanish

Heat Illness...it can happen to just about anybody working in hot or humid conditions. It can be serious. It can be fatal. But, it' doesn't have to be. A few simple, easy to do steps can mean the difference between just another day at work and a serious medical emergency. This video outlines these steps in an easy to understand manner.

What Is Risk

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GHS: The Basics

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Overhead Cranes

Cranes. Useful tools. Powerful tools. Tools that need to be treated with respect. Why? The reason is simple. Any mistake with a crane, even a small mistake can have serious consequences including property damage, injury or even loss of life. Knowing how to use the equipment properly and following established policies and procedures can help minimize risk. That's what this program is all about, the basics of crane safety.

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Arc Flash Facts and Prevention

Arc Flash focuses on what arc flash is, its hazards and how employees can avoid it on the job. Electricity is so common in our homes and workplaces that we normally don't think twice about using it. But electricity kills and injures thousands of people every year, so it's important to understand its hazards and know how to avoid them. Electricity poses two major hazards to people who work with it. The most intense is arc flash, a violent release of electrical energy that causes severe injuries and fatalities. The second is shock, which can cause burns, internal injuries, cardiac arrest... even be fatal. Topics covered in this program include shock and how to avoid it, what arc flash is, personal protective equipment, creating an electrically safe condition, avoiding arc flash situations and more. This program is one of the most effective and efficient ways to get employees the training that they need, in a classroom or individually through their desktop or tablet computer.

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Forklifts and the Pedestrian

The most common accident seen in forklifts is striking a pedestrian. This means as a pedestrian you need to be extremely vigilant when working around forklifts, and the same goes for the forklift operator too. This program focuses on the safety of pedestrians, and the things you can do to make sure you will have a safe workday.

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GHS: Safety Data Sheets

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Industrial Ergonomics – Spanish

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.

Give Jacks, Lifts, And Hoists

The High Safety Priority They Deserve Meeting Kit

What's At Stake

Each year serious injuries and deaths occur in the workplace as a result of unsafe jacks, stands, lifts, and hoist use. Although safety responsibility for these devices must be shared between employer and employee, the ultimate responsibility for safety lies with the individual worker. Even where there is close supervision, the worker makes the final decision on how to do the job.

What's the Danger

Serious crushing incidents can result from the improper use of jacks.

HOW TO PROTECT YOURSELF

BEST JACK USE SAFETY PRACTICES CHECKLIST FOR WORKERS

Simply by using proper jacking techniques and the right equipment can remove the risks and dangers, ensuring your safety.

- Use the right jack for the job
- Only jack a vehicle on a flat hard level surface
- Always check the jack label to ensure that its maximum load capacity is enough to support the vehicle you are lifting
- Ensure the vehicle is empty of occupants and not running
- Ensure to use the jack lifting points on the vehicle to raise the vehicle up, consult your owner's manual for information on where these will be.
- Check to see if the equipment is functioning properly and free of defects.
- Never get bodily under a vehicle that is supported solely by a jack – always use vehicle support stands to support the

vehicle.

- Always place car stands under appropriate areas of the vehicle and lower the vehicle securely onto the stands before proceeding under the vehicle
- Never use wood, bricks or other unsafe home items to support the vehicle.

WHAT IS A HOIST?

Hoist is a device used to lift or move material. The lifting force is provided by a drum (or wheel) on which wraps a rope (wire or fibre) or a chain.

There are different types of hoists – **Electro-hydraulic, manual or lever operated, base mounted, or pendant cranes.**

Don'ts When Using Material Hoists

- Do not use hoisting equipment for lifting people.
- Do not pass a load over workers.
- Do not tip a load. The load is unstable and harms the hook and hoist.
- Do not insert the point of the hook in a link of the chain.
- Do not hammer a sling into place.
- Do not leave slings dangling from the load hook. Place sling hooks on the sling ring when carrying slings.
- Do not raise loads higher than necessary to clear objects.
- Do not exceed a hoist load limit.
- Do not leave suspended loads unattended.

KEY LIFT SAFETY PRECAUTIONS

Fall Protection. Scissor lifts must have guardrails installed to prevent workers from. Employers should train workers to:

- Check to see that a guardrail system is in place before working on the scissor lift.
- Only stand on the work platform; never stand on the guardrails.
- Keep work within easy reach to avoid leaning away from the scissor lift.

Stabilization. Employers should ensure that scissor lifts are stable and will not tip over or collapse. Some safe work practices to ensure safe, stable conditions for scissor lift use include:

- Follow the manufacturer's instructions for safe movement.
- Select work locations with firm, level surfaces away from hazards.
- Use the scissor lift outside only when weather conditions are good, generally limited to wind speeds below 28 miles per hour.

Positioning. Positioning the scissor lift to avoid crushing hazards is important for safe use. Scissor lifts present crushing hazards similar to vehicles and other mobile equipment at worksites. Employers should train workers to be watchful when:

- A moving scissor lift is near a fixed object.
- A moving vehicle and the scissor lift are operating closely.
- The scissor lift passes under a fixed object, such as a door frame or a support beam.
- Positioning the scissor lift to avoid electrocution, arc flash, and thermal burns is important for safely using scissor lifts near energized power lines.

Maintaining Scissor Lifts. Employers must regularly maintain scissor lifts to ensure that they are safe to use.

- Test and inspect controls and components before each use.
- Ensure that guardrail systems are in good working condition.
- Verify that brakes once set will hold the scissor lift in position.

FINAL WORD

Many accidents don't just happen; they're caused by unsafe work practices or taking chances. Give jacks, stands, lifts, and hoists the high safety priority they deserve.

Foot Safety – Its a Shoe in for Safety Meeting Kit

What's At Stake

The foot is something that doesn't get much attention unless there is a problem. Therefore, to avoid possible injury, it's important to think about safeguarding the foot before undertaking any job.

What's the Danger

HAZARDOUS FOOT SAFETY CONDITIONS

There is no workplace where a worker is immune to foot injury. However, the hazards differ according to the workplace and the types of tasks the worker does. Foot injuries then can be prevented by assessing the hazards and looking for preventative measures.

- Separating mobile equipment from pedestrian traffic and installing safety mirrors and warning signs can decrease the number of incidents that might result in cut or crushed feet or toes.
- Proper guarding of machines such as chain saws or rotary mowers can avoid cuts or severed feet or toes.
- Effective housekeeping reduces the number of incidents at workplaces. For example, loose nails, other sharp objects, and littered walkways are hazards for foot injury.
- Using colour contrast and angular lighting to improve depth vision in complicated areas such as stairs, mps and passageways reduces the hazard of tripping and falling.
- Posting safety signs in conspicuous places where safety foot wear is required when there is a potential hazard from

falling objects, sharp objects, etc.

HOW TO PROTECT YOURSELF

CAUSES OF WORK-RELATED FOOT INJURIES

Floor Design Can Improve Foot Safety

Aching, flat or tired feet are common among workers who spend most of their working time standing.

The most important goal of job design is to avoid fixed positions especially fixed standing positions. Good job design includes varied tasks requiring changes in body position and using different muscles. **Job rotation, job enlargement and team work** are all ways to make work easier on the feet.

Job rotation moves workers from one job to another. It distributes standing among a group of workers and shortens the time each individual spends standing. However, it must be a rotation where the worker does something completely different such as walking around or sitting at the next job.

Job enlargement includes more and different tasks in a worker's duties. If it increases the variety of body positions and motions, the worker has less chance of developing foot problems.

FOOTWEAR SELECTION – CONSIDER THE HAZARDS

Footwear must be chosen based on the hazards that are present. Assess the workplace and work activities for:

- Materials handled or used by the worker.
- Risk of objects falling onto or striking the feet.
- Any material or equipment that might roll over the feet.
- Any sharp or pointed objects that might cut the top of the feet.
- Objects that may penetrate the bottom or side of the foot.
- Possible exposure to corrosive or irritating substances.
- Possible explosive atmospheres including the risk of static electrical discharges.

- Risk of damage to sensitive electronic components or equipment due to the discharge of static electricity.
- Risk of coming into contact with energized conductors of low to moderate voltage (e.g., 220 volts or less).

HOW TO BUY FOOTWEAR FOR WORK

- Do not expect that footwear which is too tight will stretch with wear.
- Have both feet measured when buying shoes? Feet normally differ in size.
- Buy shoes to fit the bigger foot.
- Buy shoes late in the afternoon when feet are likely to be swollen to their maximum size.
- Ask a doctor's advice if properly fitting shoes are not available.
- Consider using shock-absorbing insoles where the job requires walking or standing on hard floors.
- The inner side of the shoe must be straight from the heel to the end of the big toe.
- The shoe must grip the heel firmly.
- The forepart must allow freedom of movement for the toes.
- The shoe must have a fastening across the instep to prevent the foot from slipping when walking.
- The heel should be not more than 60 mm (about 2.5 inches), and the heel should not be lower than the ball of the foot.
(From CSA Z195:14 (R2019) Protective footwear)

SIMPLE RULES OF FOOTCARE

Workers can avoid many foot disorders by following rules of foot care:

- Wash feet daily with soap, rinse thoroughly and dry, especially between the toes.
- Trim toenails straight across and not too short. Do not cut into the corners.
- Wear clean socks or stockings and change them daily.

DO NOT FORGET TO EXERCISE

To keep feet healthy, it is necessary to compensate for working in a stationary position. One action that can be done frequently on the job is alternately to contract and relax the calf muscles, and flex and straighten ankles and knees.

FINAL WORD

Proper footwear is important, not only for foot comfort but also for one's general well-being. Improper footwear can cause or aggravate existing foot problems. Unfortunately, being fashionable sometimes takes precedence over choosing well-fitting, supportive safety footwear. Many safety footwear manufacturers produce safety footwear that looks fashionable.

Newsletter – March 2023

- Emergency Preparedness;
 - Safety Talks on Emergency Response, First Aid: Burns, Signs & Labels, Safety Awareness;
 - Fatality Reports;
 - Don't Get Burned By Portable Heaters;
 - Understanding Communication Styles;
 - and more...
-

GHS: Hazardous Materials Labels

– Spanish

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

Risk Management for Managers

How do you manage your workplace safety program? Is it an active living program that improves and grows with time? Or is it inactive until something drastic happens? Our all-new training webinar will provide leaders with best practices for building a culture of safety within your organization to prevent accidents and costly claims.

Risk management is a vital part of every manager's job, at every organizational level. We will help you identify unsafe actions and conditions on the job so you can keep your workers safe.

In this webinar, you'll learn

- How managers control accidents
 - The three Es of safety
 - Risk management goals for managers
 - Identifying risk exposures
-

Webinar Presentation Handout



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Newsletter – February 2023

- Creating a Confined Space Entry Program;
- Safety Talks on First Aid, Confined Space, Time Management, Falls from Heights;
- Fatality Reports;

- Seven Statistics on CPR;
 - Time Management;
 - and more...
-

Floor Openings Meeting Kit

What's At Stake

FLOOR OPENINGS

Floor openings on a job site can occur during construction, renovations, or repairs. There may be floor openings as each new floor in a building is added, for personnel and material access, and for stairwells, elevators, or skylights.

What's the Danger

HAZARDS/DANGERS OF FLOOR OPENINGS

Floor openings are hazardous because workers may fall through them and/or may be struck by objects that fall through openings. Workers should know about floor openings, guarding, and covers, and understand and use the fall protection appropriate to their worksites and job duties.

A fall could cause injuries as minor as a sprain or strain to as serious as broken bones or even result in death! Another hazard is being struck by objects falling through the floor hole.

HOW TO PROTECT YOURSELF

FLOOR OPENING PROTECTION

Guardrail: A standard guardrail with a toe board provides a good

physical barrier. If you use wood, both posts and top rail must be of at least 2"x4" stock and the mid rail of 1"x6" stock. If you choose pipe railings, posts, top and intermediate railings must be of at 1 ½" nominal diameter pipe. For structural steel railings, posts, top and mid rails shall be of 2"x 2" x 3/8" angle or equivalent. In all cases posts must be spaced not to exceed 8' on center, and toe boards shall be a minimum of 4" in vertical height and securely fastened. All standard guard rails must be able to withstand 200 pounds of force with a minimum of deflection in any direction.

Smaller openings may be protected with a floor hole cover, capable of supporting the maximum intended load and must be installed so as to prevent accidental displacement. Covers and their supports located in roadways and vehicle aisle ways for conduits, trenches and manholes must be signed to carry the rear axle load of two times the maximum intended load.

Many deaths occur each year because floor hole covers are removed and not replaced, or they were constructed of materials that could not support the weight of the person or load. Toe boards prevent materials from falling through the opening and striking a worker below. For new construction, identify floor holes as they are created; for existing structures survey the site prior to starting work and continue to check all areas as renovation, repair and alteration proceeds. Install guardrail or hole covers immediately, as needed.

Temporary Flooring: One of the first ways to protect against floor opening hazards is to build floors or place temporary flooring below each level of work. This ensures that every worker has a covered floor not more than two stories below his/her worksite. Operations involving erection, riveting, bolting, welding or painting, require flooring directly underneath the work area.

Protective Flooring: Wood planks or metal decking can serve as protective flooring. Flooring components should be tightly laid together to avoid gaps in which people, tools or materials could fall through. For areas where the flooring cannot reach, wire mesh or plywood may be used to close the gaps. The flooring should be

of the proper thickness, grade, and span to carry the working load, assumed to be at least 25 pounds per square foot. The flooring should be tightly secured to avoid displacement by high winds or other forces.

Fall Protection: In buildings or structures that can't accommodate temporary floors, scaffolding or fall protection devices should be used. Safety nets should be installed if scaffolding and fall protection aren't used, and whenever the potential fall distance is more than two stories or 30 feet.

Barricades: If construction work in progress requires floor openings to be temporarily uncovered, access to the area should be strictly controlled at all times. The floor area near the floor opening should be barricaded or covered when it's not attended by authorized personnel doing the work. A qualified person, prior to each shift and after strong wind conditions, should verify the placement of floor opening covers.

Planning Materials: All planking and other materials used to cover these temporary floor openings should support 400 pounds or twice the weight of the employees, equipment, and materials that may access one square foot area of the cover at any time. The floor covering should overlap the surrounding structure by 12 inches. It should have a sign that says, "Floor Opening-Do not Remove" in bold letters.

BEST SAFETY PRACTICES TO PREVENT FALLS THRO' FLOOR OPENINGS

- It is important for construction workers to know where holes are located and that they do not become too familiar with dangerous surroundings. Familiarity can lead to accidents when workers let down their guard.
- Safety precautions begin with proper signage. Warning signs should use bright, bold colors and standard warning symbols. Proper railings and toe boards on all exposed parts of a floor or opening are also important. A guard rail should also be used as a protective barrier around any openings in the floor. Rail barriers should stand about 42 inches tall and be able to handle the force of someone or something

walking or falling against it.

- Covers are easy and effective safeguards that help prevent workers from falling through holes in the floor. These covers must be sturdy enough to withstand a great deal of weight. They also should be well marked.
- Structure safety nets are also used to catch a worker in case of a fall. These nets can be installed 30 feet below an opening in a floor. Some work sites use them instead of—or with—guard rails, especially when drops are greater than six feet.
- When a hole or opening in the floor must be uncovered while work is being performed, (OSHA) calls for temporary guard to be in place or a person be stationed at the site to warn others of the danger. Leaning over a hole, for any reason, can be dangerous. A worker pulling on a rope with their back to a floor opening also puts them at risk for falling through that hole.
- Construction workers face significant dangers from floor openings and holes on job sites. With the installation of sturdy covers, guard rails, nets and signage, the danger from falls is dramatically decreased.
- Floor hole covers must be constructed from a material that is capable of supporting the maximum weight required, especially if they're located in a roadway. The covers should be secure and not easily dislodged. The same is true for smaller openings.
- If you're working in new construction it's a good idea to identify floor holes as they're created by installing guardrails and/or hole covers immediately.
- If you are working around a floor opening you are at risk. Leaning over a hole to tighten or loosen a bolt or pulling on a rope with their back to a floor opening is dangerous. One moment of forgetfulness or loss of balance might send you falling through the opening.

FINAL WORD

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