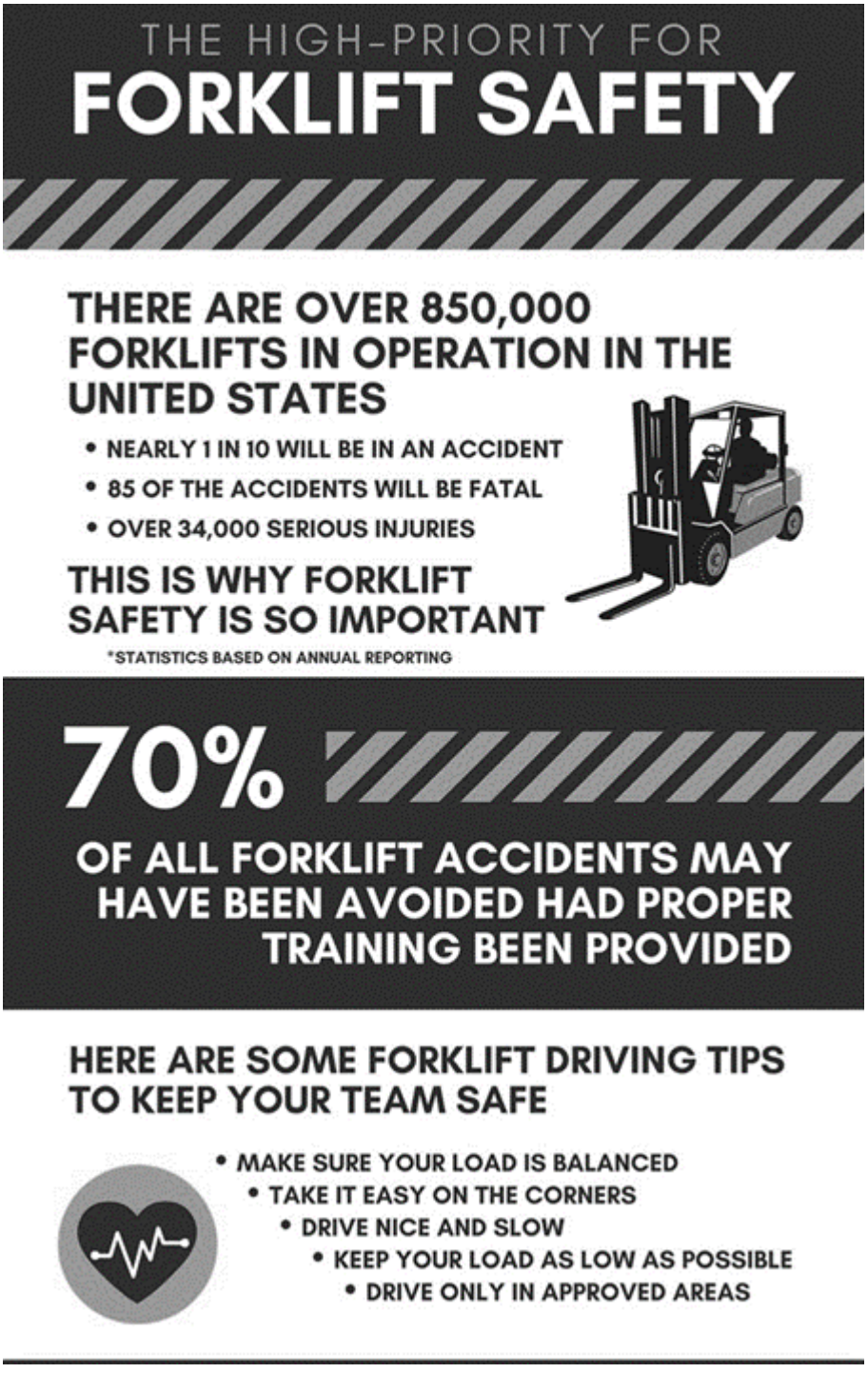
Powered Industrial Trucks (Forklifts) Infographic



Source: https://www.craftbrewingbusiness.com

Powered Industrial Trucks (Forklifts) Infographic – Spanish



Fuente: https://safetyculture.com

Practice Good Housekeeping

Meeting Kit

WHAT’S AT STAKE

Good housekeeping is an ongoing operation: it is not a one-time or hit-and-miss cleanup done occasionally. Periodic “panic” cleanups are costly and ineffective in reducing incidents.

WHAT’S THE DANGER

HOUSEKEEPING DANGERS

Poor housekeeping is cause of incidents, such as:

- tripping over loose objects on floors, stairs, and platforms
- being hit by falling objects
- slipping on greasy, wet, or dirty surfaces
- striking against projecting, poorly stacked items
- cutting, puncturing, or tearing the skin of hands or other parts of the body on projecting nails, wire.

EXAMPLES OF POOR HOUSEKEEPING IN THE WORKPLACE ARE:

- Dirty counters and floors
- Spills and leaks not being cleaned
- No organization
- Dirty bathrooms
- Tools left out
- Not having proper signs visible

HOW TO PROTECT YOURSELF

BEST WORKPLACE HOUSEKEEPING PRACTICES WHEN WORKERS PLAY A PART

1. Prevent Slips, Trips and Falls. To help prevent slip, trip, and fall incidents, the following is recommended.

- If you have an accident or a near miss, make sure you report it to your employer promptly. They can use this information

to prevent future accidents.
- If you see a spillage, clean it up or make arrangements for it to be cleaned.
- Report any damaged floors or mats.
- Play your part and keep the workplace tidy.
- If you see items on the floor where someone could trip over them, remove them, or arrange for them to be removed or for the situation to be made safe.
- If you are given PPE, wear it and look after it. Report any faults or damage to your employer.

2. Eliminate Fire Hazards. Employees to keep combustible materials from accumulating.

- Carry out a fire safety risk assessment
- Keep sources of ignition and flammable substances apart
- Avoid accidental fires, e.g., make sure heaters cannot be knocked over
- Always ensure good housekeeping, e.g., avoid build-up of rubbish that could burn
- Consider how to detect fires and how to warn people quickly.
- Have the correct fire-fighting equipment for putting a fire out quickly
- Keep fire exits and escape routes clearly marked and unobstructed at all times
- Ensure your workers receive appropriate training on procedures they need to follow, including fire drills
- Review and update your risk assessment regularly

3. Control Dust – silica, wood, and Lower toxicity dust.

Stop or reduce the dust. The most important action is to stop the dust getting into the air.

Water – water damps down dust clouds. However, it needs to be used correctly. This means enough water supplied at the right levels for the whole time that the work is being done.

4. Use and inspect personal protective equipment and tools. Wear basic PPE such as closed-toe shoes and safety glasses while performing housekeeping. Determine what type of PPE to wear based

on the potential risks. Regularly inspect, clean and fix tools. Remove any damaged tools from the work area.

5. Determine frequency. All workers should participate in housekeeping, especially in terms of keeping their own work areas tidy, reporting safety hazards and cleaning up spills, if possible.

6. Create written rules. Written protocols could specify which cleaners, tools and methods should be used.

7. Think long-term. Housekeeping should be more than a one-time initiative. Keep records, maintain a regular walk-through inspection schedule, report hazards and train employees to help sustain housekeeping.

8. Avoid tracking materials. Work-area mats which can be cloth or sticky-topped should be kept clean and maintained. This helps prevent the spread of hazardous materials to other work areas. Additionally, separate cleaning protocols may be needed for different areas to prevent cross-contamination.

9. Prevent falling objects. Protections such as a toe board, and nets can help prevent objects from falling and hitting workers or equipment. Other tips include stacking boxes straight up and down to keep them from falling. Place heavy objects on lower shelves and keep equipment away from the edges of tables.

10. Clear clutter. A cluttered workplace can lead to ergonomics issues and possible injuries because workers have less space to move. Keep aisles, stairways, emergency exits, electrical panels and doors clear of clutter.

11. Store materials properly. Ensure chemicals and dangerous substances are stored and handled properly.

- store chemicals according to the manufacturer’s instructions.
- store incompatible substances separately.
- take steps to prevent release or leakage of dangerous substances.

- keep a spill kit near to storage areas, ensuring staff are trained in the event of a spill
- clean up any leaks or spills that occur.
- use appropriate precautions when handling substances – for example, wearing protective clothing.
- ensure employees who store and handle dangerous substances are properly trained.
- check containers used for short-term storage are properly labelled.

FINAL WORD

Maintaining good housekeeping is very important in our workplaces for accident prevention and minimizing the severity and consequences of accidents.

Practice Good Housekeeping Meeting Kit – Spanish

QUÉ ESTÁ EN RIESGO

El buen gobierno de la empresa es una operación continua: no se trata de una limpieza puntual o de golpe y porrazo que se hace de vez en cuando. Las limpiezas periódicas “de pánico” son costosas e ineficaces para reducir los incidentes.

CUÁL ES EL PELIGRO

PELIGROS DE LA LIMPIEZA

Una limpieza deficiente es causa de incidentes como:

- tropezar con objetos sueltos en suelos, escaleras y plataformas
- ser golpeado por objetos que caen
- resbalar en superficies grasientas, mojadas o sucias
- golpearse contra objetos salientes o mal apilados
- cortarse, pincharse o desgarrarse la piel de las manos u otras partes del cuerpo con clavos o alambres salientes.

EJEMPLOS DE MALA LIMPIEZA EN EL LUGAR DE TRABAJO SON:

- Mostradores y suelos sucios
- Derrames y fugas que no se limpian
- Falta de organización
- Baños sucios
- Herramientas abandonadas
- Falta de señalización visible

COMO PROTEGERSE

LAS MEJORES PRÁCTICAS DE LIMPIEZA EN EL LUGAR DE TRABAJO CUANDO INTERVIENEN LOS TRABAJADORES

1. Prevenir resbalones, tropiezos y caídas. Para ayudar a prevenir incidentes de resbalones, tropiezos y caídas, se recomienda lo siguiente.

- Si tiene un accidente o casi accidente, asegúrese de informar a su empleador con prontitud. Pueden utilizar esta información para prevenir futuros accidentes.
- Si ve un vertido, límpielo o haga lo necesario para que lo limpien.
- Informe de cualquier suelo o alfombrilla dañados.
- Ponga de su parte y mantenga ordenado el lugar de trabajo.
- Si ve objetos en el suelo con los que alguien podría tropezar, retírelos o encárguese de que los retiren o de que la situación sea segura.
- Si le dan un EPP, utilícelo y cuídelo. Informe a su empleador de cualquier avería o daño.

2. Elimine los riesgos de incendio. Los empleados deben evitar que

se acumulen materiales combustibles.

- Realice una evaluación del riesgo de incendio.
- Mantener alejadas las fuentes de ignición y las sustancias inflamables
- Evite los incendios accidentales, por ejemplo, asegúrese de que los calefactores no puedan caerse.
- Mantenga siempre una buena limpieza, por ejemplo, evite la acumulación de basura que pueda arder.
- Piense en cómo detectar incendios y cómo avisar rápidamente a la gente.
- Disponga del equipo de lucha contra incendios adecuado para apagar rápidamente un incendio.
- Mantenga las salidas de incendios y las vías de evacuación claramente señalizadas y sin obstáculos en todo momento
- Asegúrese de que sus trabajadores reciben la capacitación adecuada sobre los procedimientos que deben seguir, incluidos los simulacros de incendio.
- Revise y actualice periódicamente su evaluación de riesgos

3. Controle el polvo: sílice, madera y polvo de baja toxicidad.

Detenga o reduzca el polvo. La acción más importante es impedir que el polvo entre en el aire.
Agua – el agua amortigua las nubes de polvo. Sin embargo, debe utilizarse correctamente. Esto significa suministrar suficiente agua a los niveles adecuados durante todo el tiempo que dure el trabajo.

4. Utilice y revise los equipos de protección individual y las herramientas. Utilice EPP básicos como calzado cerrado y gafas de seguridad mientras realiza las tareas domésticas. Determine qué tipo de EPP debe llevar en función de los riesgos potenciales. Inspeccionar, limpiar y reparar regularmente las herramientas. Retire cualquier herramienta dañada del área de trabajo.

5. Determinar la frecuencia. Todos los trabajadores deben participar en el mantenimiento de la casa, especialmente en lo que se refiere a mantener ordenadas sus propias áreas de trabajo, informar de los peligros para la seguridad y limpiar los derrames,

si es posible.

6. Establezca normas por escrito. Los protocolos escritos podrían especificar qué limpiadores, herramientas y métodos deben utilizarse.

7. Piense a largo plazo. El mantenimiento de las instalaciones debe ser algo más que una iniciativa puntual. Lleve registros, mantenga un programa de inspecciones periódicas, informe de los peligros y capacite a los empleados para que contribuyan a mantener las tareas de limpieza.

8. Evite el rastreo de materiales. Las alfombrillas de las zonas de trabajo, que pueden ser de tela o pegajosas, deben mantenerse limpias y en buen estado. Esto ayuda a evitar la propagación de materiales peligrosos a otras áreas de trabajo. Además, pueden ser necesarios protocolos de limpieza separados para las distintas áreas, a fin de evitar la contaminación cruzada.

9. Evite la caída de objetos. Protecciones como rodapiés y redes pueden ayudar a evitar que los objetos caigan y golpeen a los trabajadores o al equipo. Otros consejos incluyen apilar las cajas en línea recta hacia arriba y hacia abajo para evitar que se caigan. Coloque los objetos pesados en estantes más bajos y mantenga los equipos alejados de los bordes de las mesas.

10. Despeje el desorden. Un lugar de trabajo desordenado puede provocar problemas de ergonomía y posibles lesiones, ya que los trabajadores tienen menos espacio para moverse. Mantenga despejados pasillos, escaleras, salidas de emergencia, cuadros eléctricos y puertas.

11. Almacene los materiales adecuadamente. Asegúrese de que los productos químicos y las sustancias peligrosas se almacenan y manipulan correctamente.

- almacene los productos químicos de acuerdo con las instrucciones del fabricante.
- almacene las sustancias incompatibles por separado.
- tome medidas para evitar la liberación o fuga de sustancias peligrosas.

- mantenga un kit de derrames cerca de las zonas de almacenamiento, asegurándose de que el personal esté capacitado en caso de derrame.
- limpie cualquier fuga o derrame que se produzca.
- tomar las precauciones adecuadas al manipular sustancias, por ejemplo, llevar ropa protectora.
- asegurarse de que los empleados que almacenan y manipulan sustancias peligrosas están debidamente capacitados.
- compruebe que los recipientes utilizados para el almacenamiento a corto plazo están correctamente etiquetados.

CONCLUSIÓN

Mantener una buena limpieza es muy importante en el lugar de trabajo para prevenir accidentes y minimizar su gravedad y consecuencias.

Practice Good Housekeeping Stats and Facts

FACTS

1. Six good housekeeping practices to help prevent workplace slips, trips and falls include reporting and cleaning up spills and leaks; keeping aisles and exits clear of debris; installing mirrors and warning signs in blind spot areas; replacing worn, ripped or damaged flooring; installing anti-slip flooring in areas that can’t always be cleaned; and using drip pans and guards in places where spills may occur.
2. Nine signs of poor housekeeping are cluttered and poorly arranged work areas; dangerous storage of materials; dirty,

dusty floors and work surfaces; hanging on to items that are no longer needed or having too many of the same items; blocked or cluttered aisles and exits; tools and equipment that are not returned to proper storage; broken containers and damaged materials; overflowing waste bins and containers; and spills and leaks.

3. One major aspect of workplace housekeeping is maintenance. If burned-out light bulbs aren’t replaced or if damaged or uneven flooring isn’t fixed, people can easily suffer injuries.
4. Incidents resulting in injury or death that stem from poor housekeeping include these four examples: tripping or falling over objects; fires caused by the ignition of unsafe buildups of combustible dusts; slips on wet, slick or greasy floors; and being struck by objects that have fallen after being improperly stored.
5. housekeeping responsibilities that all workers should share include cleaning up during the shift; day-to-day cleanup; waste disposal; removal of unused materials; and inspections to ensure that cleanup is completed.

STATS

In a recent year over 400,000 reported injuries were the result of poor housekeeping causing slips and falls; 35 % of all lost workdays were caused by injuries due to slips and falls.

- Slips and trips are the most common cause of major injuries at work. 95% of major slips result in broken bones and they can also be the initial cause for a range of other types of accident such as a fall from height.

Slips and trips are responsible for, on average:

- over a third of all reported major injuries.
- 20% of over-3-day injuries to employees.
- 2 fatalities per year.
- 50% of all reported accidents to members of the public that happen in workplaces.

- 852 workplace deaths were recorded in Canada. Add to these fatalities the 232,629 claims accepted for lost time due to a work-related injury or disease.
- According to the U.S. Bureau of Labor Statistics, in recent years, there are more than 800 injuries annually involving floors, walkways, and ground surfaces.
- According to the US Department of Labor, 15% of all accidental worker deaths are attributable to slips, trips or falls, many of which are linked to poor workplace housekeeping.

Practice Good Housekeeping Stats and Facts – Spanish

HECHOS

1. Entre las seis buenas prácticas para evitar resbalones, tropiezos y caídas en el lugar de trabajo se incluyen la notificación y limpieza de derrames y fugas; el mantenimiento de pasillos y salidas libres de residuos; la instalación de espejos y señales de advertencia en puntos ciegos; la sustitución de suelos desgastados, rasgados o dañados; la instalación de suelos antideslizantes en zonas que no siempre pueden limpiarse; y el uso de bandejas y protectores en lugares donde puedan producirse derrames.
2. Nueve signos de mala limpieza son las zonas de trabajo desordenadas y mal dispuestas; el almacenamiento peligroso de materiales; suelos y superficies de trabajo sucios y polvorientos; aferrarse a artículos que ya no se necesitan o tener demasiados artículos iguales; pasillos y salidas bloqueados o desordenados; herramientas y equipos que no se devuelven a su lugar de almacenamiento adecuado;

contenedores rotos y materiales dañados; papeleras y contenedores de residuos desbordados; y derrames y fugas.

3. Un aspecto importante de la limpieza del lugar de trabajo es el mantenimiento. Si no se sustituyen las bombillas fundidas o si no se arregla el suelo dañado o irregular, las personas pueden sufrir lesiones fácilmente.
4. Los incidentes con resultado de lesiones o muerte que se derivan de una mala limpieza incluyen estos cuatro ejemplos: tropiezos o caídas sobre objetos; incendios causados por la ignición de acumulaciones inseguras de polvos combustibles; resbalones en suelos mojados, resbaladizos o grasientos; y golpes con objetos que se han caído después de haber sido almacenados incorrectamente.
5. Las responsabilidades de limpieza que deben compartir todos los trabajadores incluyen la limpieza durante el turno; la limpieza diaria; la eliminación de residuos; la retirada de materiales no utilizados; y las inspecciones para garantizar que se ha completado la limpieza.

ESTADÍSTICAS

En un año reciente, más de 400.000 lesiones se produjeron como consecuencia de resbalones y caídas causados por una mala limpieza; el 35% de las bajas laborales se debieron a lesiones por resbalones y caídas.

- Los resbalones y tropiezos son la causa más común de lesiones graves en el trabajo. El 95% de los resbalones graves provocan fracturas óseas y también pueden ser la causa inicial de otros tipos de accidentes, como las caídas de altura.

Los resbalones y tropiezos son responsables, por término medio, de

- más de un tercio de todas las lesiones graves notificadas.
- 20% de las lesiones de más de 3 días sufridas por los empleados.
- 2 víctimas mortales al año.
- 50% de todos los accidentes notificados a miembros del

público que ocurren en lugares de trabajo.
- En Canadá se registraron 852 muertes en el lugar de trabajo. A estas muertes hay que añadir las 232.629 reclamaciones aceptadas por tiempo perdido debido a una lesión o enfermedad relacionada con el trabajo.
- Según la Oficina de Estadísticas Laborales de EE.UU., en los últimos años se han producido más de 800 lesiones anuales relacionadas con suelos, pasarelas y superficies de apoyo.

Practice Good Housekeeping Fatality File

Worker Dies Because of Lack of Supervision and Unguarded Conveyor

A young New Brunswick worker died of his injuries after his leg was pulled into a conveyor at a wood pellet plant. WorkSafeNB's investigation revealed that the conveyor had broken down twice in the days before the accident; during the repair a guard was removed and was not replaced.

The young man was cleaning the conveyor on a night shift and was not told that the conveyor's guard was removed during the day shift. Because the area was poorly lit, **combined with poor housekeeping**, the worker could not see that the guard was missing and was pulled into the moving conveyor.

The employer was charged for violating section 9(2)(c.3) of the Occupational Health and Safety Act for failing to provide the necessary supervision.

WorkSafeNB determined the primary causes of the incident to be:

- Lack of employee supervision: As a young worker, closer supervision was required.
- Failure to safeguard the machinery: The conveyor was not reassembled according to the manufacturer's specifications.
- Poor housekeeping.

Recommended Actions to Prevent Similar Incidents from Happening:

- Provide the supervision necessary to ensure a worker's health and safety. This includes ensuring that every worker is aware of all their tasks and responsibilities.
- Ensure workers know about any hazards associated with the handling of tools, machinery, or equipment that they use in the course of their jobs by providing information, instruction, and training.
- Ensure that a machine is operated and maintained in accordance with the manufacturer's instructions or in accordance with the safety requirements at all times.
- Ensure that work areas are well-lit.
- Prevent the buildup of dust through good housekeeping.

Practice Good Housekeeping Fatality File – Spanish

Muere un trabajador por falta de supervisión y una cinta transportadora sin vigilancia

Un joven trabajador de Nueva Brunswick murió a consecuencia de las heridas sufridas al ser arrastrada la pierna por una cinta transportadora en una planta de pellets de madera. La investigación de WorkSafeBC reveló que la cinta transportadora se

había averiado dos veces en los días anteriores al accidente; durante la reparación se retiró un protector que no fue sustituido.

El joven limpiaba el transportador en el turno de noche y no se le informó de que la protección del transportador se había retirado durante el turno de día. Debido a la escasa iluminación de la zona, **combinada con una limpieza deficiente**, el trabajador no pudo ver que faltaba el protector y fue arrastrado hacia el transportador en movimiento.

El empleador fue acusado de infringir el artículo 9(2)(c.3) de la Ley de Salud y Seguridad en el Trabajo por no proporcionar la supervisión necesaria.

WorkSafeBC determinó que las causas principales del incidente fueron:

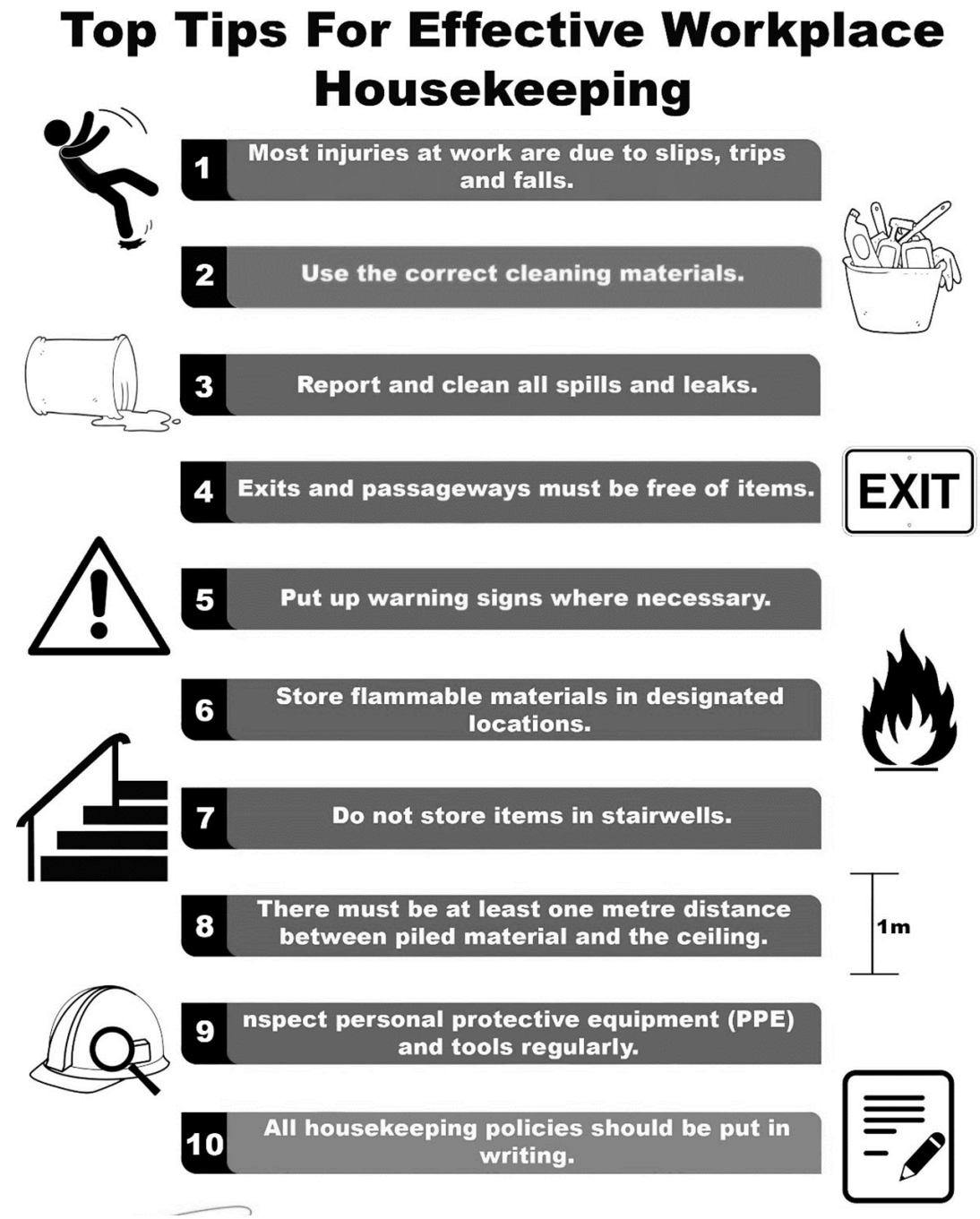
- Falta de supervisión del trabajador: Al tratarse de un trabajador joven, era necesaria una supervisión más estrecha.
- Falta de protección de la maquinaria: El transportador no se volvió a montar de acuerdo con las especificaciones del fabricante.
- Limpieza deficiente.

Medidas recomendadas para evitar incidentes similares:

- Proporcionar la supervisión necesaria para garantizar la salud y la seguridad de los trabajadores. Esto incluye asegurarse de que cada trabajador es consciente de todas sus tareas y responsabilidades.
- Asegúrese de que los trabajadores conocen los peligros asociados al manejo de herramientas, maquinaria o equipos que utilizan en el desempeño de su trabajo, proporcionándoles información, instrucción y capacitación.
- Asegurarse de que una máquina se maneja y mantiene de acuerdo con las instrucciones del fabricante o de acuerdo con los requisitos de seguridad en todo momento.
- Garantizar que las zonas de trabajo estén bien iluminadas.

- Evitar la acumulación de polvo mediante una buena limpieza.

Practice Good Housekeeping Infographic



Source: https://www.makrosafe.co.za

Practice Good Housekeeping Infographic – Spanish



Fuente: https://www.docsity.com

Newsletter – December 2023

- Hand and Power Tool Workplan;
- Safety Talks on Facilities Maintenance, Hand & Portable Power Tools, Respiratory Protection, and Shut Down Safety ;
- Fatality Reports;
- Seven Statistics on Operating Hand and Power Tools;
- and more…

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…

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…

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…

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…

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…

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.

GHS: The Basics – Spanish

GHS or Globally Harmonized System is a method of identifying chemicals and their associated hazards. This video provides viewers with the basics of this program and describes the resources they can use to properly identify the hazards they may face, protective measures to minimize these hazards and other pertinent information. (Spanish Version)

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.