

Benzene Safety

Benzene is a highly flammable, colorless or light yellow, sweet smelling liquid that evaporates quickly into the air. Since its vapor is heavier than air it can sink into the low-lying areas. It is found in products made from coal and petroleum. Lubricants, plastics, rubber, dyes, and other chemicals can be produced with benzene.

First Aid and Four Fatalities

Timely first aid saves lives. As these four fatal incidents show, accidents at work vary greatly in type, cause, and location. The common thread between them is the chance that first aid might have made a difference in how these workers' stories ended.

Picture This: First Aid Kit Fiasco

Check out what this worker found when he went to use the first aid kit in his lab after he burned himself.

By the Numbers: First Aid Matter – When Minutes Matter

A human heart can cease beating within 4 minutes after breathing stops. Permanent brain damage can occur within 4 to 6 minutes after breathing stops. Average ambulance response time is 8 to 12 minutes.

Picture This: How Would You Treat Hands Like These?

Frostbite is the freezing of the extremities (fingers, toes, nose, earlobes, etc.) caused by loss of blood flow, which can cause tissue damage and the need for amputation. Make sure you know the signs and symptoms of frostbite so you can recognize and properly treat the condition.

Focus On: 8 Crucial Skills Supervisors Need to Have

Here are 8 crucial skills supervisors need to have.

Supervisor Secret: Training Adults Using Participatory Learning

Want to see a higher rate of retention and return on investment in your training program? Keep these characteristics in mind when it comes to adult learning.

Quick Course – Fatigue at Work Can Kill You

Course Description

You're an accident waiting to happen if you are not alert at work. This applies to most high-risk jobs (trucking and transport jobs), repetitive jobs (such as sorting logs in a lumber mill), and a host of other jobs – regardless of the inherent risk level.

The risk of making mistakes at work increases dramatically if workers sleep for less than seven to eight hours or are awake for more than 17 consecutive hours.

Supervisor Secret: Leading

Through Change

The only thing you can count on in today's workplace is change. Just when you get accustomed to one way of doing things, a new plan comes along.

Tools: Signs, Symptoms, and First Aid Treatment for Cold-Related Conditions

Keep workers safe (and warm) by training them on the signs, symptoms, and first aid treatment for cold-related illnesses. You can download and edit this chart to share with your workers.

Focus On: Nine Ways Stress is More Dangerous Than You Think

Some people believe stress makes them perform better. But that's rarely true. Research consistently shows the opposite – that stress usually causes a person to make more mistakes. Besides making you forget where you put your keys, stress also can have dramatic negative impacts on your health. Read on for nine examples.

Tool: Work/Warm-Up Schedule for Cold Weather Work

Here's a tool to help keep workers safe and warm when working in cold conditions. Use it to help you schedule work, maximum recommended work periods, and the number of warm-up breaks.

Disciplining Employees for Safety Obligations: What Is Permitted?

February 27th, 2019 | Summary coming soon.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Use this checklist from the National Institutes of Health to help improve employee emotional health.

Workplan: 8 Steps to Creating a Wellness Program

Physically and mentally healthy employees are happier, safer, and more productive. An employee wellness program can provide support to employees who are facing challenging times and help all employees with their overall wellness. More and more companies are hopping on board the wellness wagon because they understand the connection between wellness and work.

By the Numbers: Employee Wellness Programs

Did you know? FIVE lifestyle behaviors (physical inactivity, poor nutrition, smoking, alcohol use, and non-adherence to medications) and FIVE chronic medical conditions (diabetes, heart disease, lung disease, mental illness, and cancer) drive 75% of all deaths worldwide.

Is Your Work Killing You?

“Workplace stress is bad for your heart,” says Michael Miller, MD, director of the Center for Preventive Cardiology at the University of Maryland School of Medicine and author of *Heal Your Heart*.

Picture This: Would You Know What to Do?

A stroke is a blood clot preventing your brain from getting the blood it requires. The important thing is what you do if stroke symptoms happen; the sooner the treatment, the less chance of serious damage to the brain and less chance of permanent disability.

By the Numbers: 10 Equipment Safety Tips

Share, review, and discuss these heavy equipment safety tips with your equipment operators to reduce the chances of an incident.

Conveyors, Cranes, and Slings

Materials handling is an essential task in any industry and covers everything from moving steel pipes by crane to manually hauling bags of concrete. Whatever your workers are moving or assembling, this common task also involves some of the most common costly injuries.

Gain Control of New Equipment and Machines

Every now and then you will come face-to-face with a new piece of equipment or new machine at work, or something slightly different from what we are trained on and used to using. The areas for potential problems will vary significantly with the equipment involved, but usually a few basic rules apply.

Nine Ways to Control Stress

Stress – everyone has it. It is a natural part of life, but too much stress can cause health problems and can affect your ability to work safely. It's becoming increasingly difficult to disconnect and unwind in our 24/7/365 world of news, noise, and responsibilities.

Heavy Equipment Daily Inspection Checklist

Complete this checklist prior to use of heavy equipment. Distribute the checklist to the supervisor and heavy equipment operator. You can edit this list to better suit your specific situation.

Upper Boom Failure on Aerial Lift

A 45-year-old owner of an electrical contracting company died after falling 9 feet to the road when the articulating boom of the aerial lift truck he was working from collapsed.

Picture This: Concrete Pumping Truck Dangers

How close is too close when it comes to power lines?