

Preventing Dump Truck Tip-Overs

As end-dump truck bodies and/or semi-trailer dump rigs get longer, instability of the vehicle gets higher and higher. With high instability comes more of a chance of trucks tipping over. This risk is greater in semi-trailer rigs than in straight trucks due to the length of the semi-trailer rig.

Focus On: Program Evaluation and Improvement – Leading and Lagging Indicators

You should be evaluating your safety program on a regular basis – at least annually – to determine what is working and what's not and whether the program is on track to meet its goals. Tracking and analyzing leading and lagging indicators are one effective way to monitor the performance and progress of your safety program.

Stay Safe During a Shutdown

During a shutdown, process industries such as oil and gas slow or stop work and inspect, maintain, repair and replace equipment. If you are working through a plant slowdown or shutdown, you need to be aware of the new hazards created during this time.

Article: Four Types of Meeting Participants

It can be tricky dealing with the various personality types, levels of experience, and differing backgrounds of meeting participants. You can't always predict what their reaction will be, and you may not have advance knowledge of who will be in attendance, but you can still prepare. One way is by understanding the four general types of meeting participants you're likely to encounter and how best to interact with them. You may also encounter entire groups that have these characteristics – the response is the same.

Article: A Better Way to Onboard

In a 2013 webinar former, OSHA administrator David Michaels said, "We have known for decades that new workers, when they first start at a new job, are at greatly increased risk of injury – and we know why: New workers are often not adequately trained in the potential hazards at the new jobsite and the measures they can take to protect themselves."

And yet, according to the Toronto-based Institute for Work & Health, only 1 out of 5 new workers receives safety training.

Workplan: Manual Materials Handling

Lifting, pushing, pulling and carrying heavy objects remains a fundamental job task in just about all industries and work settings. Performing these tasks – typically referred to as “manual materials handling” – puts workers at risk of musculoskeletal disorders (aka, “MSDs”), or serious and painful injuries to the back, limbs, joints and muscles. This Workplan outlines four steps you can implement over a 30-day period to prevent MSDs along with the insurance, citations, productivity, and other liabilities that can result.

The Basics of Forklift Safety

Machines have all but replaced muscle power in modern industrial society. Forklifts are a prime example. Forklifts are utilized just about everywhere material needs to be moved.

Put a Safe Foot Forward

Slips, trips and falls are among the leading causes of workplace injuries. They occur when housekeeping procedures aren't followed and enforced, when you rush or fail to pay attention to what you're doing and where you're walking, when you don't wear the right kind of footwear, and when stairways, parking lots, and other walking and working surfaces aren't well-maintained.

Workplan: Forklifts – Warehouses

Fork lift accidents are a leading source of fatal and serious work injuries; failure to ensure proper use of fork lifts is also perennially among the Top 10 most frequent causes of OSHA and OHS citations. Here's a 12-step compliance plan to help you avoid both things.

Safely Handling Materials

Materials handling work is part of many jobs. Think about the different things you lift, move, and store as part of your job – frequently or infrequently.

Warehouse Materials Handling Checklist

You need to perform evaluations of your materials handling procedures, equipment and operations annually or sooner after major changes occur in the workplace. This tool will help you keep up-to-date. Use this Checklist to conduct a general review of materials handling compliance and ensure you're free from incidents and citations. Any "no" answers should be investigated and corrected

Warehouse Supervisor Crushed by Pallet Stacking Machine

A 40-year-old experienced warehouse supervisor died when he was struck by a pallet stacking machine and crushed against a storage rack support.

17-year-old Warehouse Worker Crushed by Forklift

17-year-old warehouse worker was fatally injured when the sit-down type forklift he was tipped over on its side and crushed him. The victim was employed under a work-based learning program and had been working for three months when the incident occurred.

Picture This: Lift with...Care?

Manually moving materials is one of the quickest and the most prevalent way to injure your back. Back injuries are painful for the worker and costly for the employer. To reduce back injuries at work, it is important to find and avoid risk factors that increase the chance of injury.

Picture This: Racking and Stacking

Warehouse racks and material stacks are nothing to take lightly. A damaged rack can lead to hundreds of thousands of dollars in lost and damaged inventory. Then there are the injuries and fatalities caused if the racks and materials fall. Your co-workers, delivery drivers, and even customers can be injured and killed if a rack or material falls.

By the Numbers: Key Statistics for Warehouses

There are over 10,000 warehouses in the United States and Canada, employing over 200,000 workers, and countless ways to be injured or killed.

Fundamentals of First Aid – Chemical Burns and Liquid Gas Burns

Chemicals can cause burns to eyes, skin, and internally if swallowed or inhaled. Chemical burns can be deceiving with some

chemicals causing damage deep within body tissue. The amount of damage a chemical can cause depends on many factors including the chemical, its strength, whether it was inhaled or swallowed and the time it was in contact with body tissues.

Warehouse Work Doesn't Need to Hurt

Strains and sprains, sore shoulders and bad backs – these are facts of life if your work involves manually moving materials. Manual lifting can result in injury, particularly when it involves a heavy load, twisting motion or repetition.

Shape Up For Safety

Did you know your mental, physical, and emotional fitness is part of a safe work environment? If you are fit and healthy, you are likely to have more energy and stamina.

Healthcare: Working Safely with Compressed Gases

Compressed gases play a useful role in a variety of industries including healthcare.

However, healthcare workers and patients, are at risk of injury or death from gas inhalation, burns, flying debris, and unsafely handling heavy cylinders.

Near Misses – What's the Big Deal?

Near misses make up more than half of the incidents that occur in workplaces. A near miss is an unplanned event that did not result in injury, illness, or damage but had the potential to do so. A near miss needs attention, as they are a warning that conditions are right for a possible accident.

Five Factors of Excavation Safety

What's at stake is your life. Trenching and excavating involve serious hazards. If you're in an excavation you need to know how to identify the hazards and how they can be prevented.

Hazards in the Office

Every year thousands of workers are injured, and some are killed, "at the office." Broken bones and head injuries from falls, burns, and electrical shock hurt just as badly when they occur in an

office setting as when they happen at an industrial site.

Look Up for Overhead Dangers

Some of the worst hazards in any work area are the ones you don't see – because they're above you. What's at stake is your life, and there are two basic ways you could lose it: electrocution or falling objects.

The Basics of Electricity

Electricity is the movement of electrons between atoms. In their normal state, electrons in a conductor such as copper, freely and randomly move from atom to atom.