

# Safety, Safety & More Safety

## Safety Training Schedule 2010

January:	Fire Extinguisher Safety
February:	Hand & Power Tool Safety
March:	Electrical Safety Awareness
April:	Back Stress Prevention/Safe Lifting
May:	Substance Abuse/Safe Driving
June:	Confined Space Entry
July:	Hazard Communication PPE/MSDS
August:	Lockout/Tagout Try
Sept:	Fall Protection/Ladder/Scaffold Safety
October:	Violence in the Workplace Emergency
November:	Hearing Conservation
December:	Blood Borne Pathogens

## H1N1: Should You Use a Face Mask? Respirator?

Are face masks or respirators really necessary to protect against H1N1 at work, on the street, or at home?

That's the question on the minds of a lot of people these days. See what CDC recommends.

If you've been wondering about whether to use a face mask or a respirator to protect against the H1N1 flu virus or whether to recommend the use of respiratory protection to your workers, here are suggestions from the Centers for Disease Control and Prevention (CDC).

**In community and home settings, the use of face masks and respirators is generally not recommended.** However, for certain circumstances, such as for caregivers in the home, a face mask or respirator should be used. Use of a facemask or respirator should also be considered for people at increased risk or severe illness from influ-

enza when they are in crowded community settings such as a nursing home or hospital.

**Use of N95 respirators or face masks generally is not recommended for workers in nonhealthcare occupational settings (i.e. industrial and office) for general work activities.**

For specific work activities that involve contact with people who have an influenza-like illness (ILI), such as escorting a person with ILI, interviewing a person with ILI, the following steps are recommended:

- Workers should try to maintain a distance of 6 feet or more from the person with ILI.

- Workers should keep their interactions with ill persons as brief as possible.

- The ill person should be asked to follow good cough etiquette and hand hygiene and to wear a face mask, if able.

- Workers at increased risk of severe illness from influenza should avoid people with ILI.

- Where workers cannot avoid close contact with persons with ILI, some workers may choose to wear a face mask or N95 respirator

**For workers in occupational healthcare settings, use of N95 respirators is recommended.**



### Safety Resource Links

State Compensation Insurance Fund:  
[www.scif.com](http://www.scif.com)

OSHA: [www.osha.gov](http://www.osha.gov)

Home Safety Council: [www.homesafetycouncil.net](http://www.homesafetycouncil.net)

### BSI Temporary Services

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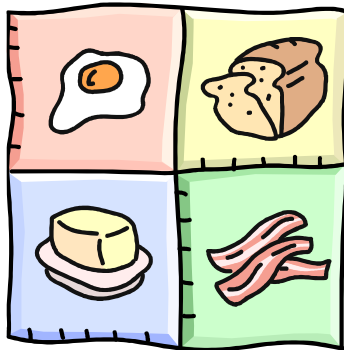
[www.bsitemporaryservices.com](http://www.bsitemporaryservices.com)

## Is Your Workplace to Blame for Bad Eating Habits

The Peapod Biz Bites Survey, suggests that about two out of three people find eating healthful foods at work to be a challenge. Peapod quotes registered dietician Cathy Leman, who recommends controlling the environment as a way to succeed. That means stocking the break room with healthful snack choices such as fresh & dried fruit, yogurt, whole grain crackers, nuts, veggies and baked chips.

A key to feeling good and avoiding getting sick is to eat a well-balanced diet rich in a variety of foods that provide all the essential nutrients.

**Proper nutrition is a key part of fitness and good health.** The following



are good basics:

- Eat more fruits & vegetables and less saturated fat—reducing your risk of heart attack and stroke. It also lowers the risk of getting diabetes & certain cancers
- Proper nutrition also helps you maintain a healthy weight. Obesity is associated with more than 30 serious medical conditions, including heart disease and high blood pressure, as well as chronic health problems such as back pain and impaired sleep.
- Eating right also gives you the fuel you need to do a good day's work

and still have some energy to enjoy your personal time.

- And, good nutrition helps keep you looking fit and healthy. And that will probably make you feel better about yourself too.

**Encourage workers to examine the way they eat. Show them that a healthful diet contains food from all the food groups:**

- **Fruits & Vegetables**
- **Whole grains in bread & cereal**
- **Fat-free or low-fat milk products**
- **Protein in lean meats, poultry, fish, beans, eggs & nuts.**

**A healthful diet is also low in:**

- **Saturated fat, trans fat, cholesterol, salt, and added sugar.**

## Don't Let Your (Machine) Guard Down!

Machinery that's powerful enough, sharp enough, and fast enough to bend metal and cut wood is obviously able to do serious damage to human flesh and bone. That's why machine guards are required at all points where workers could possibly come in contact with dangerous moving parts.

The general requirements of OSHA's Machinery & Machine Guarding standard, states that one or more methods of machine guarding must be provided to protect operators & other employees in the machine area from hazards such as those created by the point of operation, ingoing nip points, rotating parts, flying chips & sparks.

Guarding at the point of operation—the area where work is performed on the material being processed for: shears, power presses, milling machines & power saws. Its on this kind of equipment that most amputations occur.

Examples of guarding methods include barrier guards such as interlocking and adjustable guards, two-hand tripping devices, and electronic safety devices like presence-sensing devices..

**Machine Guards Matter—Very Much!**

Follow these simple machine guard guidelines:

- Check that guards are in place at all points where you could contact

moving parts before turning the machine on.

- Report any missing or malfunctioning guards. Never use a machine with a missing or malfunctioning guard. Shut the machine down and tag it out. Do not use it again until the problem is fixed.
- Use lockout/tagout procedures when guards must be removed to repair or service a machine.
- Check machines after repair or maintenance to be sure guards are back in place and working properly.