

June is National Safety Month.



OSHA'S TOP 10 Most Frequently Cited Violations

OSHA released its Top 10 Violations last fall. The following is a summary and suggestions on what you can do to protect yourself and your coworkers:

1. Fall Protection

Tip: Use fall protection when working at heights and make sure you are trained properly to use it.



2. Hazard Communication

Tip: Make sure your employer gives you a written hazard communication program and that you follow it. Follow all instructions on labels, Safety Data Sheets and Hazard Classifications.

3. Scaffolding

Tip: Before you work on a scaffold make sure it has a solid foundation, proper decking and guardrails.

4. Lockout/Tagout

Tip: Shut down equipment and disconnect all primary and secondary energy sources before locking out.



5. Respiratory Protection

Tip: Choose the appropriate respirator for the job.

6. Ladders

Tip: Use the correct ladder for the job and maintain 3 points of contact while on the ladder.

7. Powered Industrial Trucks

Tip: Get proper training before using a powered industrial truck, and operate it according to the manufacturer's instructions. Never exceed the rated load.

8. Fall Protection Training Requirements

Tip: OSHA requires that fall protection be provided at elevations of 4 feet in general industry workplaces, 5 feet in shipyards, 6 feet in the construction industry and 8 feet in longshoring operations.

9. Machine Guarding

Tip: Never start a machine without the guards in place. If safeguard is missing or damaged, do not use and notify your supervisor immediately.

10. Personal Protective and Lifesaving Equipment — Eye and Face Protection

Tip: Use appropriate eye and face protection when there are hazards such as: flying particles, liquid chemicals, acids or caustic liquids, molten metal, chemical gases or vapors or light radiation.

The ABCs of DE (Device Ergonomics)

The average American spends about 3 hours and 43 minutes daily looking at mobile devices, according to an eMarketer study. Neck injuries are also growing, according to an eMarketer report, "U.S. Time Spent With Mobile 2019."

To prevent these types of injuries, follow this advice:

A Take breaks every 20 minutes from typing. If you plan to use a tablet for longer durations, use a separate keyboard and use a tablet stand to avoid neck strain.

B Write fewer and shorter messages. Use dictation when possible. Or use apps for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting.

C Use hands-free devices to eliminate awkward and static postures when you have to be on the phone a long time (meetings or conference calls).

D Maintain neutral wrists and alternate hands when holding mobile devices.

E Keep your head in a neutral position and keep your elbows relaxed below your shoulders.

F Perform hand exercises recommended by the American Physical Therapy Association. Learn more at uclahealth.org/safety/Workfiles/Ergo-Tips-Hand-Held-Devices.pdf.

G Alternate using fingers and thumbs when typing to reduce the chance of repetitive injuries to the thumb.

H Change positions often (sit, stand or walk) to keep muscles strong and limber.



SAFETY CORNER

Stay Secure Online

During **Internet Safety Month** review your online habits to steer clear of viruses and spyware; update your security software, browsers, apps and operating systems. Help your kids safely navigate their digital world and educate them to avoid harmful online experiences; explore websites, games, apps and social media together and set some rules. Learn more at staysafeonline.org.



Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.coronavirus.gov).



June is Home Safety Month.

Generating Safety

Whether you use a portable generator for camping, tailgating or just coping with a power outage, make sure you use it safely.

READ the instructions before using your generator.

NEVER use a portable generator indoors, in a partially enclosed space (including crawl spaces and garages) or near an open window. Generators emit carbon monoxide, which is odorless and harmful to your health, even causing death. Place the generator outdoors and install a carbon monoxide alarm.

USE heavy-duty extension cords when connecting the generator to appliances.

AVOID connecting the generator directly to your home power supply. It could cause a surge in electricity that could cause injury or death.

TURN off the generator and let it cool before refueling.

FUEL your generator outside. Do not store fuel in your home.

DON'T operate the generator near combustible materials.

STAGGER operating times for using the generator with equipment and appliances to prevent overloading the circuits.



Windshield Fix? Not So Simple

New technology in vehicles, such as windshields with built-in sensors, is a great innovation, but what if you get a chip or crack in it?

Newer windshields may not be so easy to replace because of sensors and other technology embedded in the glass. Windshields can be hazardous if not fixed or aligned properly. As we rely more on advanced driver assistance systems, even a minor impact can knock them out of alignment. If your assistance system isn't recalibrated properly, it could mean the difference between life and death. When you get your vehicles repaired, make sure cameras are properly recalibrated or realigned by a trained technician. It may cost you more up front, but it's better than costing you your life.

Tornado TIPS

Tornado watches are issued when conditions are favorable for tornados to form. Warnings are more serious and mean that severe weather is imminent. If your area is issued a tornado warning, take it seriously; seek shelter and avoid windows.

Inside: Get to the lowest level and stay under sturdy protection such as a mattress or heavy table. Know where heavy items are located above you (such as a piano or refrigerator) and avoid that area. Go to a small center room or under a stairwell.

TIP: Wearing a helmet can boost your safety, too. If you're in a skyscraper, go to the center of the building on the lowest floor or you can safely get to — stay away from elevators and use stairs.

TIP: Stairwells are often a safe place to take cover.

Outside: If you are in a car or mobile home, get out, and seek shelter in a permanent structure. If you are caught in a tornado, park your car, keep your seatbelt on, cover your head and duck below the windows. In the open outdoors? Get to the lowest place possible, staying away from trees and cars. Lie flat, face down, with your hands over your head.

Learn more at
spc.noaa.gov/faq/tornado/safety.html.



The **Smart Moves Toolkit** including this issue's printable download, **4 Rs for Restoring Health**, is at personalbest.com/extras/20V6tools.

6.2020