

March 2019

Dear Auto RETRO Members;

This month is [Save Your Vision](#) and [Workplace Eye Health and Safety Month](#). This is an opportunity to check your personal protective eye gear and make sure that your employees are properly using them. Remember eyes are priceless and eye protection is cheap!

First topic is: **Eye Safety**. Eye injuries are one of the most common injuries that occur in the workplace and one of the easiest hazards to prevent. What contributes to eye injuries at work?

**Not wearing eye protection** - The Bureau of Labor Statistics reports that nearly three out of every five workers injured were not wearing eye protection at the time of their accident.

**Wearing the wrong kind of protection for the job** - About 40 percent of the injured workers were wearing eyeglasses without side shields, although some injuries still can occur when full-cup and flat-fold side shields are worn. Tight-fitting goggles offer the most complete protection and should be worn for liquid chemical hazards.

**Flying particles** -The Bureau of Labor & Statistics found that almost 70 percent of the accidents studied resulted from flying or falling objects striking the eye. Injured workers estimated that nearly 60 percent of the objects were smaller than a pin head. Contact with chemicals caused about 20 percent of the injuries. Other accidents were caused by objects swinging from a fixed or attached position.

More information on eye safety can be found here:

Good videos can be found at [RS SafetyTV](#)

[Safety Meeting Kit for Personal Protective Gear on Eye Protection](#)

The second item is: **Ladder Safety**. Just how important is ladder safety? Well, ladders are one of the major causes of fall-related fatalities, according to the National Safety Council's statistics. It is estimated that in any given year 65,000 individuals receive emergency room treatment due to ladder accidents. Most ladder incidents happen at ten feet or less from the ground. Remember to use the right ladder for the project.

Ladder handout is included in this packet. More information is available on [RS SafetyTV](#) and [SAFEME Essentials has a Ladders module](#).

Finally: **Personal Protective Equipment.** One way to prevent injury at work is to wear proper personal protective gear. Some protective equipment is necessary for specific jobs, while other items are necessary for any work. Know the hazards you face on the job, then obtain and use the proper equipment to protect against those hazards. It's important that you be trained on how to use and care for the equipment so it will provide maximum protection.

**Hard hats** should be worn by all workers where there is a danger of flying, falling, and moving objects. Hard hats can mean the difference between life and death. A small object falling from high, can turn in to a projectile quickly and can hit a worker below with great force and cause serious injury.

**Gloves** are important whenever the potential for lacerating your hand (prevent serious tendon lacerations), or preventing foreign bodies, or even a chemical spray to your skin. This will aid in preventing skin irritations, such as dermatitis. Be sure to choose the right glove for the right job!

**Ear Plugs/Muffs** Your ears hear nearby sounds both good and bad. It doesn't matter if it is your favorite song or a jack hammer. You can't close your ears like you can shut your eyes. So it is your job to protect your hearing. Once damaged, hearing never gets better. There are many types of ear protection from soft foam inserts to over the ear muff styles. Find a type that you are comfortable with and wear them whenever you will be exposed to loud noises.

Eyes can be damaged from chemical splashes, dust or flying particles. Protect eyes by wearing approved **glasses, goggles or face shields.** You should wear eye protection when working around chemicals, while cutting material, when using power equipment and when spraying or sanding.

**Respirators** are necessary in some jobs to prevent nose and throat irritation or to prevent ingesting dangerous chemicals or vapors. The type of respirator to use depends on the nature of the work. Respirators should be worn when there will be a lot of dust, vapors or gases emitted into the air.

**Safety boots** with metal toe-caps protect the feet of the worker who handles heavy loads or who works around moving equipment.

Even if the job will only take a few minutes, that's all it would take for a chemical or fragment to fly into an unprotected eye or a heavy object to fall on an unprotected head or foot. Wearing appropriate personal protective gear will greatly lessen a worker's chance of injury on the job.

Additional information can be found in the [RS Safety Library](#) or [RS SafetyTV](#) under the topic PPE.

Thinking safety for you,

**Rick Means - CSMP**

Safety Specialist

Retail Association Services

618 Quince SE Olympia, WA 98507 [rmeans@waretailservices.com](mailto:rmeans@waretailservices.com) 360-943-9198 ext. 18