

May 2019

Dear RETRO Members;

May is **National Electrical Safety Month** and is sponsored by ESFI.org, an organization dedicated exclusively to promoting electrical safety in the home, school, and workplace. Their annual campaign is educating people about the steps that can be taken in order to reduce the number of electrically-related fires, fatalities, injuries, and property loss which can be found [here](#).

First topic is: **Overexertion** - Overexertion injuries generally fall into two categories – sprains (stretching or tearing ligaments) and strains (stretching or tearing tendons or muscles). These types of injuries have been associated with lifting, repeated bending at the waist with twisting, long term bending at the waist, pushing/pulling, carrying, reaching, long term poor posture (either sitting or standing) and sitting while absorbing vibration through the body (for example, while driving a truck). Proper posture, body mechanics and ergonomics can lessen overexertion injuries. Because it is important that the demands of the job match the capabilities of the worker, extra training may be required to perform a job safely. Additional information is available in; [RASI Library](#) or [RASI SAFETY TV](#) If you have additional questions or need help, please contact me.

The second item is: **Electrical Safety** - Improperly using electrical equipment can create very serious hazards for workers. Special safety features built into equipment often are rendered ineffective when equipment is manipulated or misused. This can harm workers and damage the equipment.

Please review the following tips about common types of equipment misuse:

- Do not fabricate extension cords with Romex wire.
- Replace all cords or tools with worn insulation or exposed wires.
- Never modify cords or tools by removing ground prongs, face plates or insulation.
- Ensure equipment labeled for *dry, indoor* use is never used outside or in damp conditions.
- Do not attach an ungrounded, two-prong adaptor plug to three-prong cords and tools.
- To ensure worker safety, only use equipment that is approved to meet all OSHA standards and use it in accordance with the manufacturer's instructions.
- Limit the use of extension cords where possible.

You can find some short electrical safety videos on [RASI SAFETY TV](#)

Also, [SAFEME Automotive](#) has a basic electrical lesson.

Finally – **Hazard Communications Review.** Hazard Communication rules were developed to make sure information about inherently hazardous chemicals are provided to employers and ultimately to employees, so they become informed about chemical hazards found in the workplace. These rules apply if you:

- Have employees with potential for exposure to hazardous chemicals at work.
- Distribute hazardous chemicals to employees.
- Manufacture (produce) or import hazardous chemicals.

A Hazard Communications (HazCom) plan is a company specific policy and process of how employees will handle the chemicals they work with on a daily basis and with the new changes in Safety Data Sheets, we thought it would also be a good time to review your current HazCom plan to reflect those changes, as well as reviewing to see if all the parts are still relevant to your operation. This plan should be a subset of your Accident Prevention Program.

The new Safety Data Sheets contain a lot of information for a specific chemical. L&I states that it is OK to have an electronic version of the safety data sheets, instead of binders, but they must be easily accessible to all employees in any format. Check with your suppliers to make sure you have the latest disc(s) on hand, which could also act as a backup if your internet access gets interrupted. A general HazCom template can be found [here](#) and can be modified to fit your company needs and processes.

[SAFEME Automotive](#) has a basic chemical safety lesson.

Thinking safety for you,

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