

September 2020

Dear RETRO Members;

September is **National Preparedness Month**, a week to focus on ensuring that your business and employees are prepared for emergencies. Take a moment to go through your first aid and earthquake kits replenishing items as needed. Go over your emergency plan. Will you be ready if there is a disaster? Perform a hazard inspection and correct and secure items that need attention. Will your business be able to remain open if there is a disaster? Don't wait to find out that you're not ready. Get a kit, make a plan and be informed. Here is a [link](#) to a great website for comprehensive business planning and preparedness. Here is where you can get the [FEMA App](#).



Fire Safety – With Fall approaching, it is a good time to review fire safety by checking fire alarms and smoke detectors, looking over the heating systems and electrical equipment for proper functionality. How are those fire extinguishers holding up? Do your employees know how to operate a fire extinguisher? Are emergency exit doors free from blockage and operating correctly? When did you last perform a fire drill exercise? Assume that if a fire were to happen, are all the things in place for everyone to safely exit? Here are a couple of great links for more fire safety tips;

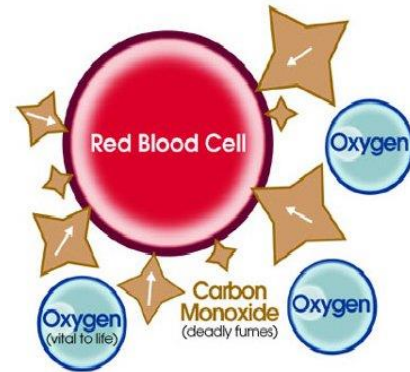


[RS SafetyTV](#)

[NFPA safety tips](#)

Carbon Monoxide Poisoning – It is cooler outside, doors and windows are closed more often and the heaters are turning on. It is also a good time to become more conscious of equipment that is being used; especially gas-powered ones; like forklifts, heaters, generators, etc.

CO is odorless, colorless and otherwise undetectable to the human senses. People may not know that they are being exposed. You should inspect any equipment that uses combustible fuels for proper operation and use. [RS SafetyTV](#) has a couple of good videos on CO poisoning.



Personal Protective Gear – PPE has a purpose and that is to help shield your body from injury. It can be your eyes, head, feet, ears and even your hands. Make sure your employees know how to use and to inspect their PPE daily to make sure it is in good working condition. It is important to use PPE, even if the job will only take a few minutes, which is 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. The price of protection is much cheaper than the injury that can result from not using this gear! Three important ones to start with are:



Eye – 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 BLS 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 BLS 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:

- A good video can be found at [RS SafetyTV](#)
- [Safety Meeting Kit for Personal Protective Gear on Eye Protection](#)

Eye gear is fairly inexpensive protection and current designs are a lot more comfortable with better protection than previous types. Please take a moment to think about all possible eye hazards at your workplace, inspect your current equipment to make sure it is in good condition, and then make sure your employees use them while performing their work.

Gloves – Human hands are unique and one of your greatest assets. Can you imagine not being able to work with your hands? Hand injuries can vary from minor cuts or irritation to amputation. Your hands are your personal tools and most of us take them for granted – until you have a serious injury or develop chronic skin problems.

Gloves that you are most familiar with are leather work gloves or insulated gloves for cold weather, since we all use them at home. On the job, there can be additional hazards and gloves available to protect you from those specific hazards, which could be chemical, electrical, food service, healthcare and more.

A good video about hand care can be found on [RS SafetyTV](#)

Here is a [link to a good PowerPoint that can be used for your next safety meeting.](#)

Protect your hands with the proper glove for the task that you are trying to accomplish and preserve one of your most universal assets!

Hearing - Hearing is important and hearing loss, with implications on communication, employment opportunities, job performance, injury-risk, depression, and anxiety, places a significant burden on society. Occupational hearing loss represents a substantial portion of all hearing impairments and is nearly always permanent. It is also nearly always preventable. Reducing worker exposure to hazardous noise is a sound investment. A great video on how the ear works and how to protect it can be viewed here on [RS SafetyTV](#)

When should employees wear hearing protection? A safe level of sound that a person can be exposed to, for long periods of time, is measured at 85dB. If you are recording an exposure limit value greater than this, hearing protection in the form of ear plugs or earmuffs should be made available to all staff members. To see what levels of noise are prevalent in your shop, you could bring in an Audiologist or as with most things today, there is an app for that. [Android iPhone which can offer you an approximate check to levels at the shop.](#)

There are many different types of hearing protection that you can choose from. Review the type of situation that you need hearing protection with your employees to find a suitable type that they will feel comfortable using. You want to have something that they will regularly use.

Additional Information can be found at:

[OSHA article](#)

[CDC article](#)

[L&I training packet](#)

Included in this packet is a *PPE Fact Sheet* handout and [RS SafetyTV contains videos on PPE.](#)

Think safe. Act safe. Be safe.

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