

September 2021

Hello RETRO Members,

September is **National Preparedness Month** which is the time to make sure that your business and employees are prepared for emergencies. Will you be ready if there is a disaster? Perform a hazard inspections and correct and secure items that need attention. **What use to be three days ready is now two weeks ready.** Will your business be able to remain open if there is a disaster?



Take a moment to go through your first aid and earthquake kits replenishing items as needed. Go over your emergency plan. 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](#).

**Personal Protective Equipment (PPE)** has a purpose and that is to help shield your body from injury. It can be your eyes, head, feet, ears, lungs 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!

Resources:

- [RS Safety Library](#) has a section of PPE information where you can review one type of PPE or the whole category.
- **SAFEME** has a lesson on PPE [ENG](#) [ESP](#)
- RS SafetyTV has several [PPE videos](#)

**Ergonomics** – Is about comfort, functional design and user-friendly systems while at work or home. It is the practice of designing products, systems or processes to take proper account of the interaction between the task and the people performing the task.

You mainly hear of this in office situations, but it is also relevant to all work processes, as we need to accomplish tasks utilizing the body's most natural movements and reducing overexertion.



Notice the forearm desk extensions to take pressure off wrists.

You should also evaluate any remote working and make sure employees are adjusting workspace there as well.

An example would be reaching overhead. Your shoulders prefer that you reach no higher than the top of your head. Once you pass that point you are taking your shoulder rotator cuff out of its normal operation which can lead to an overexertion injury. It is better to get the step ladder and raise your body higher to make it easier to do the task. Another option is to put the more common items in the shoulder to knee range.

The office is less physical, but over time it leads can lead to problems if you don't recognize them early on. A recommended watch is this video on [RS SafetyTV/ergo](#).

Resources:

- [RS Safety Library](#) has a section on ergonomics
- [Ergo App](#) – smartphone app that guides you to better lifting
- RS SafetyTV has several [ergonomic videos](#)

**Welding Safety** - Welding, torching and brazing is a common activity in some of our member's shops. There are various types of welding methods for different uses. Each one has needs to be thoroughly understood.

The shop manager must ensure all equipment is code-compliant, in safe working order and that users are properly trained in the safe use of that equipment. [Here is the WAC code link](#)



PPE – Proper PPE varies with the type of welding. Make sure you use correct eye protection, gloves, and appropriate clothing when operating this tool. Others adjacent to the welding area need to be notified of the activity allowing them to put on proper PPE or to leave the area.

Precautions such as isolating welding and cutting, removing fire hazards and combustibles shall be taken in areas where welding or other "hot work" is performed. A fire extinguisher must be located adjacent to the activity and should be immediately available.

Resources:

- [RS Safety Library](#) has some handouts and a video on welding safety.
- **SAFEME** has a lesson on hot work [ENG](#) [ESP](#)

One other reminder - there is an updated face covering requirement from Labor and Industries. The flyer is included in this safety packet for your review.

Thinking of safety for you,

***Rick Means, CSMP***

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