

July 2023

Hello RETRO Members.

July is **UV Safety Awareness Month**, a time of year when we get outdoors as much as possible. When outside, remember to protect yourself against the harmful effects of UV rays on your skin and eyes. Remember to wear sunglasses with UV protection. Also keep in mind that sunscreen usually requires more than one application.



Take this insightful [UV IQ](#) quiz to test your knowledge.

Understanding how heat affects the body

While working outdoors can offer numerous benefits, it also comes with certain risks, particularly when dealing with extreme weather conditions. It's crucial to prioritize Heat-related illness prevention as they pose a significant threat to outdoor workers, especially during summer.



To help protect workers, the Department of Labor & Industries (L&I) has implemented [permanent rules](#), **which will be effective 7/17/23**. If you have employees that regularly work outside, you need to provide training on this topic and include these protections in your Accident Prevention Program (APP). A template with training requirements is available [here](#) to assist with this requirement.

It is essential for supervisors and employees who regularly work outdoors to undergo training in the new rules and familiarize themselves with the signs and symptoms of heat-related illnesses. Also, the rule includes additional hydration and shaded break periods depending on the outdoor temperature.

Remember, prioritizing the safety and well-being of outdoor workers during extreme weather conditions is crucial, and proactive measures can help prevent heat-related illnesses and accidents. The new heat rules make for a great safety meeting topic for all employees.

Falls from elevation — People often assume ladders are involved in most falls, which is quite common. However, there are many other ways people fall from heights. These can include falling off loading docks, the back of a truck, and stairs.

To help reduce potential falls, **always mark or designate edges that have a change in floor level** to help to reduce injuries from falls. Several tips to keep in mind:



- Mark the area close to the edge of stairs with a bright color, such as yellow.
- Mark stair noses with yellow to designate each step.
- Always use the handrails when using stairs.
- Mark the tailgate area on trucks to bring attention to the edge.
- Use some type of temporary railing, chain, or other indicators to bring attention to loading docks when the overhead door is left open.
- And most importantly, encourage workers to always pay attention to their surroundings.

[RS SafetyTV](#) has several videos to pick from for your safety meeting.



Bloodborne Pathogens — Bloodborne Pathogens (BBP) are microorganisms, such as Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV), that can be transmitted through the bloodstream. Transmission occurs when an infected individual's bodily fluids enter another person's bloodstream.

In the workplace, the most common mode of transmission is through contact between an open wound and blood from another person who could be infected. Error on the safe side and use PPE to the extent of the exposure situation. Also, if you are experiencing used needles around your business, additional training is required on how sharps are to be handled. Review the [BBP Template](#) to better understand if any of the conditions could exist, what training is needed, and post-incident processes that could be relevant to your business.

Understanding risks and implementing appropriate precautions can help minimize the risk of bloodborne pathogen transmission and ensure the safety of both you and your co-workers.



It is crucial to follow safety guidelines to protect yourself and your co-workers from these transmittable viruses when aiding an injured individual. The [RS Safety Library BBP section](#) offers valuable resources on this topic. These resources can provide information and guidance on the proper measures to take when dealing with bloodborne pathogens.

RS SafetyTV has a [video](#) that can further enhance your understanding of how to protect yourself in such situations. Use this [BBP template](#) if you need to add to your Accident Prevention Program.

Think safe. Act safe. Be safe.

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