May 2025

Dear RETRO Members.

**Safety Mindset Matters: How HazCom can assist with keeping your employees safe.**

A note with writing on it

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**Hazard Communication (HazCom) Review**

[**WAC 296-901-14010**](https://app.leg.wa.gov/wac/default.aspx?cite=296-901-14010)The Hazard Communication Standard (HazCom) ensures that employees and employers are informed about hazardous chemicals in the workplace. These rules apply to businesses that:

* Have employees potentially exposed to chemicals
* Distribute chemicals
* Manufacture or import chemicals
* Keep in mind that cleaning supplies, engine lubricants etc. all should be listed no matter the hazard level.

A HazCom plan is a company-specific policy outlining how chemicals are handled, labeled, and communicated to staff. Take time this week to review your plan—ensure it reflects current operations and includes only relevant chemicals. The plan should also be part of your Accident Prevention Program (APP). Additionally keep a look out for these [PICTOGRAMS](https://us-west-2.protection.sophos.com/?d=osha.gov&u=aHR0cHM6Ly93d3cub3NoYS5nb3YvaGF6Y29tL3BpY3RvZ3JhbXM=&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=SzdGR1NoSUdLNWdDcHBlNmVBL0UrSFAvc0dQSnpaaEJLTC92UysxN1pzMD0=&h=506027b58eeb4744b8f2ba861a98c62f&s=AVNPUEhUT0NFTkNSWVBUSVYFcmkI0M5Xjoor1XEpgglwpHvUn515SLZ2AljWDVJ31Q) and what they mean.

**Safety Data Sheets (SDS)**

Each chemical must have a Safety Data Sheet (SDS) available to employees. If any are missing, contact your supplier or manufacturer—many SDS are available online. Focus on these key SDS sections:

* Section 4 – First Aid
* Section 7 – Handling and Storage
* Section 8 – Personal Protective Equipment (PPE)

L&I allows electronic SDS access as long as it’s easily available to employees. Make sure your links and documents are up to date.

Keep your team informed—reviewing your HazCom plan is a key part of workplace safety.

Helping you with safety,

**A person using a multimeter

AI-generated content may be incorrect.Wired for Safety: Best Practices in Electrical Hazard Prevention**[**WAC 296-46B**](https://app.leg.wa.gov/wac/default.aspx?cite=296-46B)Improper use of electrical equipment poses serious risks to both workers and equipment. While many tools and machines come with built-in safety features, these can become ineffective when the equipment is misused or altered. The result? Increased chances of injury and damage.

To help avoid common electrical hazards, keep these important guidelines in mind:

* Never fabricate extension cords using Romex or other non-flexible wiring.
* Replace cords or tools with damaged insulation or exposed wires immediately.
* Do not modify electrical tools or cords by removing ground prongs, faceplates, or insulation.
* Only use equipment as intended. Items labeled for dry, indoor use should never be used outdoors or in damp environments.
* Avoid using ungrounded adapters. Don’t connect a two-prong adapter to a three-prong cord or tool.
* Use OSHA-compliant equipment and always follow the manufacturer's instructions.
* Minimize extension cord use whenever possible to reduce tripping and fire risks.
* [NFPA 70E](https://us-west-2.protection.sophos.com/?d=wikipedia.org&u=aHR0cHM6Ly9lbi53aWtpcGVkaWEub3JnL3dpa2kvTkZQQV83MEU=&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=aXM4bndFbDlpdjhicXNXVFVmMUcxWVA1Qk5KYy9MTGt4eUt3MHpiWGh4ND0=&h=506027b58eeb4744b8f2ba861a98c62f&s=AVNPUEhUT0NFTkNSWVBUSVYFcmkI0M5Xjoor1XEpgglwpHvUn515SLZ2AljWDVJ31Q) is a good resource to consult as well for general electrical hazards

By following these tips and rules you can significantly reduce the chance for serious and minor injuries in the workplace.

**Two men wearing hard hats carrying boxes

AI-generated content may be incorrect.Don’t Let Overexertion Break you**Overexertion injuries typically fall into two main categories: sprains (which involve stretching or tearing ligaments) and strains (which affect tendons or muscles). These injuries often occur due to:

* Improper lifting techniques
* Repeated or prolonged bending and twisting at the waist
* Carrying, pushing, or pulling heavy objects
* Overreaching
* Poor posture over long periods (whether sitting or standing)
* Sitting for extended periods while exposed to vibration (such as truck driving)

Practicing good posture, using proper body mechanics, and applying ergonomic principles can significantly reduce the risk of these injuries.

Here are more specific resources that may help you further:

* To request a consultation - [Get Help with Ergonomics](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly9sbmkud2EuZ292L3NhZmV0eS1oZWFsdGgvcHJldmVudGluZy1pbmp1cmllcy1pbGxuZXNzZXMvc3ByYWlucy1zdHJhaW5zL2dldC1oZWxwLXdpdGgtZXJnb25vbWljcw==&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=MGdVTHJEcXBjWU9Vd0tSRjRHSFlaVURyTHkrSWErWWszMGNnRVJiN1ZGcz0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA)
* Office Ergonomics self-help - [Office Ergonomics](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly9sbmkud2EuZ292L3NhZmV0eS1oZWFsdGgvcHJldmVudGluZy1pbmp1cmllcy1pbGxuZXNzZXMvc3ByYWlucy1zdHJhaW5zL29mZmljZS1lcmdvbm9taWNz&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=ZUJmSmhXUS8yMzhYMURGaTlkL2FBY21vUFVEU1YzWXJUZ3l3UXJlZjgyYz0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA)
* A process for implementing ergonomics - [Ergonomics Process](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly9sbmkud2EuZ292L3NhZmV0eS1oZWFsdGgvcHJldmVudGluZy1pbmp1cmllcy1pbGxuZXNzZXMvc3ByYWlucy1zdHJhaW5zL2VyZ29ub21pY3MtcHJvY2Vzcw==&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=emZCVytDUjQ1eWlpZVVIelJpRlJkUktWUkFZUEZxZDhUN3cwR1dlOUxvST0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA) (scroll down for resources, including a workbook for each step)
* Training materials - [Ergonomics Training & Tips](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly9sbmkud2EuZ292L3NhZmV0eS1oZWFsdGgvcHJldmVudGluZy1pbmp1cmllcy1pbGxuZXNzZXMvc3ByYWlucy1zdHJhaW5zL2VyZ29ub21pY3MtdHJhaW5pbmc=&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=ZitlMHA0RVZIMnRSeEVmeUY2YmtuVjFwaWtQZ0c0L2ZYNkpWQVFCdlVMcz0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA) (Ergonomics Essentials would be a good starting point)
* Simple solutions - [Solutions for Sprains & Strains](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly93d3cubG5pLndhLmdvdi9zYWZldHktaGVhbHRoL3ByZXZlbnRpbmctaW5qdXJpZXMtaWxsbmVzc2VzL3NwcmFpbnMtc3RyYWlucy9zb2x1dGlvbnMtZm9yLXNwcmFpbnMtc3RyYWlucyNzaW1wbGUtc29sdXRpb25z&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=a0hPVExJWFByUmwzSDVpRk83RDR3YWh0OUR1Qk9pN29vUExvNlFzeVNHcz0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA) (safety meeting conversation starters)
* A searchable database of ergonomics ideas - [Ergonomic Ideas Bank](https://us-west-2.protection.sophos.com/?d=wa.gov&u=aHR0cHM6Ly9sbmkud2EuZ292L3NhZmV0eS1oZWFsdGgvcHJldmVudGluZy1pbmp1cmllcy1pbGxuZXNzZXMvc3ByYWlucy1zdHJhaW5zL2VyZ29ub21pYy1pZGVhcy1iYW5r&p=m&i=NjRiNjYyZmUyNjM4ZjQ1ODY4NjU3MjE3&t=UW1oOUNLaW1zT1ZYQ2ZJSkV4UHJZNG1OYitWQkdqVUExU0dmeTJscS95ST0=&h=1a30dbf4f5ce4be8bfbfa7e0b3c90c6c&s=AVNPUEhUT0NFTkNSWVBUSVaM7dEG3oQNpILmNPjtq9t7FC3YR5QCZg4lKXlyKSzHMA) (select Retail/Wholesale as the industry category)

It's also crucial to ensure that job demands align with a worker’s physical capabilities. In some cases, additional training may be necessary to complete tasks safely.

**A person holding a gauge

AI-generated content may be incorrect.How to Safely Inflate Tires and Prevent Explosions**

[**WAC 296-864-30005**](https://app.leg.wa.gov/wac/default.aspx?cite=296-864&full=true)

Tire explosions—especially during inflation or servicing of large or pressurized tires (like truck, tractor, or industrial tires)—pose serious safety risks. Implementing **safety measures** consistently and proactively are vital to protecting workers from potentially debilitating or even deadly tire explosions:

1. Use a Safety Cage or Restraint Device

* Inflation cages or tire restraint devices are required when inflating tires off a vehicle (especially split-rim or multi-piece wheels).
* The worker must stand clear while the tire inflates inside the cage.
* NEVER stand in front of the sidewall or tread during inflation.

 2. Check and Use Proper Tools

* Use clip-on air chucks with in-line gauges and remote inflation systems.
* Stand at a safe distance, typically to the side, with a long air hose to inflate.
* Always remove valve cores and inspect rims before inflation.

3. Follow Manufacturer Guidelines

* Always follow tire and rim manufacturer instructions for mounting, demounting, and inflating.
* Never exceed maximum inflation pressure indicated.

4. Training & PPE

* Provide formal training on safe tire handling, inflation, and inspection procedures.
* Wear appropriate PPE, including face shields, gloves, and steel-toe boots.

5. Inspect for Damage

* Inspect tires and rims for cracks, rust, or deformation.
* Do not inflate tires with visible damage, missing components, or if they have been repaired improperly.

6. Deflate Before Repairs or Demounting

* Completely deflate tires before removing from the rim or making any repair.
* For duals, deflate both tires if either is being serviced.

7. Follow OSHA & WAC Requirements

* In Washington State, follow:
  + OSHA 29 CFR 1910.177 (Servicing of Multi-Piece and Single-Piece Rim Wheels)

By following these tips, you can help ensure safe and efficient tire inflation, minimizing the risks associated with tire explosions.

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