



2003 Dates To Remember:

January:

Plan Your Safety Training Now!
Call Jody For Training Ideas!
312-381-8208

February:

9-15, National Child Passenger Safety Week

March:

16-20 Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
6-12 Intl Building Safe Week
7-11 Workzone Aware. Week
21-25 Window Safety Week
21-25 Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
17-23 Safe Boating Week
18-24 National EMS Week
19-26 Buckle Up America Week

June:

NATIONAL SAFETY MONTH

July:

Eye Injury Prevention Month

August:

Prepare Your Winter Safety Training!

September:

5-12 National Safety Council Congress & Expo - Chicago, IL

21-27 Farm Safety/Health Week

October:

5-11 Nat. Fire Prevention Week
20-24 School Bus Safety Week
20-24 Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

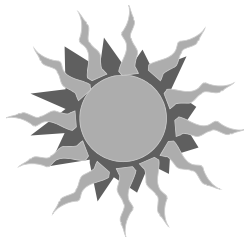
"30 Month" - Nation Drunk & Drugged Driving Prevention Month

Exposure To The Sun – Can Kill You!

Now that we are in the midst of summer - workers who spend large amounts of time exposed to the sun are at increased risk for developing skin cancer - a serious disease, affecting nearly 950,000 Americans in 1996. **Skin cancer is also mostly preventable.**

Years ago, workers wore wide-brimmed hats to protect themselves from the sun's rays. Since then, the baseball-style cap has become a trademark of workers, but it doesn't offer the same amount of protection for the nose, ears, temples, and neck.

Since skin cancer is serious and it can kill you, so here are some precautions to take:



- Use a sunscreen with a sun protection factor (SPF) of 15 or greater.
- Wear long-sleeved, tightly woven cotton shirts and long pants when working outdoors in the sun.
- Wear a hat—not a cap—that will offer full shade protection for the face, head, and neck, including ear tips, temples, and back of the neck.
- Whenever possible, avoid exposure during midday hours of 10 a.m. and 3 p.m., when UV rays are the strongest.

In the early 90's, workers participating in a skin cancer prevention study conducted by the National Farm Medicine Center rated a variety of hats and caps. They gave the highest ranking to a baseball-style cap with a removable back flap secured with Velcro. The second most popular hat style was a flexible, lightweight mesh hat with front and rear bill. Gempler's (800-382-8473) has a nice selection of some of the kinds of hats found to offer farmers the most protection from the sun.



They're the only ones you've got!

There are several types of injuries that can happen to your eyes while working – **all of which can be very serious and cause temporary or permanent blindness.** Here are a few -

- Impact – debris, grindings, shavings, sticks
- Chemical – caustics, acids, pesticides, grease
- Accumulation – household & corn/wood dust

Eye or face protection should be required when - handling chemicals, grinding, cutting, chipping or welding. Also when:

- Working in the **area** of the above activities.
- The possibility of eye and/or face injury exists.
- Procedure or rule requires it.

- Chainsaws -

They ARE Dangerous!

Chainsaw blades can be hazardous even when they're not running. Make sure your chainsaw has a blade guard and consider getting a carrying case to transport your saw safely.

When using a chainsaw, keep the base as close as possible to the log. The saw will tend to move in that direction anyway, and sharp teeth on the base of the saw will prevent the blade from moving around much.

If you have to work with the tip of the blade, you're putting yourself at risk for kickbacks, which occur when the chain catches on the wood and kicks the blade toward you. If you're using an older saw, consider replacing the chain with an anti-kickback chain, which has a noncutting tooth that faces the opposite direction of the cut. If the blade begins to kick, the tooth bites into the wood to reduce the kickback effect.

Always wear proper safety equipment when operating a chainsaw. First, you'll need a full-face mask. The saw can throw wood chips with a great deal of force, and if you cut through a poison-ivy vine, you don't want it sprayed all over your face. Other safety equipment includes hearing protection, steel-toed shoes or boots, leather or Kevlar chaps and work gloves.





- **OSHA Update** -

June 3, 2003, Contact: Layne Latham, Phone: (202) 693-1999. Draft Ergonomics Guidelines For the Poultry Processing Industry Now Available for Comment - Third Set of Draft Guidelines on OSHA's Website - WASHINGTON -- The Occupational Safety and Health Administration is inviting comment on the third set of industry-specific ergonomics guidelines -- **Guidelines for Poultry Processing**. The announcement of their availability is scheduled to appear in the June 4, 2003 Federal Register. The draft guidelines will be available on June 4 on OSHA's website at www.osha.gov/ergonomics (select "guidelines").

The draft guidelines consist of an introduction and two main sections. The introduction provides an overview of injuries related to ergonomic factors in poultry processing and explains the role of ergonomics in reducing these injuries. The first section describes how to develop and implement a strategy for analyzing the workplace, implementing ergonomic solutions, training employees, addressing injury reports, and evaluating progress. The second section, the heart of the guidelines, describes examples of ergonomics solutions that may be used in the poultry processing industry, including recommendations on workstation design, tools, manual materials handling, and the selection of personal protective equipment. The draft guidelines conclude with a list of references and helpful resources.

The guidelines are intended to provide practical solutions for reducing ergonomic-related injuries in the poultry processing industry. They are based on a review of existing practices and programs, as well as available scientific information, and reflect comments made by poultry processing industry stakeholders. They are advisory in nature and informational in content, and do not create any new duties. They will not be used for enforcement purposes. OSHA is also working on guidelines for the shipyard industry, and will make drafts available for comment, as well.

Interested parties must submit written comments on the draft poultry processing ergonomics guidelines to the OSHA Docket Office by August 4, 2003. After the conclusion of the comment period, there will be a stakeholder meeting in the Washington, DC metropolitan area to discuss the draft guidelines. Individuals are required to submit their intent to participate in this one-day stakeholder meeting by August 4, 2003. Location and date will be announced at a later date. Copies of the guidelines can be downloaded from www.osha.gov and also are available by calling OSHA toll-free at (800) 321-OSHA (6742) or faxing a request to (202) 693-2498.

The draft guidelines are now available on OSHA's website at www.osha.gov/ergonomics (select "guidelines").

OSHA is dedicated to assuring worker safety and health. Safety and health add value to business, the workplace and life. For more information, visit www.osha.gov.

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Safety Resource Center

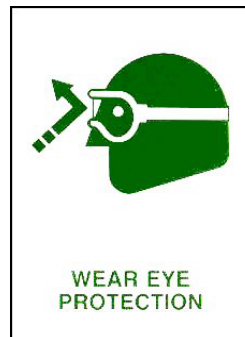
Helpful Websites:

- OSHA**
www.osha.gov
- Centers For Disease Control**
www.cdc.gov
- National Safety Council:**
www.nsc.org
- American Society of Safety Engineers (ASSE)**
www.asse.org
- Tool Box Topics**
www.toolboxtopics.com
- National Cancer Institute**
www.nci.nih.gov
- American Sun Protection Association**
www.americansun.org

Do you know of a great safety website?
Call Jody @ 312-381-8208

Safety Equipment:

- Lab Safety Equipment**
www.labsafety.com
- Stihl Power Equipment**
www.stihl.com



Do you know of a great safety topic?
Call Jody @ 312-381-8208

Future Sections:

- Foot Protection**
- Chemical Safety**
- Anatomy of an Injury**
- OSHA Rule Update**
- Ladder Safety**
- Forklift Safety**
- Safety With Hand Tools**
- OSHA Recordkeeping**

Do you know of a great safety story?
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