



Plan Your 2004 Safety Training Now !!

(By Jody Warner, Cambridge Risk Control Supervisor) **Procrastinator** – is that you when it comes to planning your company’s safety training calendar? Do you wait until the last possible minute and then put it together from the previous year’s topics? Or, perhaps, you pick topics randomly from “www.give-me-some-safety-ideas-now.com” (yes, I made that up). It’s even possible that you might develop your safety training topics on a month-to-month basis – whenever you find the time! Regardless of how you do it, your safety training may not be as effective as it can be. Maybe we can help.

Here’s a quick lesson on planning a safety calendar so that it’s current & effective – choose your topics early and wisely:

2004 Dates To Remember:

January:

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312-381-8208

February:

8-14 Child Passenger Safety Week

March:

16-22 Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
4-10 Intl Building Safety Week
7-11 Workzone Awareness Week
26-30 Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
16-22 National EMS Week
16-22 Poison Prevention Week

June:

NATIONAL SAFETY MONTH

July:

Eye Injury Prevention Month

August:

Prepare Your Winter Safety Training!

September:

19-25 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!

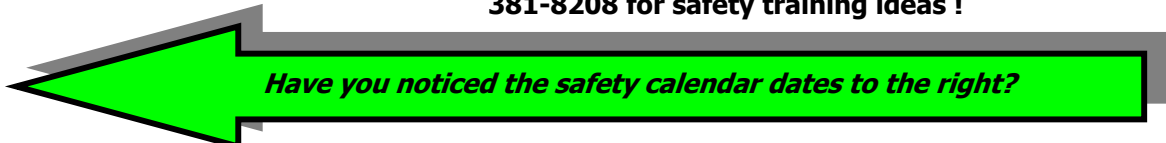
December:

“3D Month” - National Drunk & Drugged Driving Prevention Month

- **WHAT INJURIES/INCIDENTS ARE YOU HAVING?** One of the first priorities of your safety effort should be to stop the injuries/incidents that you’re currently having. In other words, protect the employees from the incidents that are occurring. Whether it’s Strains & Sprains, Power Tools or Slip, Trip & Falls – let the incidents guide your training. Do more training for the incidents that are more frequent or more severe.
- **REFRESHER CLASSES** – Many OSHA (Occupational Safety & Health Administration) and other policies and procedures require that employees obtain regular (annual, semi-annual, etc.) training on specific topics – Bloodborne Pathogens, Hazard Communication, First Aid, CPR, etc. This is a great opportunity to provide training for employees who need it. The required schedules can be worked into the calendar.
- **CHANGES IN OPERATIONS** – Injury incidents can occur when an operation changes – location, time, part changes, equipment changes, etc. Take this opportunity to learn about the upcoming changes and develop a training program that will cover it and the surrounding safety issues that will affect the staff’s safety. They’ll thank you for it later.
- **REGULATORY ISSUES** – As you may know, there are regular and numerous changes to the structure of the OSHA requirements. There are new regulations (Ergonomics), changes to existing ones (needle sticks/bloodborne pathogens) and regular updates to all of them. Again, take this opportunity to train your staff on these changes and the need for OSHA compliance.
- **INSURANCE INSPECTIONS** – Regular visits by your insurance companies will often bring up topics for discussion and training. Departmental inspections, housekeeping, machine guarding, fire extinguishers, forklifts, chemical training and basic safety rules are some of the many topics that insurance reps will often focus on.
- **EMPLOYEE REQUESTS** – Employee requests for safety training will frequently precede serious incidents or events. The staff at your facility will know the day-to-day operations and see the things that you might not. Take their comments very seriously and attempt to accommodate staff request for safety training when possible.



If, by some chance, you don’t have any training topics at hand, here are a few that you can use – MSDS, forklift, seat belts, winter driving, office safety, slips, trips, falls, chemical safety, electrical safety, ergonomics, lifting, drug/alcohol issues, machine guarding, back safety, eye protection, face protection, night driving, hand tools, power tools, fall protection, temperature extremes, water safety, fire extinguishers, sprinkler systems, employee behavior, foot protection, head protection, respirators, scaffolding safety, confined spaces, gasoline safety, ladder safety, rebar caps, pesticides, herbicides, fungicides, loading docks, working near power lines, pinch points, gloves, lockout/tagout, hearing protection, on-the-job stress, supervisors safety responsibilities, emergency numbers, the fire triangle, flammable liquids, combustible liquids, choking, burns, labeling, explosives, compressed gases, oxidizers, radioactive materials, corrosives, tow motors, dollies/hand trucks, welding safety, crane safety, winter safety, heat stroke...**need more? Call 312-381-8208 for safety training ideas !**



Eye & Face Protection Guideline Changes

(By Ernie Husmann, Cambridge Risk Control Consultant)

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After many years, the safety guidelines for eye protection have been updated. The standard published by the American National Standards Institute (ANSI) – “ANSI Z87.1-1989, Occupational and Educational Personal Eye and Face Protective Devices”, went into effect in 1989 and was reaffirmed in 1998 without any significant changes. The new, 2003 revisions are effective as of August 2003 and mean that manufacturers of protective spectacles, goggles, face shields, welding helmets and full-face and loose-fitting respirators will need to retest or develop new protectors. Employers will need to reassess job tasks and employees’ needs and employees will have to pay closer attention to what type of eye protection is needed.

The original standard (Z87.1 - 1989) was incorporated into the OSHA General Industry standards as 29 CFR 1910.133 - Personal Protective Equipment, which gave it the force of OSHA law. As of the writing of this article, it’s not known if OSHA will incorporate the new 2003 revisions, however it is likely. Employers are certainly encouraged to comply with the new standard, and the Cambridge Risk Control Department will keep its clients advised of any action by OSHA to incorporate the recent revisions.

✻ “...technology and materials...have benefited the (eye protection) user in **protection, comfort and design...**” ✻

Since the ANSI eye protection standard was created there have been many changes in technology and materials which have benefited the user in protection, comfort and design. The new standard will allow manufacturers of protective eyewear to provide better coverage and at the same time incorporate lighter materials, greater comfort and more choices in style.

Under the old standard, lens thickness had to be a minimum of 2.0 mm across the entire lens. This often resulted in distortion due to the curvature in the lens. With improved technology and materials, lenses can be manufactured at a reduced thickness and provide adequate protection without the typical distortion. Also, under the new standard, there are now two categories for lenses – non-plano (prescription) and plano, or basic and high-impact products. For non-plano lenses, the 2.0 mm thickness requirement remains, as this is necessary for lens retention in the frames during impact events. However, for high-impact plano lenses this requirement has been replaced with a requirement that a sample lens of the same material pass impact and penetration performance tests. This allows lens manufacturers to thin areas of the lenses at curvatures and reduce and/or eliminate the optical distortion.

Under the old standard the labeling was the same for both categories. The new standard includes additional labeling requirements to differentiate between basic and high-impact lenses. Here’s a summary of the labeling requirements:

- All markings must be permanent, legible and placed so that interference with the wearer’s vision is minimal.
- For products with removable lenses, all spectacle, goggle bodies or housings, face shield headgear and welding helmet components must be marked with the manufacturer’s mark or logo and “Z87”.
- For prescription lenses, the front and both temples must be marked with the manufacturer’s mark or logo, “Z87-2”.
- Products with non-removable lenses require only one marking. For spectacles, the manufacturer’s identifying mark or logo, the Z87 (basic impact level) or Z87+ (high impact level) mark and a lens shade number (if applicable) may be placed on the frame or temple.
- For goggles, face shields or welding helmets, the markings may be applied to any component including the lens.

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If you haven’t noticed any changes in availability of protective eyewear provided by your safety equipment vendor, you will most likely see changes soon. While the new standard is not a legal requirement for the end user as of yet, it will affect the manufacturers of protective eyewear. You are strongly encouraged to re-evaluate your protective eyewear needs and current protective eyewear selections to ensure that your company doesn’t get caught in a transition from old to new.

Try www.ansi.org, www.osha.gov or contact your Risk Control Consultant for more information on eye protection.

Safety Resource Center

It’s Good To Know:

MSNBC.com’s Kate Hazelwood reported (July 2003) that, according to Circadian Tech., “...Graveyard shift workers...are 20 percent more likely to suffer severe accidents...(and) also have a significantly higher incidence of costly disease and disorders, costing employers billions.”

Furthermore, she writes, “Obesity and diabetes rates are higher among overnight-shift workers... All-night shift workers tend to have heart disorders at rates 40 percent higher than those of workers on day shifts...”

Remember:

If you have any questions regarding eye/face protection, or any other safety topic, please contact your Cambridge Risk Control Consultant for assistance.



Slips, Trips & Falls:

Remove throw rugs, carpet and runners, unless you install a skid resistant base to prevent them from sliding.

Remove storage, papers, old furniture, files, etc. from the walkways.

Remove the extension cords that run across walking paths!