

Accident Prevention, Accident Reporting, Material Handling, Spotter Safety, Hoist Safety, Sling Inspection, Working Around Forklifts and Cranes, Bloodborne Pathogens, Ladder Safety, Winter Driving

Accident Prevention

The main goal of an accident prevention program is to prevent workplace injuries, illnesses and deaths, the suffering these events cause employees, and the financial hardship they cause both employees and employers. Workplace accidents and incidents can cause a huge amount of physical and financial hardship for individual employees and their families.

Annual Averages:

Looking at some statistics about workplace accidents in General Industry.

- 5,147 workers died due to largely preventable fatalities
- Weekly average: 99 workers
- Daily average: 14 workers Causes of Death:
 - 39.2% - Falls
 - 8.2% - Struck by Object
 - 7.3% - Electrocution
 - 5.1% - Caught-in/between

Employee Participation:

Since you know your equipment and work area better than anyone else, your actions could be the difference between preventing an accident and not preventing it. The following knowledge can help you prevent accidents:

- No amount of money or managers can create a safety conscious environment without employee involvement
- Communication is key to solving:
 - Safety issues
 - Preventing future accidents
- Know that your actions set an example that other employees likely will mirror.
 - Both Good and Bad How could you be affected if you do not take safety seriously...

Affects Go Beyond Work...

- Retirement
- Vacations
- Hunting
- Camping
- Riding a motorcycle/ATV
- Playing with your kids/grandkids
- Spending time with your spouse or partner
- Simply sleeping comfortably

Who May No Longer Be Able to Count On You?

- Spouse or Partner?
- Children or Grandchildren?
- Parents or Grandparents?
- Friends?
- Dogs or pets?
- Your church or community group?

Help Find the Solution:

- Fix issues within your control
- Notify maintenance and management of safety concerns
- Report ALL accidents and near misses to management immediately
- Practice good housekeeping
- Speak up before it is too late

Accident Reporting

All employees need to know what to do in the event of an accident. Whether it's a near miss or fatality, knowing how to respond is the first step in maintaining a safe work environment and remaining compliant with OSHA.

What Needs to Be Reported:

- Accidents
- Incidences
- Near misses
- Injuries
- Damage to equipment or company property
- Foreseeable problem areas that could cause an accident

Reporting Process:

Once an incident or concern presents itself:

- Report any incident or injury immediately
- Inform management of any concerns right away
- Fully comply with questions and potential documentation needed by management

Note:

- You may be asked to by management to assist with finding a solution for problem areas in your department. Your hands-on experience and insight make you a valuable asset.

Reporting to OSHA:

- Fatalities (Required to report within 8 hours)
 - Death
- Catastrophes (Required to be reported within 24 hours)
 - Amputation
 - Loss of an eye
 - Hospitalization of one or more employees
- If OSHA is being contacted, MAKE SURE TO CALL SAFETY MANAGEMENT SERVICES

Workplace Violence:

Workplace violence may be a hard topic to communicate with one another, but it is a rising concern that we should be prepared for. There are plenty of reasons and warning signs we may see violence in the workplace. Recognizing them can be one of the best ways to help preventing a hazardous situation from arising.

What's at risk:

- 20,050 workers experienced trauma from nonfatal workplace violence in 2020
 - 62% were aged 25 to 54
 - 22% required 31 or more days away from work to recover
 - 22% involved 3 to 5 days away from work
- 392 U.S. workers were victims of workplace homicide in 2020

- 44% were aged 25 to 44
- 1 in 7 employees do not feel safe at work

Warning signs workplace violence might occur:

- History of violence
- Threatening behavior
- Intimidating behavior
- Increase in personal stress
- Marked changes in mood or behavior
- Socially isolated
- Abuses drugs or alcohol

How to Respond: IN Immediate Area:

- Listen
- Remain calm and avoid sudden movements
- Keep hands up in front of you
- Do what you are told (within reason)
- Speak carefully and sparingly
- Go for cover or run, only if safe to do so
- If being attacked, fight for your life and yell to alert others

How to Respond: Not In Immediate Area:

- Listen
- Stay out of sight and take cover
- Escape the building when possible
- Do not gather as a group (No collection points)
- Call for help:
 - As soon as possible
 - When safe to do so

Material Handling:

When moving any type of material there are some guidelines we should keep in mind when working around moving devices. These devices while being simple they do have a lot of dangers that may come with it. Keeping with the proper guidelines will not only allow for ease of access, but also keep you and others safe will doing it.

Pallet Jack:

- Inspect pallet jack
 - Wheels, hydraulic, damaged or worn
- Never overload capacity
- Push, don't pull
 - Places strain on shoulders
- Never step or stand on forks
- Keep feet away from load and forks
- Keep pallet jack in front of you on ramps
- Need to have capacity posted

Powered Pallet Jacks:

- Inspect brakes, steering, controls
- Keep forks 2-4 inches off the ground
- Operate at a safe speed

- Stay away from the edge of ramps
- Never carry riders
- Avoid quick or sudden turns
- Park pallet jack out of traffic areas
- Need to have capacity posted

Hand Trucks/Carts:

- Make sure weight is evenly distributed
- Never pull, always push
- Secure loads with belts
- Don't brace or brake with your foot
- Keep in front when going down hill
- Keep behind when going up hill
- Maintain control with both hands
- Need to have capacity posted
- If wheels are close to center of cart, the edges become easier for it to tip

Spotter Safety:

Whether you are helping a coworker navigate a large load on a forklift or giving directions to the crane operator the spotter can in a lot of ways be the most important role on a job site. Spotters have the responsibility to navigate a large load in the quickest and safest way. There are ways to keep yourself safe along with others while you are spotting.

Spotter Responsibilities:

- Directing a travel route
- Directing the positioning of a load on the forks
- Watching for drop-offs, overhead wires, piping, and other hazards
- Keeping pedestrians away from hazardous areas and travel paths
- Following a forklift on roads to protect the lift and other vehicles

Spotter Best Practices:

- Ensure spotter and driver agree on hand signals
- Use two-way radio communication if required needed
- Maintain visual contact between spotter and driver
- Use traffic control measures to account for pedestrians
- Avoid multitasking

Hoist Safety:

Along with spotter safety the hoist operator has a lot of control over the safety of those around them when working with a heavy load. A lot like other material handling tools the hoist may be a simple machine but used improperly it can cause a lot of harm. Following these safety rules will keep you and your fellow coworkers safe.

General Precautions:

- Always inspect the hoist before using it
- Hoist should move freely
- Chains should be lubricated

If Issues Are Found:

- Do not operate
- Report issues of concerns to management
- Do not use until hoist has been cleared or repairs have been made

Inspection Frequency:

- Daily (or whenever used)

- Check for blatant damage, missing parts, and control operation
- Monthly
 - Should be documented (signed and dated)
 - Inspecting hooks, rope slings, end connections, excessive wear, broken wires, stretched, kinked, or twisted chain links.
- Periodically
 - Will be performed by someone considered competent by management with likely a maintenance background

Additional Precautions:

- NEVER let anyone stand under a raised load on a hoist
- Always check that there is a safety latch and that it is in good working condition
- Make sure the load is properly balanced
- Never raise a load sideways (side pulling) and allow it to swing to center
- Never leave a load suspended
- Never leave the hoist and carriage lowered when not in use
 - Someone might walk into it

Sling Inspection:

Inspection Frequency:

- Check Conditions of Tags
 - Upon Receiving
 - Before Each Use
- Annual Inspection
 - Qualified Personnel
 - Frequency of use
 - Severity of service conditions
 - Nature of the lifts being performed

Common Sling Damage:

- Missing or illegible sling identification
- Acid or caustic burns
- Melting or charring of any part of the sling
- Holes, tears, cuts, or snags
 - Inner red thread exposed
- Broken or worn stitching in load-bearing splices
- Excessive wear or abrasion
- Knots in any part of the sling
- Discoloration and brittle or stiff areas on any part of the sling
- Fittings that are pitted, corroded, cracked, bent, twisted, gouged, or broken

Working Around Forklifts:

When working with forklifts the person that would be in the most danger to getting hurt would be pedestrians who are around a forklift operator. While as a tool forklifts are essential to business, but in the safety field forklifts can result in a lot of serious injuries.

What's at risk:

- 85-100 fatalities each year
- 35,000 serious injures each year
- Common injuries:
 - Hitting a pedestrian

- Crushed between
- Crushed by tipping vehicle
- Hit by falling material
- Fall from platform on forks

How to Stay Safe:

- Stave From Distraction
 - Watch where you walk
 - Listen to horn warning
 - Lookout for corners and blind spots
- Stay Clear
 - Do not approach a moving forklift
 - Approach lift from the side AFTER it has stopped
 - Keep your feet clear of the forklift
 - Move away from the forklift before the operator moves it
 - Stand clear of a forklift while it's turning

Working Around Cranes:

Work Area Precautions:

- Stay out from under crane booms, buckets, and suspended loads
- Watch for falling objects
- Watch your hand and arm placement
- Never attempt to adjust or turn a load while it's suspended
- Never enter a roped-off or barricaded area near a crane
- Anticipate a crane's swing radius when a lifting operation is taking place

Bloodborne Pathogens:

When most people think about bloodborne pathogens, the HIV virus that causes AIDS, immediately comes to mind. What they don't realize is that the hepatitis B and C viruses, causing deadly diseases of the liver, are transmitted much more easily. A pathogen is a specific cause of disease, such as a virus or bacteria, and "bloodborne" means it is carried by or in blood. Remember to use the proper PPE when dealing with bloodborne pathogens.

HIV and Aids:

- HIV can lead to Aids
- HIV attacks and depletes the human immune system
 - Attacks white blood cells
- Early HIV symptoms resemble the flu virus
- HIV antibody test is the only way to know for sure
- HIV does not survive outside the body
 - When bodily fluid is dried, the risk of transmission is virtually zero
- No known cure

Hepatitis B Virus (HBV):

- 1.4 million people infected
 - Roughly 100,000 infected each year in U.S.
- Can lead to chronic liver disease, cancer, and death
- Symptoms include
 - Fatigue and abdominal pain
 - No appetite, nausea, and vomiting
- Vaccine is available
 - Last roughly 20 years
- HBV can survive outside the body
 - Can survive for at least 1 week in dried blood

Hepatitis C Virus (HCV):

- Most common Bloodborne infection
 - 3.2 million infections
- Can lead to chronic liver disease, cancer, and death
- Symptoms can take years to manifest
 - Flu-like symptoms, dark urine, and fatigue
 - Loss of appetite, nausea/vomiting, and abdominal pain
- Treatment is marginally effective

Routes of Exposure:

- Contaminated sharp objects or needles
- Broken skin, including rashes
- Mucous membranes
 - Eyes, mouth, and nose

Take Universal Precautions:

- Treat all blood and bodily fluids as if infected
- Use barrier protection to avoid contact with infected bodily fluids
- Immediately clean up and decontaminate surfaces and equipment
- Wear proper PPE
 - Gloves, mask, eye protection, protective clothing

Biohazard Disposal:

- Do not dispose contaminated items into trash or dumpsters
- All items containing bodily fluid should be disposed in bio-bag
 - Contaminated sharp objects
 - Bandages
 - Clothes
 - Clothes/Paper towels
- Take Biohazard bag to facility that will dispose of it
 - Hospital
 - Clinic
 - Fire stations
 - Outside agency

Decontamination:

- Remove glass or other sharp materials
- Do not use your hands
- Wear appropriate gloves, glasses, and masks to protect your eyes, nose, and mouth
- Use paper/absorbent towels to soak up the residual liquids
- Disinfect all surfaces, and allow time to dry before using again
- Use a ratio of 1:10 bleach to water to disinfect

Facts:

- If you are exposed to HIV you have a 1 in 300 chance of contacting that virus
- If you are exposed to Hepatitis C you have a 1 in 50 chance of contacting that virus
- If you are exposed to Hepatitis B you have a 1 in 3 chance of contacting that virus

Ladder Safety:

Every year many injuries and deaths are tied to ladders. Injuries can be serious, even from a short height. It is important to understand how to use a ladder safely, how to inspect a ladder for safety, and how to store a ladder properly.

Basic Types of Ladders:

- Step Ladders (A-Frame Ladders)

- Wheeled Ladders
- Fixed Ladders (Part of building structure)

Controlling Hazards:

- The use of ladders is one of the leading causes of fatalities and injuries. Fortunately, ladder accidents can be prevented.
- You don't have to suffer a painful, possibly disabling injury. You have the power to prevent ladder accidents by taking three simple steps:
 - Use the right ladder for the right job
 - Use ladder that is free from defects
 - Use the ladder in the way it was designed to be used.
 - The Right Ladder:
 - Use the right type, length, and rating for the job
 - Never use the top two steps of a ladder
 - Tell your supervisor if you need a longer ladder

Free from Defects:

All ladders should be inspected before each use. It doesn't take long to check out a ladder to make sure it's safe to use. But those few minutes could be the most important of your life.

- Regardless of ladder type, inspect the ladder before each use
- Do NOT use the ladder if it is bent or there are missing parts
- Tell your supervisor about the defective ladder

Ladder Inspection:

When you do a ladder inspection, check to make sure that:

- Steps or rungs are in good repair and free of mud, grease, oil, or sticky substances;
- Side rails have no cracks or splits;
- Metal parts are lubricated;
- Rope is not worn or frayed;
- Spreaders or other locking devices are in place and working properly;
- Splinters or sharp edges have been filed down;
- Safety feet are solid and in place; and
- Metal ladders are free of dents and bent parts.

You should also inspect ladders following any tip-overs or possible damage to a ladder that has been struck by something, hit something, or been dropped.

Proper Use:

- Ladders must be used according to the manufacturer
 - Take the time to read the information
 - Read and follow all informational stickers and warning labels
 - Replace missing stickers or warning labels
 - Maintain 3 points of contact
 - Maintain proper positioning
 - Do NOT lean away from the ladder to carry out our task
 - Always keep your weight centered between the side rails
 - Move the ladder as necessary
 - When using ladders to access another level, secure and extend the ladder at least 3 feet above the landing point
 - Angle ladder so the horizontal distance of the bottom is 1/4 the working length of the ladder
- Fixed Ladders:
- Must be equipped with a:
 - Personal fall arrest system, ladder safety system (if installed on/after 12-19-2018)

- Personal fall arrest system, ladder safety system, cage, or well (if installed before 12-19-2018)
- PFAS or ladder safety system must provide protection throughout entire vertical distance of ladder

Wheeled Ladders:

Although like a regular staircase, the fact that it is mobile adds new hazards and as a result further safety precautions that need to be followed such as:

- Must be equipped with a:
 - Properly functioning wheels/tires
 - Brake/ wheel locking system
 - Chain/barrier at the top of the stairway
 - When working at the top of the ladder, a chain or guard must be in place for fall protection.
 - Positioned on a level surface.
 - Ensure the wheels are locked in place before climbing.
 - Know the maximum capacity and don't overload.
 - Before moving it to a new position, make sure nothing has been left on the ladder that could fall off and hurt someone.

Winter Driving:

While many of us are already well versed at navigating safely through cool weather and possibly slick terrain, there are good habits that should continue to be mentioned as a reminder. As the wet parking lots freeze and new hazards can arise as temperatures fall, being aware of your surroundings and staying prepared can be the difference between getting around safely or a nasty slip.

What's at Risk:

- Over 70% of the nation's road accidents are located in snowy regions
 - 24% of weather-related vehicle crashes occur on snowy, slushy or icy pavement
 - 15% happen during snowfall or sleet
- Over 1,300 people are killed annually
- More than 116,800 people injured annually

Avoid the Crash:

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Winter Car Care:

- Test your battery
- Make sure the cooling system is in good working order
- Have winter tires with a deeper, more flexible tread put on your car
 - If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch
- Check the tire pressure
- Check wiper blades and replace if needed
- Add wiper fluid rated for -30 degrees
- Keep your gas tank at least half full to avoid gas line freeze
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Resources

- (OSHA, osha.gov)