

IMPORTANT POINTS

- Using your cellular telephone to call and text while at work is forbidden as it can be a hazard, unless it is an emergency. If the phone call or text you receive is an emergency, you need to obtain approval from your supervisor to call or text back.
- All incidents or accidents that happen while at work and because of the work that you are doing have to be reported to LaborTek Immediately **WITHOUT EXCEPTIONS**
- As a safety precaution, no shorts (even long shorts) and sleeveless shirts (known as muscle shirts) **are not** permitted while at work.

Have a safe and healthy month of July.

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Worn Out PPE Leads to Toe loss

His CSA approved steel toe boots had seen better days and he delayed buying new ones; until a metal bar fell on his foot and sliced his toe!

The Canadian Centre for Occupational Health and Safety defines personal protective equipment (PPE) as equipment worn by a worker to minimize exposure to specific occupational hazards. Examples of PPE include respirators, gloves, aprons, harnesses, and full body suits, as well as head, eye and foot protection.

Hazards exist in every workplace. There are two basic categories for controlling hazards in the workplace: "pre-contact" or "point-of-contact."



Pre-contact

Pre-contact control is the first and most important method because it prevents the hazard from reaching the worker. Pre-contact control methods include substituting materials or processes that are less hazardous, isolating hazardous processes, retrofitting existing equipment, or acquiring safer equipment.

Point-of-contact

The point-of-contact control is important but secondary because it cannot eliminate the hazard. It only manages the hazard at the point of contact with the worker. This form of control is primarily accomplished through personal protective equipment.

When should PPE be used?

PPE is used to reduce or minimize the exposure or contact to injurious physical, chemical, ergonomic, or biological agents.

A hazard cannot be eliminated by PPE, but the risk of injury can be reduced. PPE should be used:

- 1) As a short term measure before controls are implemented;
- 2) Where pre-contact control technology is not available;
- 3) Where pre-contact controls are inadequate;
- 4) During activities such as maintenance, clean up, and repair
- 5) Where pre-contact controls are not feasible or effective;
- 6) During emergency situations.

When using your PPE you need to ask yourself:

- 1) Am I using the right PPE for the job I am doing?
- 2) Is the PPE I am wearing protects me as it should do?
- 3) Am I using the right size or do I feel a discomfort wearing it?
- 3) Is my PPE still in good working order or is it torn or worn out?

Drowning of Girl Could Have Been Avoided

Jenny was a beautiful girl full of fun who loved to swim in the community swimming pool. Her life ended abruptly when she drowned from a lack of supervision.

As much as swimming in pools, rivers and lakes can be fun and refreshing, it can become deadly when unsupervised.

Follow these simple rules when you, your friends and family go for a swim:

- 1) Don't lose sight of your kids in or around water. Most incidents happen when children are near water during a momentary lapse in adult supervision.
- 2) When boating or doing any water sports, everyone must use approved personal flotation devices
- 3) If you are not a good swimmer don't venture outside of the delimited area for swimming
- 4) Do not rely solely on flotation or water wings to keep children safe as they can deflate easily
- 5) Do not drink alcoholic beverages while on the water, or if you intend to go on the water or take a dip in the water
- 6) Avoid swimming in places that are unfamiliar to you as rivers can become stormy very unexpectedly
- 7) Avoid swimming after having eaten a big meal