

TS TOP SAFETY™

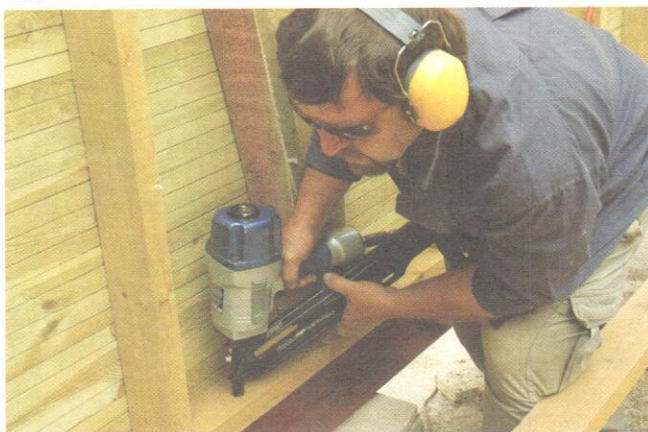
Safety Around the Clock.

APRIL 2014

Nail Down Safety

According to the National Institute for Occupational Safety and Health and OSHA, there are 7 risk factors that can lead to a nail gun injury.

Some of them arise from characteristics of the triggers. For example, a contact trip trigger allows the gun to fire anytime the nose and trigger are pressed, while the sequential trigger requires that the nose piece of the nail gun be pressed down before the trigger is pulled – making the sequential trigger less of a risk.



Risks with specific triggers:

- Unintended nail discharge from double fire occurs with contact triggers.
- Unintended nail discharge from knocking the safety contact with the trigger squeezed. This occurs with contact and single actuation triggers.

Risks with all trigger types:

- Nail penetration through lumber.
- Nail ricochets after hitting a hard surface.
- Missing the work piece.
- Awkward position nailing.
- Bypassing safety mechanisms.

Nail down safety 10 ways:

1. Use a full sequence trigger.
2. Make sure you have proper training before using a nail gun.
3. Consult the nail gun manual before you use a nail gun.
4. Wear safety glasses and a hard hat if you work with or near someone using a nail gun. You also may need ear protection.
5. Never dismantle any safety features or guards.
6. Check lumber surfaces before nailing. Look for knots, nails, straps or other things that could cause the nail to recoil or ricochet.
7. Recognize the danger of using a nail gun at heights or in awkward positions. Use a hammer instead.
8. Always point the nail gun away from yourself and others.
9. Keep your finger off the trigger when carrying a nail gun. Best bet: Turn it off or disconnect it.
10. Never use a malfunctioning nail gun. Turn off the power before servicing it.



Alcohol Awareness Month
National Sports Eye Safety Month
National Youth Sports Safety Month
Eye Injury Prevention Month
6-12 National Window Safety Week
14-18 National Work Zone Awareness Week
20-26 National Playground Safety Week



Safety Corner INJURY PREVENTION BASICS

Pay attention. Too many accidents occur because of distractions or inattention. When you're on the job, stay on the job. If you're tired, take a break to rejuvenate.

Watch your step. Walk carefully on slippery surfaces; hold onto handrails when taking the stairs and don't use your smartphone while you walk.



Identify hazards. Know where workplace hazards exist and do what you can to avoid them.

Ask for help. If a task is too demanding, don't risk doing it alone.

Report problems. If you see broken equipment, damaged gear or any type of problem that could lead to injury, report it immediately to your supervisor.



Use the gear. Wear personal protective equipment if your job requires you to do so.



Reach your personal best with Smart Moves at www.personalbest.com/extras/Apr14tools

Exhaust Exposure

Are you at risk for diesel exhaust exposure?

If you work near a roadway, tunnel, loading dock, garage or mine, you may be exposed to dangerous exhaust fumes. Chronic exposure (lasting years) can cause respiratory illnesses and even cancer. Short-term exposure can cause headaches, coughing, nausea and eye irritation.

To protect yourself around diesel exhaust fumes, follow these guidelines:

- Make sure you have adequate ventilation if you work near diesel exhaust.
- Don't let diesel engines idle. Stop and restart them instead.
- Remove diesel engines that are producing visible smoke and repair them.
- Make sure you properly maintain diesel engines to control emissions.
- Limit your time around idling diesel engines if you can. If not, wear a respirator.



Sports Concussion Update

As of July 2013, 49 states and Washington D.C. have passed return-to-play laws, which protect young athletes from returning to play too quickly after suffering a concussion.

Concussions, even mild ones, can be devastating. Returning to play too quickly can result in brain trauma that can lead to lifelong problems, including brain swelling, permanent brain damage, long-term disabilities or even death. Any athlete suspected to have a concussion shouldn't return to play on the same day.

Concussion symptoms: Anyone who has any of the following symptoms after suffering a head injury needs medical help: headaches, dizziness, nausea, memory dysfunction, fogginess, fatigue, sadness, nervousness, irritability and/or sleep problems.

Note: Most concussions occur without loss of consciousness; even a minor bump or blow can cause a concussion.

Concussion precautions:

- After a blow to the head (even if the athlete seems OK), take the athlete to the emergency room for evaluation.
- Make sure you or your child wears all required protective gear while playing the sport – even at practices. Ensure gear is undamaged and worn properly.
- Always wear a bike helmet.
- Always wear your seat belt and drive at posted speed limits.
- Childproof your home. Use safety gates near stairs.



Work Zone Precautions

Whether you work on roads or drive through a road work zone, you need to be extra cautious. Thousands of people are injured or die in or around work zones each year.

Worker cautions:

Make sure your training is up to date and that you adhere to current requirements.

Wear protective gear required for your job, such as hard hats and high-visibility apparel.

Use barriers. Make sure barriers are set up correctly for the job and provide an adequate clear zone.

Place signs and cones so they are visible to drivers both day and night.

Stay alert for drivers and equipment operators who may have difficulty negotiating the work area.



Driver cautions:

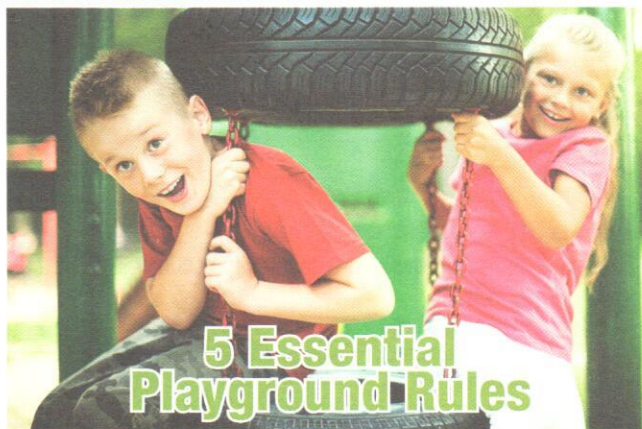
Obey posted speed limits. Did you know that it takes only an extra 25 seconds to cover 1 mile at 45 mph compared to 65 mph? Slow down.

Stay alert and minimize distractions.

Merge when told to merge; don't wait until the last minute.

Follow all instructions – signs, flaggers and barriers.

Expect the unexpected. Watch for workers, work vehicles or equipment that may enter your lane without warning. Know that other vehicles may slow, stop or change lanes unexpectedly.



More than 200,000 kids are treated in hospital ERs for playground-related injuries annually. To ensure your child is safe on the playground, follow these 5 basic rules:

- 1 Always supervise children on a playground. Put away cell phones, books and electronic devices so you can concentrate on the kids.
- 2 Do not let children play on broken or damaged equipment or equipment with rusty or sharp parts.
- 3 Make sure children don't climb on equipment while wearing any clothing that has drawstrings or cords. Also watch purses and necklaces as they can also get tangled and accidentally strangle a child.
- 4 Make sure the playground has age-appropriate equipment.
- 5 Check that the playground surface is soft and thick enough to absorb the impact of a fall. Steer clear of asphalt, concrete, grass or dirt. Also check for hazards such as sharp debris, sticks, rocks and broken glass.