

Look Out BELOW

We've all been there. We've dropped something accidentally from above, just hoping it doesn't break, or worse yet, hit someone. At work where tools and equipment are sometimes used at heights, dropping something can lead to tragedy.

Even something small, such as a smartphone or tape measure, can cause a serious injury or fatality if the object is dropped from a great height. Take these precautions to be sure you're not yelling, "Look out below!"

Remove items (phones, tools, keys) from loose or unsealed pockets.

Use guardrails with mesh, toe boards or other side protection on elevated platforms. Don't hang objects over guardrails.

Secure tools heavier than five pounds to an anchor point or tether and allow for easy access. **Caution:** Pay attention to the tether's load rating.

Use tool belts, holsters, tethers with carabiners, pouches, small or large bags and buckets with lids for carrying lightweight tools.


Don't lay tools on scaffolds or platform pathways; they are a tripping hazard.

Keep work materials at least three feet away from the edge of the platform.

Require hard hats in areas at risk for falling objects. **Best bet:** Barricade areas when you are working overhead to eliminate the possibility of people working below a dropped object zone.



Safe & Sound Week is
August 9 to 15.



Why not review your workplace
guidelines for safe work practices?



GEAR Wear and Tear

We all know that personal protective equipment (PPE) is meant to protect you from hazards, but how can you tell if it is still effective? Here are some basic PPE guidelines:

HARD HATS

Replace hard hats if they show signs of discoloration or damage — dents, cracks or penetration. Never paint or apply labels or stickers to hard hats. **Note:** The lifespan of hard hats depends on work environments and manufacturer's recommendations. Exposure to high temperatures, chemicals or sunlight may require more frequent replacement.

FOOTWEAR

Inspect and replace footwear if cracks, holes, separation of materials or broken buckles occur. Always check soles for wear and embedded materials, such as rocks or metal fragments. Replace broken laces (and make sure they are always tied).

EAR PROTECTION

Clean earplugs regularly and replace those you cannot clean. Replace ear protection if there are cracks or any other damage.

CLOTHING AND GLOVES

Replace worn, torn, punctured or damaged clothing and gloves.

Note: Food and health care workers have different protocols for replacing PPE. Learn more at [cdc.gov](https://www.cdc.gov).

SAFETY CORNER



August is Children's Eye Health & Safety Month.

5 TIPS for Selecting Shades for Kids

Children younger than six months should be kept out of the sun, if possible. After six months, they should start wearing sunglasses, according to eye care experts. Here are five tips for selecting the right shades:

- 1 Purchase sunglasses that block 100% of both UVA and UVB rays.
- 2 Look for wraparound sunglasses. **Tip:** They should fit snugly on your child's face.
- 3 Select polycarbonate, impact-resistant, scratch-proof lenses with bendable, unbreakable frames.
- 4 Give your children a choice between a few pairs of sunglasses that meet these safety specifications. They will be more likely to wear them if they choose them.
- 5 Set a good example by wearing sunglasses yourself.

RETURN to Work

If you are returning to work after an injury or long illness, here are some guidelines to do it safely:

KNOW that returning to work can be a slow process.

KEEP in contact with your employer throughout your recovery.

LISTEN to your body and your health care provider. Remember, even if you feel better, you should never return to work unless your provider gives you the okay first.

MEET with your provider and your employer before returning to work to discuss your abilities and your work schedule.

ASK for reasonable accommodations or work restrictions for a period of time, such as extra breaks, reduced work hours or no heavy lifting, if applicable.

ESTABLISH an exercise routine with your provider's guidance to help you develop endurance if your work requires physical labor.

DON'T overdo it or overestimate your capacity to complete job tasks.

USE tools that you may have not used before to help you do your job. For example, consider using a hand truck or a wrist rest at your desk.

COMPLETE more difficult assignments at the beginning of the day before fatigue sets in.



Back to the BEACH

There is no doubt that people will be headed back to the beach in record numbers this summer. If you are one of them, make sure you stay safe with these beach basics:

Keep your distance. While we have COVID-19 vaccination, it's still important to keep that social distance. Try to maintain at least six feet from the nearest person outside your group.

Slather on that sunscreen. Make sure you apply a broad-spectrum (UVA/UVB), water-resistant sunscreen with an SPF of 30 or higher to your entire body 30 minutes before going outside. Reapply after two hours or after swimming.

Check weather and water conditions before entering the water. Look for warning flags and obey them.

Swim only in designated swimming areas with lifeguards on duty. Stay close to shore and away — at least 100 feet — from structures, such as piers and jetties.

Wear shoes or flip-flops to avoid burns from hot sand or cuts from shells or broken glass.

Supervise children at the beach and stay with young children while they are in the water.

Don't dig tunnels or deep holes in the sand deeper than the knees of the smallest person in your group. Fill holes before leaving the area.

Note: Due to the constantly changing pandemic conditions, current circumstances may differ.



PLAYGROUND Primer

Is your local playground safe? Adult supervision is your No. 1 protection from playground injury but make sure your playground measures up.

- ✦ Choose an age-appropriate playground for your child. For example, equipment should be lower to the ground for toddlers.
- ✦ Make sure that all equipment and the surface are in good condition.
- ✦ Make sure the ground cover is shock absorbing in case of falls. Use wood chips, mulch, sand or pea gravel (12 inches or deeper) or mats of rubber or rubber-like material. All should extend at least six feet in all directions under play equipment.
- ✦ Check for dangerous equipment parts, such as S hooks, sharp edges and protruding bolts.
- ✦ Make sure elevated surfaces have sides or guardrails. **Caution:** Check that guardrails and areas between ladder rungs measure less than 3.5 inches or more than 9 inches.



To evaluate your playground, search for **playground report card** at playgroundsafety.org.



The **Smart Moves Toolkit**, including this issue's printable download, **Live Stronger**, is at personalbest.com/extras/21V8tools.

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