

## IUE-CWA OSHA Logs Reflect Injuries That Could Have Been Prevented

### Prevention

One of the most common and preventable injuries are Cuts and Lacerations.

#### Some of the common cut/laceration injuries include:

- Amputations
- Needle sticks, or puncture wounds
- Deep lacerations requiring stitches
- Lacerations involving nerve and/or tendon damage

#### Typical hazards of cuts and lacerations:

- Improper training
- Improper tool for the job or tool used improperly
- Tools in poor condition
- Lack of established safety procedures
- Failure to wear cut-resistant gloves or wearing improper gloves for job
- Contact with metal items such as nails, metal stock or burrs
- Hand tools
- Handling sharp objects or material such as glass, sheet metal
- Poor housekeeping, clutter, debris
- Poor lighting, reduced visibility

**Prevention strategies:** The key is keeping hazards away from body parts. Safety committees should identify and control exposure to hazards. Ask members to suggest control measures to minimize the risk for cuts and lacerations.

#### Possible answers may include:

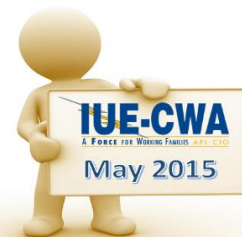
- Training employees to recognize the hazard and establish safety measures
- Using lockout/tagout procedures
- Wearing personal protective equipment
- Proper tool use
- Good housekeeping

**Knife/blade safety:** One of the most common sources of cuts and lacerations is the use of knives and other cutting tools.

- Wear proper PPE
- Use the proper tool for the job
- Inspect tools prior to use
- Keep work area clean
- Use a sharp blade; a dull blade requires greater force, increasing potential hazards.

**Gloves:** Selecting the right glove for the right application can improve safety. Comfort is one of the most important features when selecting hand protection. If gloves are not comfortable, workers are less likely to utilize them. Understanding the different types of gloves and their appropriate uses is important to a good hand-protection program.

With your safety committee analysis and planning, you can create a prevention plan to help eliminate these types of injuries. Thankfully, the number of cuts and lacerations reported decreases each year. Keep up the great work!



### Call Before You Dig

There may be utility lines buried in your yard; so before beginning an outdoor project involving digging, always call 8-1-1 first.

When you dial 8-1-1, your local utility companies will be alerted about your digging project. Giving each utility a chance to visit your property to mark, free of charge, and each with a different color paint or flag, where the buried power, sewer, natural gas, water and cable lines are within the area where you want to dig.

After your local utilities — mark where underground utility lines are, you can dig with confidence, because you'll know how to avoid any damage to these underground utility lines, which might interrupt or hinder your services and potentially damage your property.

So, whether you're doing some planting of shrubs or trees, adding a deck, or any other small or large project that requires digging, remember to make the call that matters — it's for your safety and it's the law.



### Spending your paycheck is more fun than spending time in the emergency room.

Protect yourself. Gloves, safety boots, and goggles may not be fashionable, but if the job requires it, you've got to wear it. Know what the safety features are on the equipment you use and don't remove or override it, even if you think it's inconvenient or slows you down. It isn't worth risking your safety.



OSHAcademy is a business founded in 1999 to meet the growing need for dedicated, interactive, computer-based occupational safety and health education. They provide computer-based occupational safety and health training to businesses, organizations, and individuals around the world. They also have a network of authorized independent trainers conducting classroom-based training to meet the needs of their local communities.

### Recognized Training

OSHAcademy online training is "recognized" by colleges, universities, insurance companies, and many public and private sector organizations worldwide.

OSHAcademy online training conforms to the guidelines within ANSI Z490.1-2009, Criteria for Accepted Practices in Safety, Health and Environmental Training, and OSHA Publication 2254, Training Requirements in OSHA Standards and Training Guidelines for online training as stated and inferred in letters of interpretation.

Our Professional Certificate Programs are recognized worldwide. Our training is endorsed by the National Safety Management Society and recognized by the Institute for Safety and Health Management.

OSHAcademy is not affiliated with the U.S. Department of Labor (OSHA).

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North American Occupational Safety and Health Week, or NAOSH Week, occurs every year during the first full week of May.



### National COSH releases annual Workers' Memorial Week report

Prior to the observation of Workers' Memorial Week, which will be observed around the country and around the globe from April 25 to May 2, the National Council for Occupational Safety and Health (COSH) released a report, "Not an Accident: Preventable Deaths 2015."

#### Key information from this year's report:

4,585 U.S. workers died on the job due to unsafe working conditions in 2013 according to the most recent data from the U.S. Bureau of Labor.

An estimated 50,000 workers die each year from long-term exposure to

hazardous substances such as asbestos, silica, and benzene.

Hispanic workers continue to be at greater risk than other groups, showing a nine percent increase in sudden workplace fatalities between 2012 and 2013. During the same period, the incidence of fatalities decreased for African-American, Asian, and white workers.

Proven prevention strategies are available for all the major categories which result in worker deaths, including transportation incidents, contacts with objects and equipment, falls to a lower level, workplace violence, exposure to harmful substances and environments, and fires and explosions.

The report also presents case studies of seven workers who died on the job in 2014 from different industries and different parts of the country, with each case illustrating how workplace hazards can be reduced and lives saved if proper safety protocols are followed.

View the entire report at <http://www.coshnetwork.org/sites/default/files/Not-an-Accident-2015.pdf>



### Occupational Injury and Illness Reports 2014

It's not too late to submit your OSHA Work-Related Injuries and Illnesses Reports. IUE-CWA local Presidents' are to submit a 2013 and 2014 copy of both the OSHA 300 and the OSHA 300A Logs for each business the local represents to President Jim Clark's office.

### Spending your paycheck is more fun than spending time in the emergency room.

Don't take shortcuts. You may be tempted to take shortcuts to get the job done faster, but it's never worth the risk.

Take your time and do the job safely.

## Meet NAPO



### NAPO

Meet Napo, the star of a dynamic video series highlighting a worker who, as the dupe in situations over which he has no control, identifies hazards or risks, then makes good ideas to improve safety and work organization.

The role of Napo and his friends is to provide an appetizer to OSH through their engaging characters, amusing story lines, humor and light-hearted wordless approach. "Safety with a smile" is Napo's contribution to safer workplaces.

Culturally, they are "neutral" and therefore anyone can identify with them. Their stories have an educational value. They provoke questions and stimulate debate on specific aspects of safety at work and sometimes provide practical answers or the path that leads to those solutions.

Napo is not the key to solve all safety problems; the series aren't intended to provide inclusive focus knowledge, nor should they be seen as training or teaching films. Napo is a potential tool for your safety committees to introduce and engage workers to the idea being safe while working. <http://www.napofilm.net/en/napos-films>

Examples of video topics include: Working height...Twist and shout...Bad vibrations...The duel...Radical ergonomics

\*\*Share your local activities on our IUE-CWA Facebook page.

## Suggested Readings



### IUE-CWA- The Bolt

We want to hear actions of your local health and safety committees. Please send photos and information to Jason Schiely who will publish a story on our Facebook page or the next edition of The Bolt. [jschiely@iue-cwa.org](mailto:jschiely@iue-cwa.org)



### Facility Safety Management

Monthly provides up-to-date, relevant information to ensure the safety and well-being of employees while assisting them in preparing for emergencies and disasters.

<http://digital.fsmmag.com/Vizion5/viewer.aspx?id=36&pageId=1>



### Safety + Health Magazine

The National Safety Council's monthly magazine, offers coverage of occupational safety news and analysis of industry trends:

<http://www.safetyandhealthmagazine.com/publications/3>



### OSHA Quick Takes

A bi-monthly e-news with information about workplace safety and health...the latest edition 5-1-14 and past archives are available here:

<https://www.osha.gov/as/opa/quicktakes/qt041515.html>

## National COSH Conference June 2-4, 2015



The National COSH is a federation of local and statewide "COSH" groups--Committees/Coalitions on Occupational Safety and Health. COSH groups are private, non-profit coalitions of labor unions, health and technical professionals, and others interested in promoting and advocating for worker health and safety. <http://www.coshnetwork.org/>

"National COSH is the organization that brings all the groups doing worker health and safety work together in one place, at one time," says Robert Shull, Workers Rights Program Officer for the Public Welfare Foundation. "If you're working on these critical issues, you don't want to miss this event."

## Safety App



### Tornado by American Red Cross By American Red Cross

FREE on [iPhone](#) and [iPad](#)

#### Official Description

"Get your family and home ready for a tornado. The American Red Cross tornado app is the complete

## Wellness

### 39th Annual National Wellness Conference June 15-18, 2015



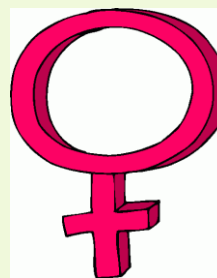
### Celebrate Wellness

University of Minnesota-Twin Cities  
(West Bank Campus)  
Minneapolis, Minnesota

### Are you looking to plan a Woman's Health Fair for your local, worksite, or community?

The CDC offers: How to Plan a Health Fair and 10 simple tips here:

<http://www.cdc.gov/women/events/fair/>



### Workers have the right to information under OSHA.

This includes:

- [Records](#) of work-related injuries and illnesses (OSHA 300 Log),
- [Results of workplace monitoring](#) for health hazards (chemicals, for example),
- [Workers' medical records](#) obtained by the employer, and Information about chemicals in the workplace.

Spending your paycheck is more fun than spending time in the emergency room.

Get safety training. Even a simple task has risks. You should receive safety training on any tasks you perform on the job.