MCWCF
MICHIGAN COUNTIES WORKERS' COMPENSATION FUND

SAFETY NEWSLETTER

SELF INSURED WORKER'S COMPENSATION FUND MEMBERS September 2019

{afety Grant Application Process: What is Safety

What is safety equipment?

Personal protective equipment (PPE) is protective clothing, helmets, goggles, or other garments or equipment designed to protect the wearer's body from injury or infection. The hazards addressed by protective equipment include physical, electrical, heat, chemicals, bio-hazards, and airborne particulate matter.

Types of personal protective equipment

Respiratory protection - for example, disposable, cartridge, airline, half or full face. Eye protection – for example, spectacles/ goggles, shields, visors. Hearing protection – for example, ear muffs and plugs. Hand protection – for example, gloves and barrier creams.

Eye and Face Protection (Safety spectacles, Goggles, Welding shields, Laser safety goggles, Face shields.)

Examples of potential eye or face injuries include:

- Dust, dirt, metal or wood chips entering the eye from activities such as chipping, grinding, sawing, hammering, the use of power tools or even strong wind forces.
- Chemical splashes from corrosive substances, hot liquids, solvents or other hazardous solutions.
- Objects swinging into the eye or face, such as tree limbs, chains, tools or ropes.
- Radiant energy from welding, harmful rays from the use of lasers or other radiant light (as well as heat, glare, sparks, splash and flying particles)

Head Protection

- **Class A** hard hats provide impact and penetration resistance along with limited voltage protection (up to 2,200 volts).
- **Class B** hard hats provide the highest level of protection against electrical hazards, with high-voltage shock and burn protection (up to 20,000 volts). They also provide protection from impact and penetration hazards by flying/ falling objects.
- **Class C** hard hats provide lightweight comfort and impact protection but offer no protection from electrical hazards.

Foot and Leg Protection (Metatarsal guards, Toe guards, Combination foot and shin guards, Safety shoes)
Examples of situations in which an employee should wear foot and/or leg protection include:

- When heavy objects such as barrels or tools might roll onto or fall on the employee's feet;
- Working with sharp objects such as nails or spikes that could pierce the soles or uppers of ordinary shoes;
- Exposure to molten metal that might splash on feet or legs;
- Working on or around hot, wet or slippery surfaces; and
- Working when electrical hazards are present

Hand and Arm Protection (Leather gloves, Aluminized gloves, Aramid fiber gloves, Synthetic gloves, Fabric gloves, Coated fabric gloves, Butyl gloves, Natural (latex) rubber gloves, Neoprene gloves, Nitrile gloves)

The following are examples of some factors that may influence the selection of protective gloves for a workplace.

- Type of chemicals handled.
- Nature of contact (total immersion, splash, etc.).
- Duration of contact.
- Area requiring protection (hand only, forearm, arm).
- Grip requirements (dry, wet, oily).
- Thermal protection.
- Size and comfort.
- Abrasion/resistance requirements

Body Protection

- Temperature extremes;
- Hot splashes from molten metals and other hot liquids;
- Potential impacts from tools, machinery and materials;
- Hazardous chemicals

Protective clothing comes in a variety of materials, each effective against particular hazards

Please keep in mind Wellness is Not Safety
Please keep in mind Security is Not Safety

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Hearing Protection (Single-use earplugs, Pre-formed or molded earplugs, Earmuffs)

- The loudness of the noise as measured in decibels (dB).
- The duration of each employee's exposure to the noise.
- Whether employees move between work areas with different noise levels.
- Whether noise is generated from one or multiple sources.

List of potential hazards in the following basic hazard categories:

- Impact,
- Penetration,
- Compression (roll-over),
- Chemical,
- Heat/cold,
- Harmful dust,
- Light (optical) radiation, and
- Biologic.

History of occupational illnesses or injuries, things to look for include: Refer to past History of Accident and Near Misses that have happened at your site.

- Past Accident Reports (Sites History)
- OSHA 300 Log
- Sources of electricity.
- Sources of motion such as machines or processes where movement may exist that could result in an impact between personnel and equipment.
- Sources of high temperatures that could result in burns, eye injuries or fire.
- Types of chemicals used in the workplace.
- Sources of harmful dusts.
- Sources of light radiation, such as welding, brazing, cutting, furnaces, heat treating, high intensity lights, etc.
- The potential for falling or dropping objects.
- Sharp objects that could poke, cut, stab or puncture.
- Biologic hazards such as blood or other potentially infected material.

What are the types of ergonomics?
Types of Ergonomics: Physical ergonomics: is the human body is responses to physical and physiological workloads. Repetitive strain injuries from repetition, vibration, force, and posture fall into this category.

What is ergonomic equipment?
Ergonomic Equipment Chairs, stools, desks, benches, and other equipment or aids that assist with the interaction of humans and work.

What is ergonomics in safety?
Ergonomics can roughly be defined as the study of people in their working environment. More specifically, an ergonomist (pronounced like economist) designs or modifies the work to fit the worker, not the other way around. The goal is to eliminate discomfort and risk of injury due to work.

What is ergonomics example?
Poor ergonomics contributes to muscle strain, muscle imbalances, and fatigue. ... Several common work activities pose repetitive stress ergonomic hazards. Examples include typing and mousing, which can result in carpal tunnel syndrome. Within the Grant show that these items are contributing factors to why you need this equipment.

What are safety issues in the workplace?
Common workplace health and safety hazards include: communicable disease, transportation accidents, slipping and falling, toxic events, particularly chemical and gas exposure, getting struck by objects, electrocution or explosion, repetitive motion and ergonomic injuries, and hearing loss.

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What does it mean to have wellness?
Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

Wellness Products:

- Physical fitness, (work out equipment)
- Healthy eating
- Wellness lifestyle

What are the types of security?
4 Different Types of Security Systems:

- Monitored System. A monitored system alarm is one of the most commonly used alarm systems.
- Unmonitored System. Another type of security system is an unmonitored system.
- Wireless Alarm Systems. You can purchase a wireless alarm system at your local hardware store.
- Electric Current Business Alarm.
- Tinted Window Film
- Security Doors and Locks

What is security equipment?
Security equipment covers a wide assortment of protection, identification, surveillance and detection devices, such as cameras, alarm systems, scanners, closed-circuit televisions, x-ray machines and much more.

What is a workplace safety committee?
Establishing workplace-safety committees is one way management can encourage employees to participate in implementing and monitoring the company's safety program. Typical responsibilities of workplace-safety committees include: Developing safe work practices.

What makes a good safety committee?
The purpose of a safety committee is to reduce the risk of workplace injuries & illnesses, inform and educate the employees about safety and health issues throughout all levels of the company, and to set meaningful and attainable goals for safety throughout the organization.

Tips for a Safety Committee: (MIOSHA/OSHA recommends that employers prepare a program that addresses injury and illness prevention).

- Put progression before perfection at the start
- Embrace variety.
- Develop a basic curriculum.
- Plan meetings ahead of time
- Maintain a reasonable rotation among committee members
- Don't be boring.
- Occasionally look outward.
- Reduce the risk of workplace injuries & illnesse

Ref: MIOSHA, OSHA