

eplica Safety Lines

In this edition:

▶▶ Conveyor Dangers

The fact that conveyors run steadily and smoothly may lull you into a false sense of security when you are around them. Don't fall into this trap. Conveyors can be dangerous, even if you don't work directly with them.

Page 1

▶▶ Talk About Safety!

Ever feel like the bad guy at work when you warn someone about something they are doing that is unsafe? Have you ever said to yourself, "I should have said something," after witnessing an accident?

Page 2

▶▶ Sleepy Workers

Sleep disorders not only affect worker productivity, but also cause weight gain that leads to hypertension, diabetes, and other serious medical conditions.

Page 2



Conveyor Safety



Carelessness with conveyors can cause injuries and damage.

OSHA governs conveyor safety under the General Duty Clause. Conveyor systems are the heart of many different kinds of assembly and distribution operations. A conveyor makes a wide variety of tasks faster and more efficient. And if operators are taught how the system works and follow proper procedures and precautions, conveyors are very safe. Every conveyor system is designed to incorporate a number of safeguards specifically to prevent injuries.

Overhead conveyors, those running at head height, or the type that carries material hung from hooks should have safeguards such as sideboards in place to prevent material from falling on or striking workers. Employees in the area must remain constantly alert for possible danger.

Watch your hands near conveyors. When putting materials on a conveyor, place them so that they will ride safely.

The fact that conveyors run steadily and smoothly may lull you into a false sense of security when you are around them. Don't fall into this trap. Conveyors can be dangerous, even if you don't work directly with them, so follow these precautions:

Twelve Fundamental Conveyor Safety Rules

- Never climb, step, walk, or ride on a conveyor.
- Never reach into conveyor mechanisms if

something gets stuck or jammed. Turn off the power first at clearly marked switches.

- Don't perform service on conveyor until motor disconnect is Locked Out!
- Don't attempt to clean any belts or parts while the conveyor is running unless proper barrier guards are provided at pinch points. Conveyor should be serviced only by authorized maintenance personnel.
- Don't remove or alter conveyor guards or safety dividers!
- Wear a hard hat if working beneath a conveyor.
- Avoid loose clothing and tie back long hair near conveyors. Keep clothing, fingers, and other parts of the body away from conveyor!
- Don't load conveyor outside of the design limits.
- Know location and function of all stop/start controls.
- All personnel must be clear of conveyor before starting. Be alert when the conveyor start alarm is sounded.
- Keep all stopping/starting control devices and area around conveyors clear of obstructions.
- Operate conveyor with trained personnel only!
- Report all unsafe practices to your supervisor!

Conveyors should be stopped and controls locked out when repairs are being made, and the equipment shouldn't be started again until all is clear.

As with any machinery, you must observe basic safety rules around conveyors. Report unsafe conditions or malfunctions to your supervisor. Follow these precautions, and you should eliminate hazards and protect yourself around conveyors.

*The U.S. Department of Labor Bureau of Labor Statistics reports over fifty workplace fatalities a year where conveyors are the primary source of injury. Workplace injuries account for nearly 25% of all workers' compensation claims and up to 35% of all associated costs. Clearly, your company cannot afford to ignore conveyor safety, and must actively find ways to enforce it.



September Safety Tip:

When in doubt, turn your headlights on.

While driving in early twilight or overcast conditions, headlights not only make it easier for you to see, but also for other drivers to see you.

September Safety Quote:

**S-A-F-E-
Staying Accident-Free
Everywhere**

Contact Us

Editor in Chief & Writer
CLAUDIA C. HARO

Editorial Consultant
& Writer
JEFF ADCOCK

Staff Writer
APRIL FLAK

Contact us:
allsafety@epicaservices.com

Or visit us online.

Talk Safety, Even When It's Uncomfortable

Ever feel like the bad guy at work when you warn someone about something they are doing that is unsafe? Have you ever said to yourself, "I should have said something," after witnessing an accident? Unfortunately it's a common way of thinking at work and in other parts of our lives.

Why do people hesitate to warn others about workplace hazards or unsafe acts? Remember, our thoughts determine our actions. When we see an unsafe act, the first thing we think is, "nothing will happen." Another thought that creeps in is, "I wonder what they'll think of me if I say something." Even when the outcome is good when we do say something, it still feels awkward, or we think, "I'm an idiot for saying that." These thoughts, if not changed, can have very serious consequences.

Case in point, a news article reported on an incident with an experienced worker who was working on a platform near a hi-voltage bus, with two less-experienced employees watching. They noticed that the worker was very close to the bus, but decided since he was experienced they wouldn't say anything because they worried he might get upset. They assumed he knew what he was doing. The experienced worker didn't see the bus. He touched it, and lost the arm and part of his other arm. The emotional damage to the 2 onlookers from their guilt at not saying something added to the overall severe consequences of the accident.

That is why it is so important to change these thought patterns. The initial thought when noticing an unsafe act should prompt a helpful statement, such as "Can I help you be safer today?" This kind

of statement generally gets the attention of the person you are addressing without you or them being defensive. Then, follow with "as you know" before the warning or identification of the hazard. In the case of the electrocution accident, the workers might have said "as you know, there's a hi-voltage bus next to you." That would allow the more experienced worker to acknowledge the danger, or even save face with "yea, I know."

If someone tries to warn you of danger or correct your unsafe act, always say "thank you for telling me," even if the person made a mistake and there was no real danger or hazard. This kind of response helps keep open communication among workers so that no one feels defensive or reluctant to say something that might save a life or prevent harm. Safety enforcers are not cops, but lifeguards.



Remember, people are more likely to learn and change behavior when they are supported and cared for, and not when they are angry or resentful.

Dr. Says Sleepy Workers Hit the Bottom Line

Sleep disorders not only affect worker productivity, but also cause weight gain that leads to hypertension, diabetes, and other serious medical conditions. That's according to Dr. Benjamin Gerson, medical director of a Philadelphia-based sleep center. He says increased health concerns result in higher costs for the employer, and estimates that 58 million days of work are missed each year because of health complications of obesity.

With every unit increase of body mass index (BMI), healthcare-related costs rise 2.3 percent. According to Gerson, good eating habits, daily exercise, and treatment of sleep problems can

help turn this around. Making lifestyle changes is much easier to do, Gerson suggests, in a work environment in which employee health is highly valued.

One of the biggest sleep problems associated with obesity is sleep apnea, a disorder in which individuals stop breathing momentarily during sleep. Hormone imbalances associated with sleep apnea lead people with the condition to feel hungry during the day and susceptible to overeating. They are also prone to daytime sleepiness, which can affect their desire to exercise.