



The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

The Eyes Have It

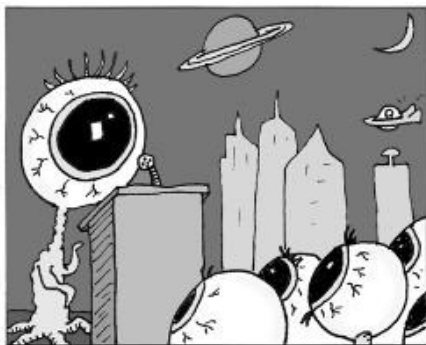
Workplace Eye Safety & Health Month

The eyes definitely have it rough on the job. [PreventBlindness America.org](http://PreventBlindnessAmerica.org) reports that more than 2,000 people injure their eyes at work each day. And about 1 in 10 of these eye injuries requires at least one missed workday. Furthermore, 10% to 20% will cause temporary or permanent vision loss.

Why are there so many eye injuries on the job? Because there are so many eye hazards, including:

- Flying objects, such as pieces of wood, metal, stone or sparks. Flying objects cause nearly 70 percent of eye injuries, according to a Bureau of Labor Statistics (BLS) study. Many such injuries are caused by objects smaller than the head of a pin.
- Splashes from hazardous chemicals, acids and other corrosives or hot metal can seriously damage the eyes.
- Dust, fumes, mists, gases and vapors can irritate or even harm unprotected eyes.
- Swinging objects such as ropes and chains can accidentally swing into the eye or face.
- Electrical arcing and sparks can damage the eyes on contact.
- Radiant energy from welding and cutting or operations that use ultraviolet or infrared light are yet another hazard to the eyes.

OSHA recognizes these dangers and issued 20 CFR 1910.133, which requires workers to use protection "when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors or potentially injurious light radiation."



"Today I'd like to talk about eye safety. And I think we can agree that there's nothing more important than eye safety."

Follow your workplace's eye safety measures at all times because eye injuries can happen, well, in the blink of an eye! See "Eye on OSHA" in the newsletter for more eye protection information.

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news & notes

EYE ON OSHA

[PreventBlindness America.org](http://PreventBlindnessAmerica.org) reports that the proper eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents. OSHA agrees.

When the risk is flying objects, OSHA requires you to wear eye coverings that protect the eyes from the side and the front. When the risk is "injurious light radiation," OSHA offers a detailed chart that matches the degree of radiation with the type of filter lenses you need to provide protection.

Eye protection must also meet OSHA's general personal protective equipment (PPE) regulation (20 CFR 1910.132). It says that all forms of protection "shall be provided, used and maintained in a sanitary and reliable condition." In addition, it must "be of safe design and construction for the work to be performed." The standard states clearly that "defective or damaged personal protective equipment shall not be used."

Standards for various protective gear, including eye protection, are set by the American National Standards Institute (ANSI). When we buy protective spectacles or goggles or face shields, they're labeled to show that they meet the ANSI standards

OSHA also requires that you know:

- When to use PPE
- What to use and its limitations
- How to put it on, adjust it, use it and take it off properly
- How to properly care for, maintain and dispose of it.

You need to be retrained if hazards or PPEs change or if there's reason to believe you don't have all the information you need.



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Poison Primer

According to the American Association of Poison Control Centers, millions of Americans are exposed to potentially poisonous substances at work and at home. Over 500,000 of those people end up in the hospital emergency room every year. Educate yourself about poison.

The three ways poisonings occur are:

1. Swallowing
2. Inhaling
3. Skin absorption



To prevent poisoning on the job:

- Read labels and Material Safety Data Sheets (MSDSs) for information about chemical hazards before working with any substance.
- Ask your supervisor if you don't understand a chemical's hazards or the necessary precautions.
- Always wear assigned PPE and make sure it is in good condition.
- Follow required work procedures when handling, using or storing chemicals.
- Be careful when removing contaminated clothes and PPE. Remove gloves last by peeling them off, touching only the inside of the glove as it rolls down.
- Wash carefully after handling toxic chemicals and also before going home, before eating, drinking, smoking, using the toilet or applying cosmetics.

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Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at tcreel@arkhospitals.org.

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. www.bxsi.com. In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.

AHAWCSIT



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