

## SECOND QUARTER 2021

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

Wearing the proper clothing and personal protective equipment in the working environment is critical. Appropriate clothing is your first and often the only line of defense against many safety and health hazards.

#### Proper clothing is the key

Simple as it may sound, you must dress for the occasion. Proper worksite clothing that protects is the key in preventing exposure to worksite conditions such as heat, cold, abrasion, visibility, and splash prevention to name a few. Also, it is not uncommon to hear about tragedies when a worker was wearing loose clothing that got too close to an operating machine or piece of equipment, and the clothing was caught or drawn into the moving components. Loose clothing is never appropriate in a workplace where machinery or equipment can catch clothing. Machines are powerful and unforgiving!

#### 1. Protect your feet

Standard footwear for most worksites should be sturdy leather footwear. Preferably, ankle-high boots equipped with steel or composite toes. Tennis shoes, offer little or no protection against worksite hazards.

#### 2. Hand Protection

Gloves are an inexpensive and easily available protection, which guard against many hazards. They can protect hands from exposures ranging from chemicals, abrasions and cuts, to heat and cold. Hand protection comes in a huge assortment of styles, materials and sizes. All of them are made to protect your hands from specific hazards. It is important to select the proper type and style of glove to effectively protect hands from the hazards that may be encountered. Jewelry in the workplace can also be a hazard that is often overlooked. Rings, bracelets, and chains can be the cause of a much more severe hand related accident. The best choice is to keep your jewelry at home.

#### 3. Head Protection and Eye Protection

Hard hats and safety glasses should be worn at the work site whenever there is an overhead hazard or potential for an object to enter the eyes. A hard hat cannot only protect you from the elements, it can save your life by protecting you from falling items or electrical hazards. The benefits received from eye protection are significant; safety glasses are a sure way to help save your eyesight from impact hazards, as well as, guard against splashes or hi intensity light exposures.

#### 4. Other Forms

Hearing protection in the form of earplugs or muffs reduces the amount of noise reaching your inner ear, thereby preserving your hearing. Respirators provide protection against toxic substances that might enter your body through the respiratory system. Safety lanyards and full body harnesses are types of personal fall protection, but they are effective only if we use them and, use them properly.

Dressing for the workplace, by wearing the right kind of clothing helps protect you from injury. It is your first line of defense against worksite hazards. Carefully choose your work clothing and the personal protective equipment, which will best protect you for your job. Improper clothing is an invitation for an accident to occur.

Please send questions and comments to:  
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For additional safety tips, please visit our web site  
[www.easternalliance.com](http://www.easternalliance.com) for the portal to Safety.BLR.com

*It must not be assumed that every unsafe condition or procedure has been covered in this correspondence. Our consultation is intended to assist management. It does not include the identification of every possible loss potential, violation of law, code, statute or regulation, and is not a substitute for the establishment of risk management programs by your management.*

## BE SMART ABOUT YOUR SMART PHONE!

Have you recently watched someone use their phone to the point of distraction? Most of us probably see this on a daily or even hourly basis. We are all quick to point out others who cannot manage their phone safely or who are driving erratically while on their phone. Do we judge our own behavior with the same level of criticism? In a recent study, Myth Busters from the Discovery Channel tested the difference in driving competence between hand-held (handset) and hands-free cell phone use by drivers.

***“In a simulation involving 30 drivers, exactly two managed to pass a driving test while talking on a cellphone. No surprise there.***

***But then it got interesting.***

***Of the 15 drivers using handsets: one passed, five failed by driving the wrong way and nine failed by crashing.***

***Of the 15 talking hands-free: one passed, six failed by driving the wrong way, and eight failed by crashing.”***

<https://www.washingtonpost.com/news/dr-gridlock/wp/2015/08/20/is-hands-free-cell-phone-use-really-safer-for-driving-we-asked-mythbusters/?noredirect=on>

Fact is, all people are bad at ‘multi-tasking’. We can only concentrate on one task at a time. What we refer to as ‘multi-tasking’ is more correctly termed ‘task-switching’. When we say someone is good at it, we usually mean they can quickly switch between tasks with little disruption, downtime, or loss of productivity. But at any given moment in time we can only focus on one activity, whether it be a mental task or a physical one.

We are all susceptible, and we all have cell phones. So the challenge becomes one of assessing priority, and self-actualization. We must learn to recognize how our phones, and other scenarios that interrupt our work distract us, and decide what the top priority is and choose to focus on the single most important task at hand – getting ourselves and those around us home safe!

If you are a parent, teach your children about the dangers of distractedness, especially if they are of driving age and entering the workforce. Businesses should take action to manage the risk. While it’s difficult to monitor every employee at all times, the value is immeasurable when even one fatal or life-changing injury is prevented.

## YOUR FEEDBACK REQUESTED

Our goal is to provide you with the best resources possible in the most efficient manner. We welcome your feedback about these newsletters. We’ve created a short, 3-minute survey to aid in this effort, available at the link below:

[www.surveymonkey.com/r/MarineAndRec\\_June2021](http://www.surveymonkey.com/r/MarineAndRec_June2021)

The information you provide will help us determine the newsletter’s effectiveness and help us to make improvements. Please take a moment to complete the survey, so we may serve you better. Your time and effort are greatly appreciated.