

Introducing New OSHA Certified Instructor

The SWFLSC is proud to announce the appointment of Mr. Stephen M. Robinson a health and safety expert with over 35 years' experience in the occupational Health and Safety Field. Certified in Construction & General Industry .

Join Us Become a Member



Become a member today and receive free safety audits of your organization and or facility, providing you with an opportunity to identify, discuss and share ideas, problems and solutions. Remember all members have free access to 600 on-line safety training videos. Members also receive discounted prices for each participant for every class.

Just contact Maria Adames at #239-479-4904 for arrangements.



BE SAFE & PREPARED

www.safeworkplaces.org

Upcoming Events

January 19 & 20, 2017. Location: Ft. Myers, FL

MOT (16) Hour. Class Start 8 am – 5 pm

February 3, 2017. Location: Bonita Springs, FL

MOT Refresher (8) Hour Class Starts 8am—5pm

March 23 &24, 2017. Location: Ft. Myers, FL

MOT (16) Hour. Class Start 8 am – 5 pm

JANUARY
PREVENT WORKPLACE INJURIES

Workplace injuries cause pain and suffering, wage loss, inconvenience and require time off from work. Additionally, employers lose valuable workers and productivity, and these accidents result in 53 billion in workers compensation cost. Some of the most frequent injuries that occur are back injuries, falls and struck by accidents. It is important to know how these types of injuries occur and how to avoid them to help prevent becoming part of these statistics.

How to prevent or reduce falls

Wear proper footwear, slip resistant soles for slippery flooring, boots. With heels for climbing, and boots with ankles support for uneven surfaces. Keep floors clean and swept of debris and liquids. Use proper scaffold and ladder setup and work practices.

SWFLSC Offers Fall Protection Training

Back Injury

Back injuries are most frequent type of injury that occur on the job and result primarily from improper posture. Every time you lift an item, bend over, or lean forward, you are putting stress on your back. The following tips can help reduce or prevent back injuries.

Use proper lifting techniques: pull the load close to you, lift with your leg muscles and keep your back straight. Use lifting devices, carts and team lifts whenever possible. Keep your back straight whether you are working, standing up, or sitting down. Avoid twisting your back during work tasks. Always maintain good posture! Organize storage and work spaces to eliminate lifts from the ground or overhead. Warm up your muscles before you begin work each day with light stretching or movements.

SWFLSC Offers Back Safety Training

FEBRUARY—NATIONAL BURN AWARENESS

Employers can help prevent & reduce the number of work related burn injuries by establishing workplace safety programs and reducing fire hazards and exposure to chemicals. Work related burn injuries can be caused by fire, chemicals, heated objects or fluids, and electricity. Burns can range from minor to life threatening emergencies.

The Hierarchy of Hazard Control

Every workplace burn prevention strategy should incorporate all of or some part of the hierarchy of hazard control, which is used throughout the safety and health professional community to ensure that cost—effective controls are utilized. There are four parts that compromise the hierarchy hazard control

SWFLSC Provides Hazmat Training

Engineering Hazard Control

Safeguard workers from burns from electrical wires and parts by ensuring they are insulated. An insulator (such as rubber, plastic and glass.) has high resistance to electric current and prevents shock, short circuits and fires.

SWFLSC Provides Electrical Training

Administrative Hazard Control

Update safety policies, label hazards and promptly investigate work related burn incidents. Post easy to follow burn treatment instructions next to first aid kit.

(Keep First Aid kits fully stocked) Stock First Aid kits in workplace kitchens, restrooms and work-shops.

Safe work practices

Train employees who work with electric equipment to check the insulation to be sure there are no exposed wires.

REMIND WORKERS TO BE ALERT

Personal Protective Equipment

Train employees for PPE, train them to use it properly. Provide employees who work with chemical access to PPE, such as supported gloves, with continuous coatings to ensure protection from chemicals. Goggles, facemask, aprons, made of chemical resistant fabrics should be available for arm, face, and torso protection.

MARCH—EYE WELLNESS

Whether you spend hours in front of a computer or use power tools at your workplace, it is always important to keep eye health and safety in mind as the field of vision is irreplaceable. Here are a few tips if you do spend a large portion of your day in front of a computer screen.

- ◆ Remember to blink
- ◆ Regular eye exams
- ◆ Use Computer Eyewear
- ◆ Take mini breaks
- ◆ If your job requires the use of heavy machinery, be sure to remember safety glasses . All it takes is a tiny silver of metal, a particle of dust or splash of chemical to cause significant and even permanent eye damage.

PPE PROTECTS YOU AGAINST HAZARDS

Gloves: Protect hands, from burns, cuts, corrosives, abrasions, and electrical shock.

Hard Hats: Protect your head from bumps, falling objects, and electrical hazards.

NEVER WEAR METAL HARD HATS AROUND ELECTRICITY!

Safety glasses, goggles, and face shields Protect your eyes and face from flying objects, liquid splashes, sparks and ultraviolet radiation.

Hearing Protection: Earmuffs, earplugs, or canal caps— protect against hearing damage when exposed to high sound levels.

Respirators: Protect you from inhaling harmful dusts, gases vapors, etc. Air—purifying respirators filter or absorb air contaminants.

The Safety Council of Southwest Florida offers a number of benefits to our members. Our focus is public safety, education and awareness. We are dedicated to keeping our community and workplace safe. We offer several ways for our members to gain important safety information. Having clear goals for 2017 can help you make plans for a safer and more successful year. One or all of these five goals could work for your workplace.

- ◆ Get Organized
- ◆ Be prepared for New Requirements
- ◆ Make the Workplace Easier to Navigate
- ◆ Increase PPE Compliance
- ◆ Make Safety a Way of Life

Let me help you build your safety plan for the year.

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