

SAFETY



WHICH HAMMER?

Choosing the right tool for the job is an important part of doing the job right. Find out which tools are designed to do the job you've got to do—safely. Then use only those tools.

**AS WE SEE IT: A job done right
is a job done safely.**

Injuries HURT!

CCR 000041785

Please Cooperate for the Safety & Health of All

SAFETY on the job . . .

LEAVE YOURSELF A WAY OUT

You must have read stories in the newspaper about the tragic injuries and loss of life when people struggle to get out of a building following a fire or explosion. Frequently, the problem was that they didn't know the way out, or the exit was blocked or hard to find. Maybe these stories have made you think. Maybe you've gotten into the habit of looking for the nearest emergency exits each time you go into a theater, restaurant or sports stadium.

How about carrying this healthy habit over to your work?

Wherever your job takes you, make it your business to **look for the nearest exits** . . . just in case. If you have trouble finding them, or if any exit is blocked, mention it to the person in charge. Get exit-ways clear in your mind—and cleared for use!

"Don't be so nervous," whispered the fight manager. "If he was any good, he wouldn't be fighting you!"

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ONLY IN THE MOVIES

The hero and the villain fight it out in the castle's gloomy cellar. In a Good-Guys-Win movie, it's the villain who comes to a horrible end in the customary vat of acid.

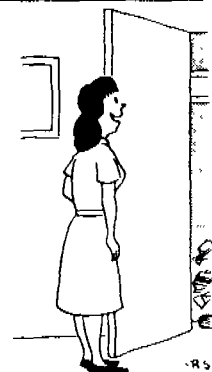
Unfortunately, in real life it's often the good guy who suffers (not from villainy but stupidity) because of a vat, pit, tank or ditch left uncovered or unguarded; doors or gates open when they should be closed; shields or guards removed and not replaced. **Protective equipment MUST be kept in use and in good repair!**

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FIGURES!

Life begins at forty
With joys and thrills aplenty
Unless you went like sixty
When you were only twenty!

An office may look like a safe place, but accidents can—and do—happen there. Paper clips, pencils or spilled coffee on the floor cause slips and falls. Desk or file cabinet drawers left open are walked into or tripped over. Leaning back in a desk chair often leads to a crash landing. Just because a workplace **LOOKS** safe doesn't mean you can let down your guard!



"They're Harry" shoes—they saved many times he ha them away!"

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Photo above and on cover courtesy of the Hand Tools Institute

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SURVIVAL INSTINCT - TOO LATE?

It seems that some people who drive cars have lived a quarter century before their survival instinct matures. This conclusion was drawn from a study showing that among persons aged 15 to 24, highway crashes are **the major single cause of death**, equaling all other causes combined. Those drivers who survive to age 25 seem to become more cautious at the wheel.

Too bad—it’s too late—for too many.

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SLOGAN OF THE MONTH: *Wearing safety shoes is a step in the right direction.*

The Royal Society of Canada plans to celebrate the 500th anniversary of Nicolaus Copernicus, “founder of modern astronomy,” November 28th in Ottawa. **Will YOU be remembered 500 years from now?** Probably not. But you CAN be heralded today, tomorrow and maybe for years to come, by being the kind of person whose performance on the job, at home and at play keeps yourself and others safe.

HOW TO HAMMER INTO CONCRETE OR MASONRY



The man in the photo at the left is showing the correct hammering technique for concrete or masonry walls. He uses a hand drilling hammer to strike a star drill. The Hand Tools Institute warns against using a common nail hammer for masonry nailing. Why? Masonry nails are hardened; a nail hammer striking them might chip.

Note that the workman wears eye protection. Under the force of an indirect or glancing blow, hardened masonry nails might shatter. Always protect your eyes when using striking tools!



IF YOU'RE A GUNSLINGER...

A loaded gun must be handled with utter respect. One man, showing friends how he accidentally shot himself, pointed the gun at his foot and **BANG**, did it again!

Air rifles and BB guns rate the same caution as a .22 caliber rifle. The velocity of a pellet from one of these guns is enough to pierce the body. One boy's eye was so severely injured by a pellet from an air rifle that the eye had to be removed.

Photo above and on cover courtesy of the Hand Tools Institute

TO YOUR GOOD HEALTH

THOUGHTS FOR THE DAY

WORKING ON A WINTER TAN? So you looked great in your summer suntan, and you're trying to keep it going. Just don't try so hard that you endanger the health of your skin or your eyes. If you use a sunlamp at home, follow the manufacturer's instructions perfectly in order to keep a safe distance. Also scrupulously limit your time of exposure. And protect your eyes from those ultraviolet rays.

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Doctor's advice to a golfer: Put the heart before the course.

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EATING LESS MEAT? It may be a health bonanza for you and your family if you substitute other high-protein foods for some of the fatty animal meats in your diet. Here are some rules currently offered by leading nutritionists to help you to a healthy diet and perhaps a longer life:

- (1) Drink milk; suggested amount is two glasses a day for adults.
- (2) Eat bread enriched with riboflavin and wheat germ.
- (3) Broiled liver, at least twice a month, will help prevent anemia caused by a lack of iron.
- (4) Don't fry meats; boil, broil or roast instead.
- (5) Like hamburger? Choose lean chopped chuck or round steak.
- (6) Eat more raw fruits and green and yellow vegetables. Don't worry about the calories or sugars in fruit; worry about 'em, instead, in candy, cakes, fried foods, fatty meats.



"You said we should think of ourselves as a team—so we got ourselves a couple of cheerleaders."

BETWEEN US GIRLS by Margo Fulton

A STEP TO OBLIVION? If you're about to buy new carpeting for stairs, consider the pattern or weave from a safety viewpoint before you buy. It's important that the edge of each step be easy to distinguish, in order to use the stairs with safety.

PLASTIC BAG HAZARD: More and more items come packaged in plastic these days, increasing the danger that a child might pull the plastic sack over his head and suffocate. If there are small children in your house, take special precautions. When you unwrap something that comes in soft plastic, tie a knot in the middle of the wrapper and discard the packaging immediately.