

What you should know about

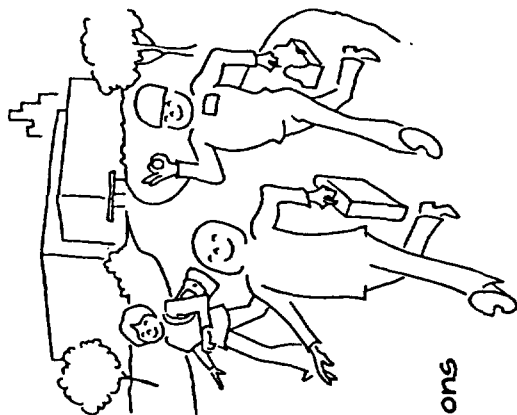
ON-THE-JOB HEALTH



ABS-003025

What
do you mean
**ON-THE-JOB
HEALTH
?**

It means keeping yourself free
from illnesses caused by conditions
at work.

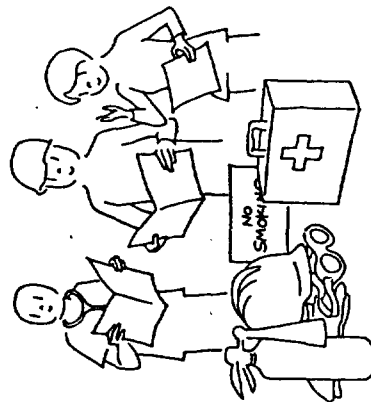


JOB-RELATED ILLNESS
is a
MAJOR HEALTH PROBLEM
in America today

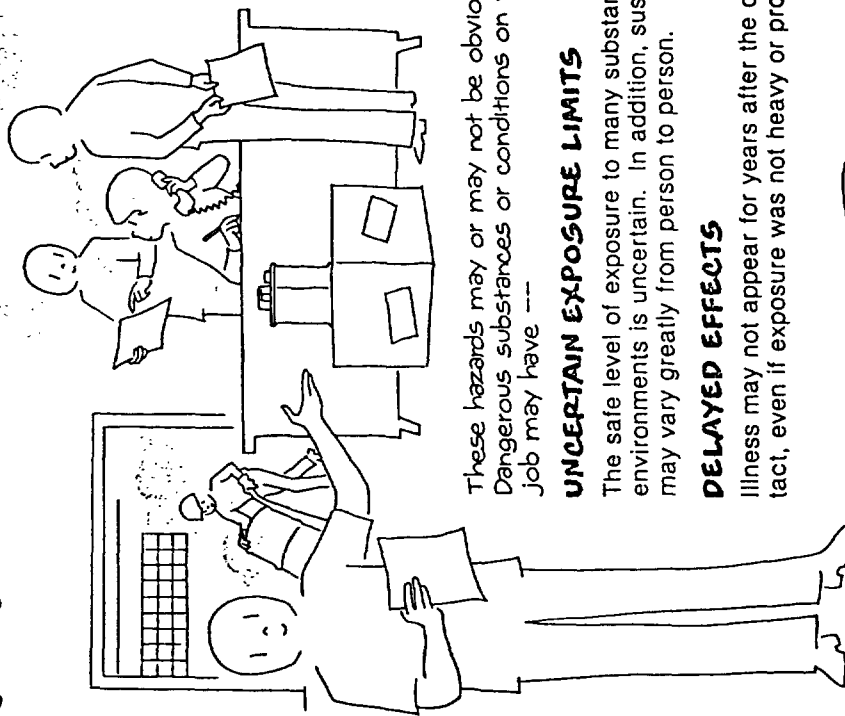
A lot is being done to
PROTECT YOU FROM HAZARDS

For example --

- **TRAINED PROFESSIONALS**
such as safety specialists,
industrial hygienists, company
physicians and nurses are alert
for potential problems.
- **SAFETY RULES**
have been designed to help
keep you safe.
- **SPECIAL PROTECTIVE
EQUIPMENT**
is provided to help shield
you from danger.



BUT --
Any job can have
**CERTAIN
HAZARDS**



These hazards may or may not be obvious.
Dangerous substances or conditions on your
job may have --

UNCERTAIN EXPOSURE LIMITS

The safe level of exposure to many substances and
environments is uncertain. In addition, susceptibility
may vary greatly from person to person.

DELAYED EFFECTS

Illness may not appear for years after the original con-
tact, even if exposure was not heavy or prolonged.

That's why you need to
do your part to help protect
your health on the job ...

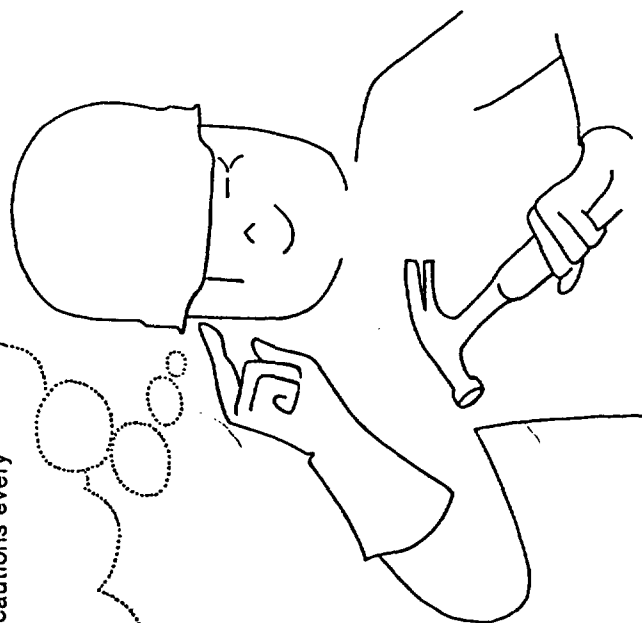
Self-protection starts with a HEALTHY ATTITUDE

YOUR HEALTH IS AT STAKE

Never assume that "it can't happen to me" - it can. The only way to prevent illness is to take proper precautions every day you work.

ALWAYS THINK BEFORE YOU ACT

Treat hazardous substances and working conditions with respect. Never cut corners to get the job done faster. Follow all company safety and health policies regarding protective gear, smoking, exposure limits, clean-up procedures, etc.



KNOW THE HAZARDS that might exist where you work

ACIDS

ASBESTOS

DUST

SOLVENTS

FUMES

GLUE

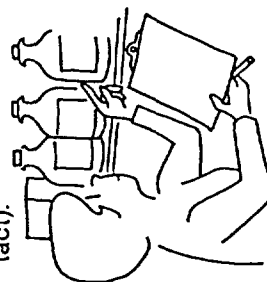
PAINTS

RESINS



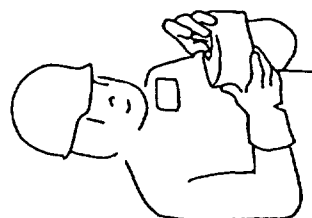
IDENTIFY ALL SUBSTANCES

that you work with or that are present in your work environment. Know the generic name of all chemicals. Learn how each substance is most likely to enter the body (for example, through inhaling, swallowing, skin contact).



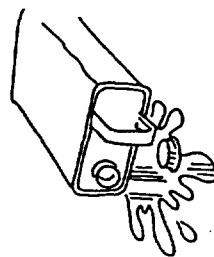
KNOW SAFE EXPOSURE LEVELS

If threshold levels for exposure have been established for substances and environments where you work, take appropriate precautions.



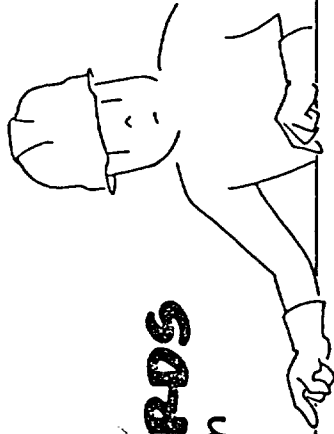
WATCH FOR DANGEROUS CONDITIONS

that may affect your health. These include noise, heat, radiation, vibration, as well as leaks, spills, malfunctions in protective gear, poor safety practices on the part of fellow workers, etc. Report any unsafe or suspicious conditions to your supervisor.



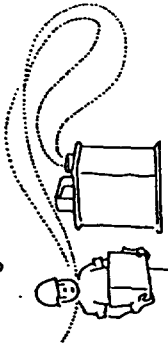
POSSIBLE HEALTH HAZARDS

that may be present on the job include --



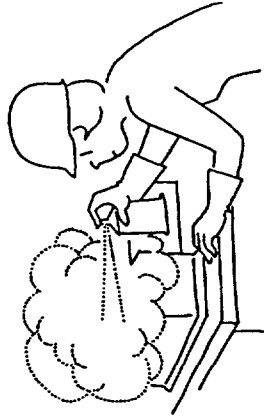
AIR CONTAMINANTS

- INDUSTRIAL GASES and VAPORS (such as hydrogen sulfide, carbon monoxide and trichloroethylene) which are often invisible, may be present on many job sites.
- AIR-BORNE PARTICLES small enough to be inhaled include dusts such as silica sand, lead and asbestos; mists from oils and acids; fumes from soldering and welding.



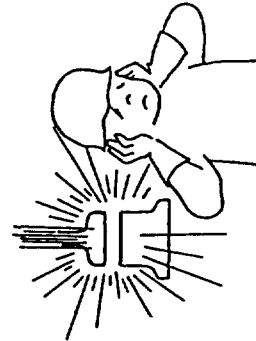
CHEMICALS

- TOXIC AGENTS (poisons such as hydrogen sulfide and cyanides) can cause injury, disease, even death.
- CORROSIVES (irritants such as chlorine and lyes) are especially dangerous to the eyes, respiratory tract.



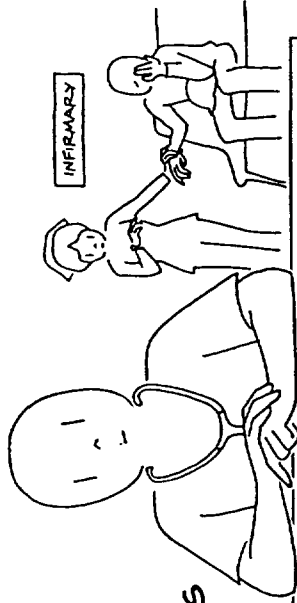
OTHER POSSIBLE HAZARDS

Oxygen deficiency; excessive noise, light, vibration, heat or cold; and exposure to bacteria or radiation (such as ultraviolet, infrared or X-rays) are also potential health hazards.



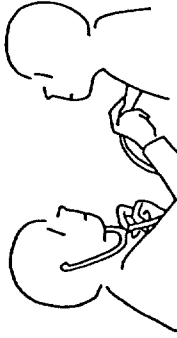
POSSIBLE EFFECTS

of these hazards include --



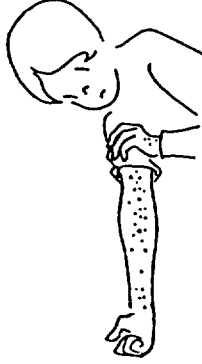
DAMAGE TO LUNGS, RESPIRATORY SYSTEM

Breathing in certain gases or particles can cause cancer, black-lung disease, brown-lung disease, white-lung disease (asbestosis), bronchitis, emphysema, among others.



IRRITATION OR DISEASE OF THE SKIN

Contact with certain chemicals, glues, solvents, etc. can cause burns, rashes and/or dermatitis (chronic swelling, redness, irritation, itching of skin).



INJURY TO THE REPRODUCTIVE SYSTEM

Some chemicals have been linked to birth defects, miscarriages and stillbirths, especially when women are exposed while pregnant. Other chemicals have been linked to impotence or sterility in men.

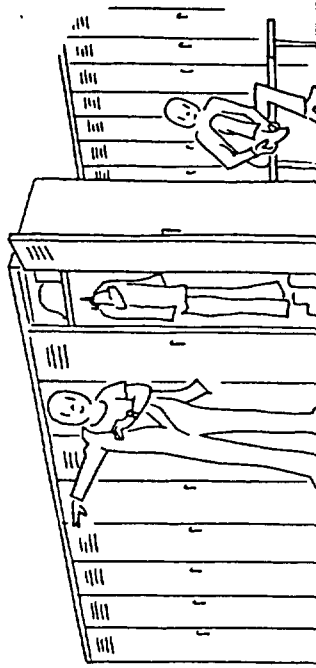


DAMAGE TO OR DISEASE OF

- the BLOOD (anemia, leukemia)
- the LUNGS
- the CENTRAL NERVOUS SYSTEM
- EYESIGHT
- HEARING.



Always use **PERSONAL PROTECTIVE DEVICES** that are right for your job.



WEAR THE RIGHT EQUIPMENT

For example--

SAFETY GOGGLES OR FACE SHIELD

to protect your eyes or face from dust, flying particles, sparks, splashes, etc. Bystanders may need them too. Keep them clean.

GLOVES

should be suitable for the kind of materials you're handling. Be sure they fit.

BOOTS

should be designed for the job you're doing: rubber for electrical work, steel-capped toes for heavy work, etc.

EARMUFFS AND PLUGS

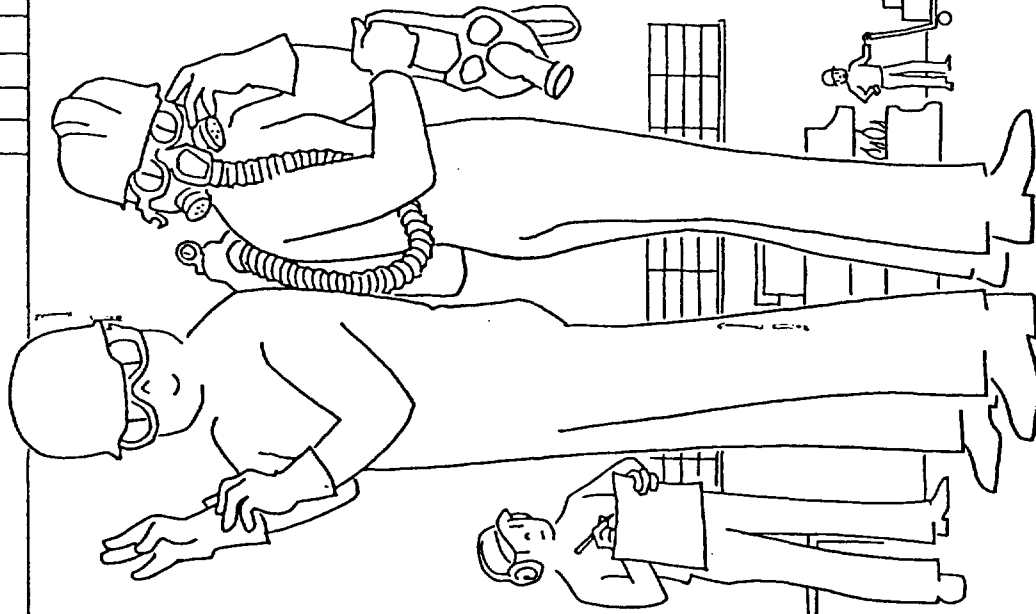
may both be necessary in very noisy areas. If needed, be sure they fit properly.

FULL-BODY CLOTHING

is important for persons working in heavily contaminated areas. Wear gowns, leggings, arm protectors, shoe covers, etc. that fit properly, as your job requires. Follow rules for disposal and cleaning at the end of the day.

BARRIER CREAMS

may be needed to protect skin when working with possible skin irritants.



USE THE RIGHT RESPIRATOR

Selection depends on the specific hazards present. (Workers with heart, lung or other serious health problems should check with a physician before using.)

There are

2 basic types of respirators--

AIR-PURIFYING RESPIRATORS

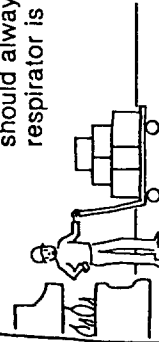
These devices help remove contaminants from the air before they can be inhaled. Various kinds of filters are available to help protect against gases or particles. They should be cleaned and disinfected after each use.

AIR-SUPPLYING RESPIRATORS

These devices supply uncontaminated air to the user from an independent source of clean air such as a compressed air line, portable tank or oxygen-generating device. Proper training in their use is essential.

EXHAUST VENTS AND MOODS

should always be used where provided, even when respirator is also worn.



Remember these

RULES FOR USING PROTECTIVE DEVICES

GET A PROPER FIT

You won't be fully protected unless equipment fits you properly. Don't wear someone else's respirator, air-supply unit, goggles, etc.



CLEAN AND STORE EQUIPMENT CORRECTLY

After each use, equipment should be washed, disinfected if necessary, rinsed, air-dried and placed in a designated storage area that's clean and dry.



Protect your equipment and it will protect you.

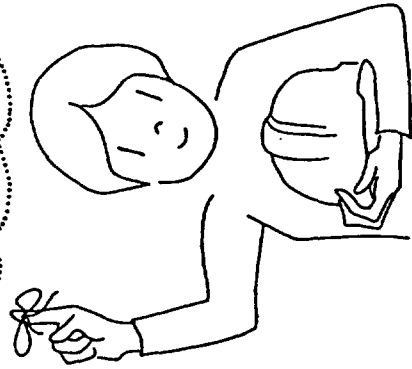
CHOOSE THE RIGHT EQUIPMENT

Each type of equipment (clothing, respirator, etc.) has its own special use. Match the equipment you use to the hazards of your job. If in doubt, ask your supervisor.



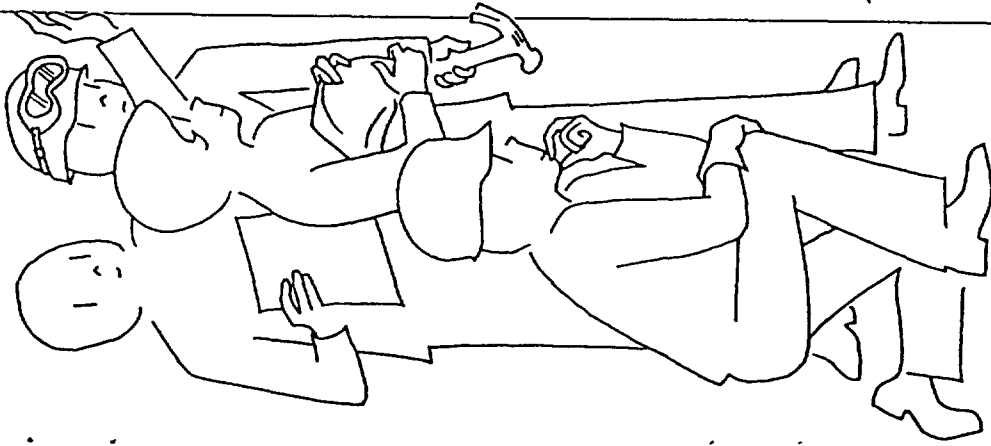
INSPECT AND MAINTAIN YOUR EQUIPMENT

It should be checked regularly for dirt, tears, cracks, scratches, etc. Repair or replace damaged articles promptly.



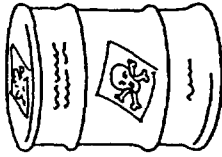
UNDERSTAND and OBEY SAFETY RULES

-- they're for your protection.



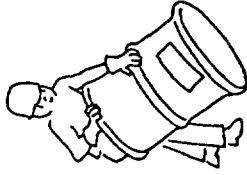
READ LABELS

All containers should be clearly marked with name of contents and necessary precautions. If you can't find labels, ask your supervisor. Never remove signs or labels, and have them replaced if they're torn or missing.



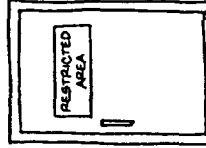
HANDLE MATERIALS PROPERLY

Every time you handle hazardous substances, follow all required procedures for their use, transportation and storage.



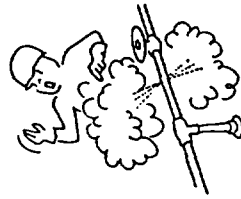
OBEY SIGNS

For example, some areas may be restricted for certain uses or to specific personnel. Stay out if you're not authorized.



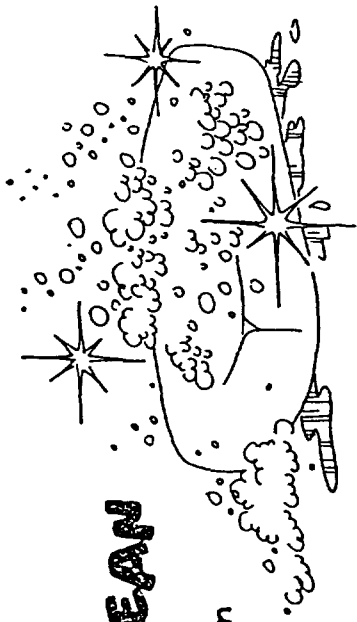
DON'T DO UNAUTHORIZED WORK

Never try to do jobs that you haven't been trained for or aren't authorized to do. Serious illness or injury could result.



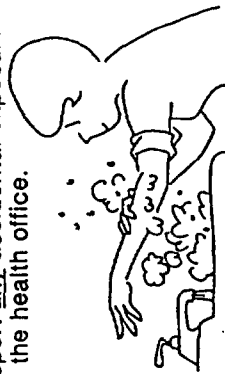
KEEP CLEAN

Extra care in your personal habits can help keep you healthy.



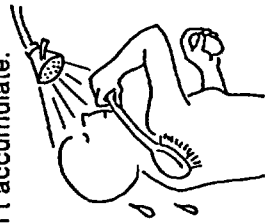
WASH AFTER EXPOSURE

Immediately after handling contaminants, wash thoroughly with a safe, effective soap and warm water - a quick rinse is not enough. If chemicals touch skin, wash them off with lots of water right away. (Or follow your company's recommended procedure.) Report any accidental exposure to the health office.



SHOWER AFTER WORK

If necessary, take a shower at the end of every shift so that dust can't accumulate.



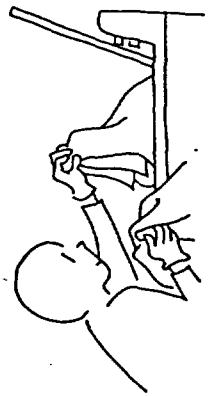
WASH BEFORE EATING

Wash thoroughly before and after eating. Never store food, eat meals, smoke or have snacks or drinks in or near work areas where contaminants are present.



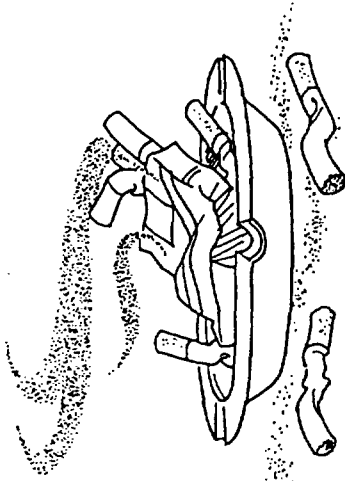
BE CAREFUL WITH LAUNDRY

Remove and clean contaminated clothing at workplace. If you must take it home, wash it separately from the rest of the family laundry. When washing clothes, work in a well-ventilated area and wear rubber gloves.



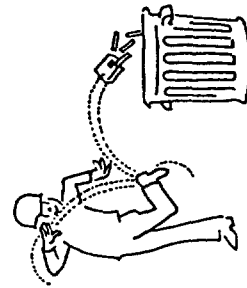
DON'T SMOKE

Smoking, when added to many contaminants you may already be breathing on the job, GREATLY increases your chances of developing lung disease.



TO KICK THE HABIT --

- **UNDERSTAND**
why you smoke, and why it's vital to quit.
- **PLAN TO QUIT**
by setting a date and choosing a method (cutting down gradually, cold turkey, etc.)
- **ACT ON YOUR PLAN**
and stick with it. Get rid of ashtrays, etc.; change routine; find substitutes if necessary.



The lung cancer risk for smokers in general is 10 TIMES that for non-smokers, and the risk of heart and circulatory problems, bronchitis, emphysema, etc., is also greatly increased.

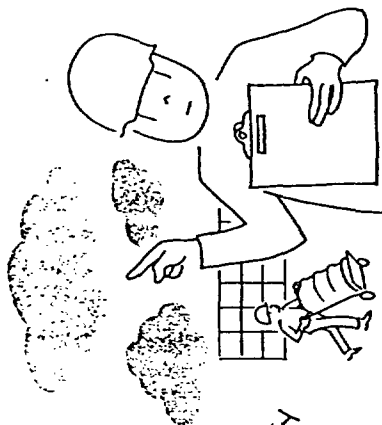


The health risk of smoking is something only you can control.

COOPERATE

with company medical programs.

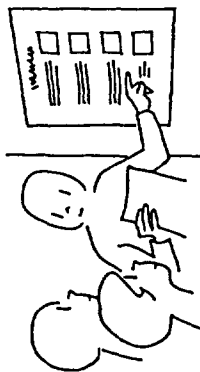
They're designed to identify and control occupational health hazards.



Programs may include --

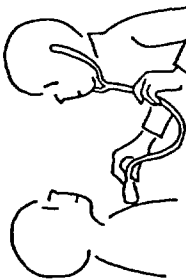
INFORMATION AND COUNSELING

These programs instruct you on handling materials safely, using equipment correctly, detecting symptoms of illness, etc.



REGULAR PHYSICAL EXAMS

Most workers should have periodic checkups, depending on occupation, health history, job hazards, etc. Routine checkups can detect problems early.



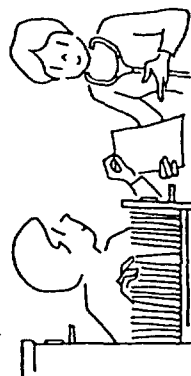
EARLY TREATMENT

If any unusual symptoms appear, report them to the company nurse or see a physician promptly. Early treatment is most effective.



MONITORING ILLNESS PATTERNS

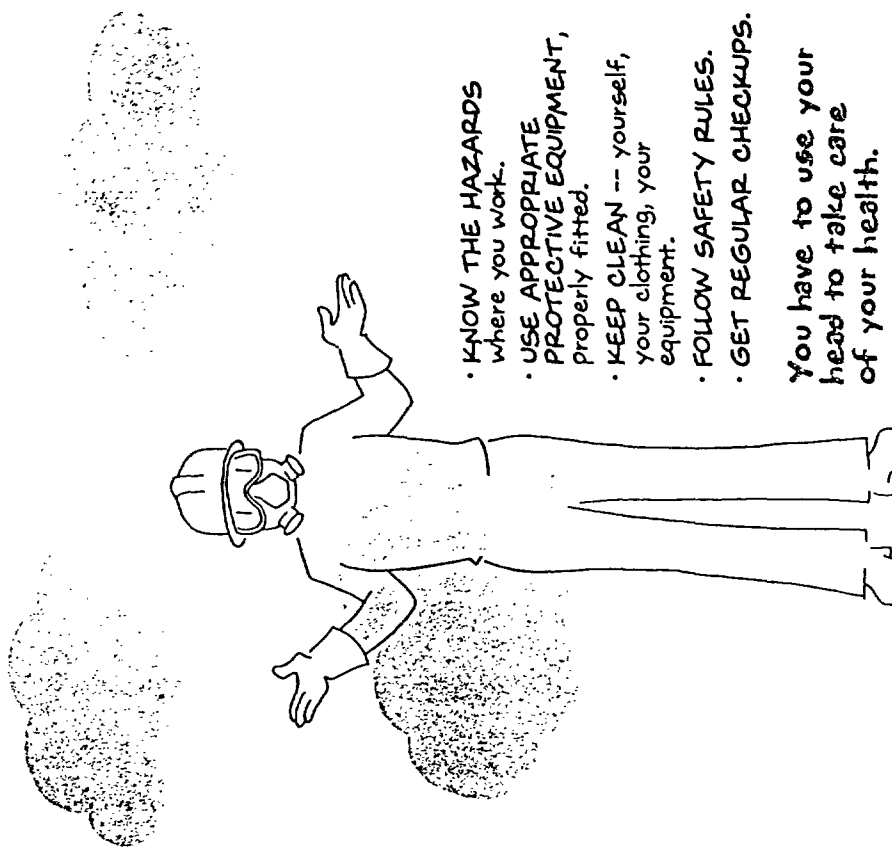
Health professionals such as occupational health nurses record cases of illness, take samples from contaminated areas and keep medical records.



So--

YOU

**CAN DO A LOT
TO PROTECT YOUR HEALTH
ON THE JOB!**



- **KNOW THE HAZARDS** where you work.
- **USE APPROPRIATE PROTECTIVE EQUIPMENT**, properly fitted.
- **KEEP CLEAN** -- yourself, your clothing, your equipment.
- **FOLLOW SAFETY RULES.**
- **GET REGULAR CHECKUPS.**

You have to use your head to take care of your health.

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