

HEAR CARE

Home Hearing Protection Tips

If you work in a noisy environment, you may be aware of the importance of on-the-job hearing protection. But many workers fail to realize that a safe noise exposure limit doesn't stop when they punch out of work. The best way to protect your hearing on the job is to follow your company's hearing conservation program and to use the hearing protectors your employer provides. To protect your hearing off the job, recognize potential hazards and use ear plugs or muffs when operating loud appliances or tools. "Hear care" means protecting your hearing for life.

Home Hearing Hazards

Many common household appliances can expose you to excessive noise: vacuum or rug shampoo cleaners, garbage disposals, trash compactors, even a noisy blender or mixer. The home workshop can contain several hearing hazards: electric saws, drills, sanders, and other power equipment. Garden tools, such as lawn mowers, leaf or snow blowers, chain saws, chipper/shredders and hedge trimmers, can also expose you to excess noise. Keep a pair of ear muffs or plugs at home and use them when operating noisy tools or appliances.

Recreational Hearing Hazards

Perhaps the most common recreational hearing hazard is listening to overly loud music. The problem

is compounded if you listen to loud music through earphones. To protect your hearing, turn down the volume. Recreational vehicles—motor boats, snowmobiles, motorcycles—can have very loud engines. When operating these vehicles, be sure to wear ear plugs or ear muffs. While hearing loss does result from exposure to excess noise over a period of time, a single exposure to a very loud noise—like gunfire—can cause permanent hearing loss. Always use hearing protection when hunting or target shooting.

Hear Today... And Tomorrow

The best way to protect against hearing loss in the future is to protect your hearing today and every day. Follow your company's hearing conservation program and use hearing protection for off-the-job hearing hazards too. When purchasing new appliances, tools or equipment, select noise-reduced models. A little safety sense can help save one of your most valuable senses—your hearing.

Keep a pair of ear muffs or plugs at home and use them when operating noisy tools or appliances.



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**PERSONAL
SAFETY & HEALTH**

FRESH AIR . . . EVERYWHERE

Home Respiratory Protection Tips

Respiratory or breathing hazards are just as common in the home as they are in the workplace. While your employer can help you protect your breathing on the job, only you can protect your breathing the rest of the day. The best way to protect your breathing off the job, is to recognize potential hazards and learn what you can do to protect against them.

Home Respiratory Hazards

Read labels of all household chemicals you use; some can create poisonous gases when combined with other products. Always keep rooms well-ventilated (open windows or doors, turn on exhaust fans) when using any chemical in the home. Never burn magazines or trash in home fireplaces—they can give off noxious fumes. Wear a disposable mask when vacuuming, dusting, sawing, or sanding, to avoid breathing in irritating particles. Wear a respirator when

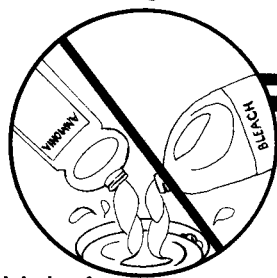


painting, spraying insecticides, or fertilizing to neutralize harmful vapors. (If you are unsure about the particular type of respirator to use for home activities, ask your safety representative at work or your personal physician for advice.)

Recreational Respiratory Hazards

Hobbies like model-building and painting can create breathing

hazards such as vapors and mists. When performing these activities, be sure to keep your work area well-ventilated. (Artists who use “air-brushes” should also wear a respirator.) Carpenters should wear dust masks to filter out airborne particles. When working on cars or motorized vehicles, keep garage doors open whenever the engine is running to avoid breathing carbon monoxide, a lethal gas. Even backyard barbecues can create dangerous fumes; stand up-wind of your grill and avoid breathing in smoke.



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Breathing Freely

Once you recognize potential breathing hazards, you can begin to guard against them. Keep work and recreational areas well-ventilated, and when necessary, use a respirator designed to guard against the specific breathing hazards you encounter. Then breathe freely, and make every breath a breath of fresh air.

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HELPING HANDS

Home Hand Protection Tips

Hand protection is an around-the-clock activity. Keeping your hands safe from injury and disease is just as important at home as it is in the workplace. Household chemicals, tools and machinery, even recreational activities can all be potentially hazardous unless they're handled correctly. On the job, you can protect your hands by following your company's safety guidelines and using the hand protection provided by your employer. Off the job, you can recognize potential hand hazards and learn what you can do to keep your hands safe from injury.

Home Hand Hazards

In the kitchen, be sure to store sharp objects (knives and cutting blades) away from children. Keep knives sharp (dull blades slip more easily) and select the right one for the job you're doing. Never hold the object you're cutting in your hand—use a cutting board, and *always* cut away from your body. Use graters, can-openers, and vegetable peelers carefully—ragged teeth and sharp blades can easily cut a finger or hand. Wear rubber gloves when working with household chemicals, such as cleaning agents, insecticides, even hair color. In the workshop, be careful of sharp blades and pointed objects. Use tools only for their intended purpose and inspect them before and after each use for signs of damage. When using power tools or equipment, do not wear jewelry, gloves, or loose-fitting clothes that could

get caught in moving parts. When painting, hold the brush or roller so that your wrist stays as straight as possible to avoid "overuse" problems. For yard work, wear canvas gloves to protect against stickers or thorns as well as potentially irritating plant oils.

Recreational Hand Hazards


Many recreational activities can be hazardous to your hands unless care is taken beforehand.

Skaters, skateboarders, and cyclists should invest in gloves with padded palms that absorb shock and protect against abrasions in the event of a fall.

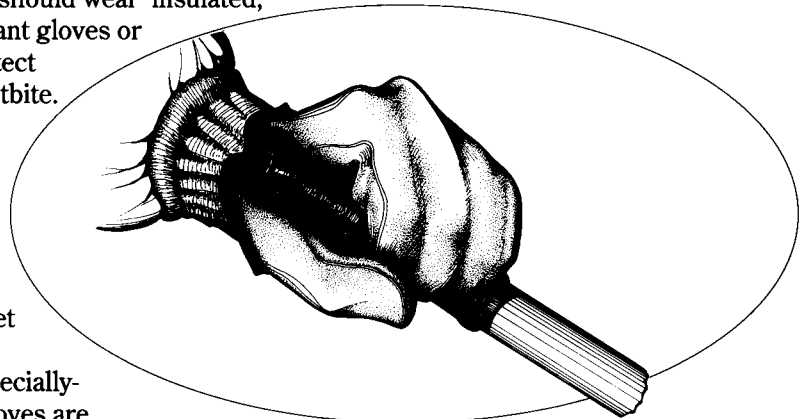
Skiers and other winter sports enthusiasts should wear insulated, water-resistant gloves or mitts to protect against frostbite.

For sports that require excessive hand and wrist motion (golf, racquet sports, softball, etc.) specially-designed gloves are available to support your wrists and guard against calluses.

Give Yourself A Hand

Hand safety at home means recognizing potential hand hazards, using tools and equipment properly, and wearing protective gloves when necessary. Protect your hands—they have to last a lifetime. 

Wear rubber gloves when working with household chemicals, such as cleaning agents, insecticides, even hair color.



For outdoor winter activities, wear insulated, water-resistant gloves or mitts to protect against frostbite.

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SAVE YOUR SIGHT

Home Eye Protection Tips

Even if we wear eye protection on the job, most of us fail to realize that eye hazards at home can be just as threatening as those we encounter at work. Accidentally spraying a home cleaning product in your eyes, for example, can be just as dangerous as an industrial chemical splash! To protect your vision on the job, follow your company's guidelines for eye safety and use the protective eyewear provided by your employer. At home, recognize potential eye hazards, and use safety glasses or goggles whenever you come in contact with one. The

following tips can help you save your sight, for life.

Home Eye Hazards

Most eye injuries result from getting a foreign substance in the eye (dust, dirt, particles, chemicals), blows to the eye, or striking the eye with a sharp or pointed object. Lawn mowers, hedge clippers, leaf blowers, power saws, drills, and similar power tools can throw off particles that can get in your eyes. Be sure to wear safety goggles when operating these types of machinery. When opening

containers of chemicals (household cleansers, drain openers, insecticides, etc.) be sure to direct the container away from your face. Sharp or pointed objects—kitchen knives, screw drivers, skewers, etc.—should be used with care and never pointed toward the face. Store these objects out of children's reach. Remove shelves, hooks, or anything else that juts out at eye level to avoid accidental collisions.

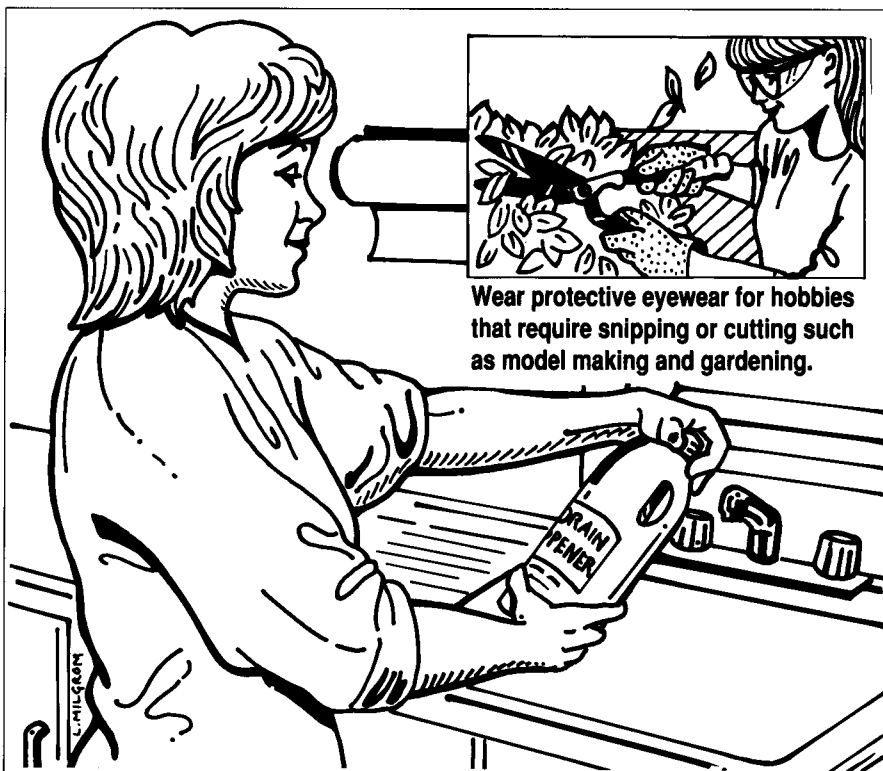
Recreational Eye Hazards

Eye protection is always advised for sports where you could be struck by a projectile (such as racquet sports), or for activities such as cycling where windborne particles can enter the eye. Tinted lenses with "UV" protection should be worn for outdoor activities to guard against harmful ultraviolet light rays and glare. You should also wear protective eyewear for hobbies that require snipping or cutting such as model making and gardening. The type of eye protection you'll need will depend on the particular activity you're doing. Check with your local sporting goods store, your safety representative at work, or your eye doctor for the appropriate protective eyewear for your activity.

A Vision Of Safety

Eye safety isn't limited to the worksite alone. Protecting our vision is something we all should do each day, every day. By recognizing potential eye hazards and using protective eyewear whenever needed, we can protect against eye injuries and save our sight.

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