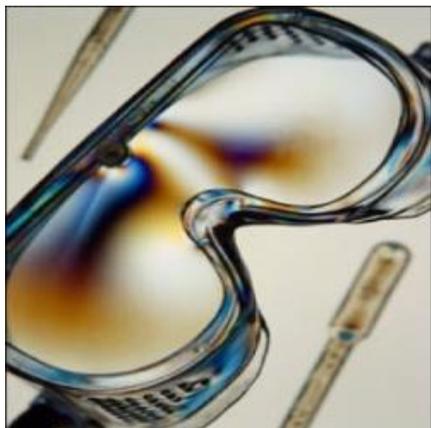


Chemical labels—Know the differences

Most containers of hazardous chemicals must be labeled with information that identifies the hazards and how to protect yourself against exposure. In many workplaces, you might see two different types of chemical labels that could cause confusion: the Occupational Safety and Health Administration (OSHA) -compliant Hazard Communication (HazCom) labels with pictograms inside small diamonds with red borders and other written information, and the National Fire Protection Association (NFPA) labels with the multicolored large diamond shapes with numbers and letters inside colored boxes within the diamonds. Both are compliant, but there are some critical differences you should recognize:

1. The HazCom labels inform workers about the hazards of chemicals in the workplace under normal conditions of use and foreseeable emergencies; and the NFPA labels provide information for emergency personnel responding to a fire or spill and those planning for emergency response.
2. The HazCom labels typically do not include the hazard severity number system (1 most severe to 4 least severe) used in section 2 of safety data sheets (SDSs); and the NFPA labels always include an NFPA-unique numbering system (0 least hazardous to 4 most hazardous) that is NOT used in the SDS number system.
3. HazCom labels describe both acute (short-term) and chronic (long-term) health effects; and NFPA labels describe acute health hazards only.



EMPLOYEE SAFETY NEWSLETTER

February 2020

Keep an eye on impact hazards

An employee tried to force a flare disk onto a flaring machine spindle by striking the disk with a metal hammer. The impact sent a metal fragment into the employee's eye that required hospitalization and surgery. The employee was wearing safety glasses, but the fragment hit the eye from an angle that was unprotected by the glasses. Do you know the best type of eye protection against impact hazards at your worksite? Before you begin a job that exposes you to impact hazards, consider which type of eye protection will provide your eyes with the best defense.

Impact hazards

The majority of impact injuries to the eye are caused by flying or falling objects, such as chips, fragments, particles, sand, dirt, or sparks. These objects can cause punctures, scratches, and bruises. Work operations like chipping, grinding, masonry, riveting, woodworking, drilling, and sanding can generate these hazards. To protect against impact injuries, always wear safety glasses with side shields, and/or safety goggles, and even a face shield depending on the type and severity of exposure to hazards.

Safety glasses

Safety glasses are designed to shield the eyes from frontal impact by flying fragments, objects, large chips, and particles. Side shields provide impact protection from left or right angles. Safety glasses without side shields are unacceptable eye protection for impact hazards. Frames can be fitted with impact-resistant vision corrective lenses. But safety glasses alone do not protect against impacts from under or around the glasses.

Safety goggles

Safety goggles form a protective seal around the eyes. This prevents objects from entering under or around the goggles. The frame must fit properly to your face to form the correct seal. Safety goggle lenses are designed and tested to resist moderate impact and may incorporate prescription lenses mounted behind protective lenses if you need vision correction. Goggles are also available with different levels of ventilation.

Safety shields

A face shield protects the entire face and is used with safety glasses and goggles. When worn alone, face shields *do not* protect employees from impact hazards. Use face shields in combination with safety glasses or goggles, even in the absence of dust or potential splashes, for additional protection beyond that offered by glasses or goggles alone.

Follow these guidelines and you can save your sight from the dangers of workplace impact hazards.

Random drug testing rates set to increase

Workers who perform safety-sensitive functions in the trucking, warehousing, and other motor carrier transport-related industries should watch for an increase in occupational random drug testing. The Federal Motor Carrier Safety Administration (FMCSA) announced in December 2019 that it will double the minimum annual percentage rate of random drug testing for commercial motor vehicle (CMV) drivers from the current 25 percent to 50 percent for calendar year 2020. That means, for example, a covered employer with 100 safety-sensitive employees will have to ensure 50 or more random drug tests are conducted during the 2020 calendar year. The reason for the increase is FMCSA found that the positive rate for controlled substances in random testing in the agency's 2018 Drug and Alcohol Testing Survey is on the rise from previous years. The minimum random alcohol testing rates are not expected to change.

In related developments, positive drug test results for transportation and warehousing workers increased by double digits over a 2-year period, according to testing firm Quest Diagnostics. Quest reported that positive results for transportation and warehousing workers increased by 21 percent between 2015 and 2017. Marijuana was the most commonly detected substance in all the tests.

There is also growing concern by employers in all industries about worker impairment as more states adopt medical and recreational marijuana laws. However, marijuana use is still illegal under federal law.

NAAZEAAAAM
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HFFCHAZARD
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Dehydration in cold conditions: Quiz

1. Select the correct group of symptoms for dehydration:
 - A. Decreased urination, dry mouth and skin, headache, and thirst.
 - B. Headache, thirst, dizziness, and clear urine.
 - C. Thirst, headache, high blood pressure, and low heart rate.
2. Dehydration is a common risk for workers in cold conditions. TRUE or FALSE.
3. Select the correct group of actions to stay hydrated in cold weather.
 - A. Drink water, soda, or coffee, and eat foods high in electrolytes.
 - B. Drink water, eat foods high in electrolytes, and avoid coffee.
 - C. Eat foods high in electrolytes, avoid coffee, and only drink fluids when you feel thirsty.
4. Drink coffee to stay hydrated because it helps keep you warm and stimulates circulation. TRUE or FALSE.
5. Thirst can be lessened in cold weather, so drink even when you don't feel thirsty. TRUE or FALSE.

ANSWERS

1. **A.** Decreased urination, dry mouth and skin, headache, and thirst. **2. TRUE.** **3. B.** Drink water, eat foods high in electrolytes, and avoid coffee. **4. FALSE.** Avoid coffee because it increases water loss and inhibits circulation. **5. TRUE.**

Dehydration risk high in cold conditions

It makes sense that a person can get frostbite working in the cold, but how can that person get dehydrated? Dehydration is fairly common for workers in cold conditions. Not only do you tend to feel less thirsty and drink less in the cold, but hard, physical work in the cold can make you sweat heavily and accelerate water loss, especially if your protective clothing is heavy and keeping you warm. And, dehydration can weaken your body, leaving you even more susceptible to dangerous conditions such as hypothermia.

Know the signs of dehydration :

- Thirst—and the sensation of thirst—is often lessened in cold weather.
- Decreased urination and dark-colored urine.
- Dry mouth and skin.
- Headache.
- Dizziness or lightheadedness.
- General weakness.
- Low blood pressure and rapid heart rate with severe dehydration.

Stay hydrated

When working in cold conditions, be sure you drink plenty of noncaffeinated, nonalcoholic fluids, including water or fluids high in electrolytes like a sports drink. Don't drink soda to rehydrate because it has too much sugar and too little electrolytes. Also, eat foods high in electrolytes like bananas, yogurt, and nut butters (unless allergic to them). Avoid coffee because it increases water loss and can inhibit circulation. Drink even if you don't feel thirsty every time you take a break as a safety precaution.