



SPRING into Safety

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"Protecting human resources through safety prevention."

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Spring Cleaning Chemical Safety

HELPFUL LINKS

www.merma.org

www.cdph.ca.gov

www.dir.ca.gov/dosh/

[OSHA HazCom
Standard](#)

We often associate Spring with cleaning. When used properly, cleaning chemicals are relatively safe. A Hazard Communication Program (HazCom) is a key component to maintaining safety at work when using chemicals, whether for cleaning or otherwise. The purpose of a HazCom Program is to ensure the hazards of all chemicals located at your facility are assessed, and all information regarding potential physical and health hazards are accessible to employees.

Here are the key components of an effective HazCom safety program:

- A complete list of all cleaning chemicals used in the facility;
- Safety data sheets (SDS) for each chemical used or stored.
- Keeping all cleaning chemicals in their original containers and never mixing chemicals, even if they are the same "type" of chemical.
- Storing chemicals in well-ventilated areas away from HVAC intake vents. This helps prevent any fumes from spreading to other areas of the facility.
- Installing safety signage in multiple languages (or, even better, using images and no words) that quickly conveys possible dangers and precautions related to the chemicals.
- Ensure all workers know exactly what the following "signal words" mean:
 - Warning - the chemical presents a relatively moderate hazard
 - Danger - the chemical presents a severe or immediate hazard

If you have any questions regarding your HazCom program, please contact David Bolton at dbolton@merma.org.

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Safety and Self Accountability

Every day, every hour, every minute we make choices. We make choices based on potential outcomes or consequences. We choose not to text and drive so we don't get into an accident. We choose to show up to work every day so we don't get fired. We choose to take our vehicles to the shop for maintenance so they don't break down on us.

Safety at work is also a choice. We can make choices each day that place ourselves at greater risk for injury, or we can choose to work safe and significantly reduce that risk. Are you choosing to bend at the knees when picking up that box from the floor? Are you standing on desks and chairs instead of using stepstools or ladders? Are you holding the handrail when going up and down the stairs? If not, it's important to ask yourself "why?" Is it worth getting injured?

There is fulfillment in taking ownership of your choices, holding yourself accountable, and choosing to work safe. At the end of the day, you are the beneficiary of your safe choices.

Obtaining a Proper Shoe Fit for Healthy Feet

Shoes serve many functions. They protect our feet, cushion our body weight, and hopefully make our feet feel comfortable. Finding the proper shoes and making sure they fit are important to keeping your feet and body happy. Poorly fitting shoes can be painful and cause injury. They can cause problems like plantar fasciitis, stress fractures, and even trips & falls. Here are some tips for finding shoes that are right for you:

1. Shop in the afternoon as your foot expands throughout the day.
2. Have your feet measured every time you shop for shoes.
3. Fit your shoe to the larger foot.
4. Stand and walk around in your shoes.
5. Have about a half-inch of space between your longest toe and the end of the shoe
6. Pay attention to both the length and the width.
7. Trust your own comfort level; don't rely on the shoe size.

Need an Ergo Evaluation?

Ergonomics can be defined as the study of the relationship between people and their work environment. An ergonomic evaluation is an assessment of the worker and their workstation to ensure proper set-up and posture.

Proper set-up and posture can prevent injuries and promote good health and longevity. If you or one of your workers are experiencing discomfort while at your workstation, or if you are new to your workstation, MERMA can help! You may request an ergonomic evaluation by [filling out this form](#) and submitting to dbolton@merma.org

