

## HEAD PROTECTION



Your head is the most important part of your body. You think, feel, talk, smell, and hear with your head. Therefore, it makes sense that you should protect your head from any injury.

Wearing a hard hat is the first line of defense against head injuries on the job. A hard hat can protect your head against the hazard of falling material and guard against accidental bumping. The hard hat softens any blow to the head. It resists and deflects the blow and distributes the impact over a large area. The hat's suspension acts as a shock absorber. Even if the hat dents or shatters, it still takes some of the force out of the blow and off your head. It can also shield your scalp, face, neck, and shoulders against hazardous spills or splashes.

Choose the hard hat most suitable for the work being performed and only wear approved hard hats manufactured to meet required standards. These are made to give your head maximum protection.

Make sure your hat fits correctly. Hats that fit right provide you with the most comfort and protection.

The ability of a hard hat to protect a worker depends on the shock absorbing space between the shell and head by the suspension provided. Therefore, it is important that sweatbands and suspension straps be properly adjusted to obtain the maximum protection. Sunlight and heat can rot the sweatband and straps, so don't leave your hard hat on the window ledge of your vehicle. Take good care of your hard hat. Don't drop it, throw it or drill holes in it. Inspect your hard hat every day for cracks, gouges, and frays or breaks in the straps.

Colors can be used to identify different crafts and supervisory personnel, and should be encouraged and given consideration when purchasing such equipment. All levels of supervision should set the example by wearing hard hats. Observe and comply with "Hard Hat Area" sites. Remember! A hard hat is a status symbol; it identifies a safe worker, one who believes in and practices safety.



## FOOT PROTECTION

The foot is something that doesn't get much attention unless there is a problem. Therefore, to avoid possible injury, it's important to think about safeguarding the foot before undertaking any job.

Workers may be exposed to various hazardous conditions on the job, including slippery surfaces, climbing hazards, handling or working around heavy equipment and machinery, and working around electricity. These different working conditions may require different safety footwear to protect the foot, and the worker, from injury.

When choosing safety footwear, you must select the legally approved shoe or boot required for the job activity, equipment, and situation. Some situations may require metal-toed boots to protect the top part of the foot. These steel-toed shoes provide extra protection over the top of the foot and can make a difference in preventing an injury in an accident.

Safety shoes or boots with impact protection should be worn when workers carry or handle materials such as heavy packages, objects, parts or tools and for other activities where objects may fall onto the foot.

Workers should be required to wear safety shoes or boots with impact protection when their work involves wheeling carts that carry heavy materials; handling heavy, bulky tools (paper, fabric, carpet, lumber, etc.); working around heavy pipes or in situations where a heavy object may roll over a worker's foot.



Safety shoes or boots with puncture protection should be required where a worker could step on sharp objects such as nails, wires, tacks, screws, large staples, scrap metal, etc. And special types of insulating shoes or conductive shoes may be necessary for certain types of electrical work.

Employers should instruct their workers in the correct safety footwear necessary for the work they will be required to perform or situation they may encounter on the job. They should also understand the importance of wearing the protective footwear. Safety awareness and healthy workers comes from a total safety program that includes ongoing education and training in personal protective equipment on the job.

This brochure was developed for you by the Safety and Health Services Department of State Fund, your partner in loss control.

We recognize that your loss control efforts affect the frequency and severity of injuries and illnesses in your work environment. Our experience shows that with informed planning and education, workplace injuries and illnesses can be reduced or eliminated. We are committed to the belief that a safe workplace can increase worker productivity and lower your workers' compensation costs.

The safety and well-being of our insured employers and their employees is the prime concern of the State Fund. We are proud of our role in developing and enhancing your loss control programs. We know you will find this information instrumental in educating and encouraging your employees to establish and maintain a safe working environment.

For more information, contact your broker, your local State Fund regional office, or visit our web site at [statefundca.com](http://statefundca.com)



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HEAD



HAND



EYE



FOOT



## HAND PROTECTION



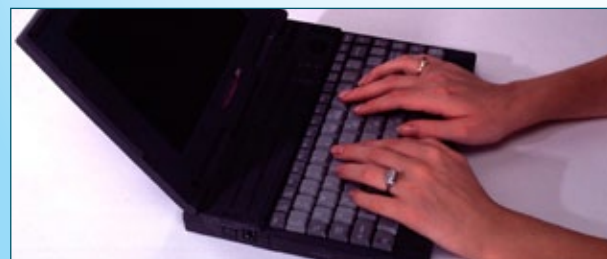
Next to our eyes, our hands are probably the most important part of our body, when it comes to doing our work. They're involved in almost every thing we do. Yet many of the things we do with our hands are done without any deliberate thought. Your hands

have no fear. They'll go anyplace they're sent and they only act as wisely as the person they belong to; so before you use your hands think of their safekeeping.

Here are the most common types of hand injuries and what you can do to prevent them:



Contact injuries result from contact with solvents, acids, cleaning solutions, flammable liquids and other substances that can cause burns or injure tissue. To protect against these injuries, read the product labels, use the right glove or barrier cream, and wash hands frequently.



Repetitive motion injuries happen when tasks require repeated, rapid hand movements for long periods of time. Manufacturing, assembling, or computer work may lead to these injuries. Change your grip, hand position, or motion. If possible, rotate tasks to give your hands a rest.

You can protect yourself from hand injuries by remembering the following basic safety rules:

- Recognize hazards.
- Think through each job before you begin.
- Follow safety rules.
- Avoid shortcuts.
- If an accident happens, seek prompt treatment.
- Report injuries to your supervisor.



Traumatic injuries often occur from careless use of machinery or tools. Hands and fingers get caught, pinched or crushed in chains, wheels, rollers, or gears. They are punctured, torn or cut by spiked or jagged tools and edges that shear or chop.

Safety precautions should include using shields, guards, gloves, or safety locks; handling knives or tools with care; and keeping hands, jewelry and clothing away from moving parts.



Healthy hands are built to last a lifetime. Injuries can last a lifetime, too. Be aware of your hand placement and take precautions to guard them.

## EYE PROTECTION

Eye injuries can be reduced when workers are trained to recognize the eye hazard they may encounter and to use and care for eye protection equipment properly. Workers in hazardous areas should also know what to do in case of an eye injury.

In all eye injury cases, professional medical attention should be sought as soon as possible after taking initial first-aid measures.

There are several causes for eye injury:

- Foreign particles such as dust, dirt, metal, wood chips, even an eyelash can cause eye damage. These get into the eye from the wind or activities like chipping, grinding, sawing, brushing, hammering, or from power tools, equipment, and machinery. Flush the object out with water. Never rub or try to remove objects embedded in the eye. This can cause further damage. Loosely bandage eyes to stop movement then seek professional care.
- Chemical splashes from solvents, paints, hot liquids, or other hazardous solutions can cause great damage. Go immediately to the nearest emergency shower or water source. Look directly into the stream of water. With fingers hold eyes open and flush eyes for at least 15 minutes.
- Light burns can be caused from exposure to welding, lasers, or other radiant light. Their effect may not be felt until hours later when the eyes begin to feel gritty and become sensitive to light, then redness or swelling may occur. Keep eyes closed while awaiting medical attention.
- Bumps and blows to the eyes can be helped if a cold compress is applied for 15 minutes to reduce pain and swelling.
- Cuts in or around the eyes should be loosely bandaged to stop any eye movement until professionally attended. Don't rub, press, or wash the cut; this can cause further damage.



In just the blink of an eye, an incident can injure or even blind a worker who is not wearing proper protective eyewear. The type of eye protection-safety glasses, goggles, face shields, or helmets must meet the requirements of the Occupational Safety and Health Administration (OSHA) and the American National Standards Institute (ANSI). In hazardous workplaces, streetwear eyeglasses should only be worn in conjunction with ANSI-approved additional cover protection.

Eye safety requirement signs should be posted for anyone entering a work area that requires industrial-quality eye protection. Warning signs should be placed near machines, equipment, or process areas that require specific eye protection.

Eye safety is no accident. Nothing can replace the loss of an eye. Protect your eyesight from workplace hazards by wearing and caring for appropriate, approved protective eyewear. You'll see the difference.