

# September 2007 Safety Meeting

## Personal Protective Equipment at Home

This safety meeting has a different slant. In this meeting we're going to concentrate on the hazards at home and how to protect you and your loved ones in what many people believe to be a safe environment. The fact is, more people are injured and killed at home than on the job! This meeting will list various hazards and the personal protective equipment (PPE) that can be used to protect from these hazards. It's up to you to protect you and your family members, in a home environment, because no one else will!

Listed below are some examples of hazards and the associated PPE that can be used to reduce those hazards.

**Hand Protection**—there are various tasks at home that can injure one's hands. The use of gloves to reduce abrasion injuries is the most common. Raking, digging and even some electrical hazards can be controlled with the appropriate gloves. Cotton jersey gloves or leather gloves are often used for these work operations. Remember that solvents, paints and fuels can cause poisoning through the skin, wear appropriate gloves for proper protection.

**Eye Protection**—our eyes are arguably are most precious gift. Examples of tasks that often lead to eye injuries include: lawn mowing, weed eating, welding, grinding, cutting, filing, sawing, chipping, hammering, chiseling and even sun exposure, to name just a few. The use of approved safety glasses, goggles, special lens or a face shield can help minimize these risks. Purchase this equipment from reputable sources; don't take chances on poor quality equipment.

**Hearing Protection**—noise levels above 85 Dba can permanently damage hearing. There are numerous work operations that can produce noise levels dramatically above that threshold, including: weed eating, grinders, routers, saws, hammers and other impact devices such as jack hammers, to name just a few. A simple test, if you have to raise your voice to another person who is two feet away you probably need hearing protection. The use of high quality ear plugs or ear muffs will likely minimize noise threats.

**Foot Protection**—foot injuries can occur for a variety of reasons. Remember, any work operation that can injure a foot must be protected against. Digging, shoveling, moving objects, dropping objects can severely damage feet. The use of boots instead of tennis shoes can help and even the use of steel-toed shoes might be appropriate in some cases.

**Respiratory Protection**—breathing toxic gases, fumes and particulate matter are all hazards that must be protected against even in a home environment. Persons with allergies and other respiratory ailments can also be hypersensitive to respiratory risks. Activities like mowing, weed eating, grinding, welding, and working around chemicals

can cause respiratory injuries. Consult an MSDS or manufacturer instructions for the appropriate respirator as not all respirators are designed the same.

**Skin Protection**—skin tissue can be injured in a variety of ways, including: sawing, cutting, grinding, welding, gas cutting operations and even sun exposure. Always wear clothing that protects against these hazards. Sun exposure can be minimized by the use of sun block lotion over 30 SPF.

**First Aid Kit & Fire Extinguisher:**

Have at least one prominently placed, well-stocked first aid kit at home. Also, most home safety experts agree that each home have at least one, 10 lb. A:B:C rated fire extinguisher. All members of your family should be trained on its use.

**Safety Warnings:**

Read and discuss safety warnings and recommendations on powered equipment and consult MSDSs on chemical hazards and first aid measures.

**Class Discussion:**

Ask the participants to discuss accidents and near misses at home and precautions that can be taken to minimize those risks.

**Conclusion:**

The home environment can and should be a safe place for both you and your family. However, this safety can only be assured with some preparation and common sense exercised by the parents. Everyone has a stake in your safety at home including your employer. Monitor home activities very carefully and don't be afraid to suggest and use personal protective equipment when necessary.

## September 2007 Test Personal Protective Equipment at Home

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions: Read and answer each of the following questions. When complete, grade the test and review incorrect answers so each employee is “armed” with the correct answers before they leave the training.**

1. MSDSs can be used to inform users about \_\_\_\_\_.
  - a. Chemical hazards
  - b. First Aid Procedures
  - c. a & b
  
2. Abrasion injuries to the hands can be protected against by using the appropriate gloves.
  - a. True
  - b. False
  
3. Safety warnings should always be read in advance before using any piece of equipment or chemical.
  - a. True
  - b. False
  
4. According to this meeting, sun tan lotion of 15 or higher is acceptable to protect the skin from sun exposure.
  - a. True
  - b. False
  
5. List the size and category of fire extinguisher that was recommended in this meeting \_\_\_\_\_.
  
6. Noise levels above \_\_\_\_\_ need to be protected against by using appropriate hearing protection.
  
7. Eye protection can be accomplished by wearing:
  - a. Safety glasses
  - b. Goggles
  - c. Face shield
  - d. All of the above

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**Answer Sheet**

1. a
2. a
3. a
4. b
5. 10 lb A:B:C
6. 85 Dba
7. d