

# SafetySpotlight

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### SafetySpotlight newsletter

## FALL PROTECTION

### Don't be caught without it

If you're working in an area that has a falling distance of six feet or greater, you need to use fall protection or restraints.

Protection consists of guards and rails used to create a barrier between you and a fall hazard, whereas restraints are worn to slow and stop a fall. Regardless of the fall restraint system you use, always follow these protection guidelines:

- Attend all initial and periodic training for use of these devices.
- Notify your supervisor if the available fall protection or restraints are inadequate for the task at hand.
- Identify potential workplace hazards that would require the use of fall protection or restraints.
- Conduct a thorough inspection of your fall arrest system daily to assess its condition.
- Take all damaged items out of service and notify a supervisor of the defect for replacement or repair.

## OUTSMART SPRAINS AND STRAINS

### Tips to prevent injuries

More than six million injuries occur each year in the workplace. Sprains, strains and tears are some of the most common. These types of injuries result from heavy lifting, being hit by falling objects and overusing muscles.

Sprains occur when ligaments stretch too far from their normal position, and strains result from pulling a muscle too far or pulling while the muscle is contracting. You can also strain a muscle from using it repetitively. To avoid sprains and strains on the job:

- Reduce repetitive movements if possible to avoid overusing certain muscles.
- Use the proper physical stance or form for the job at hand.
- Avoid slippery surfaces, wear harnesses and utilize nets to reduce the risk of sprains and strains.
- Wear appropriate attire such as safety footwear or gloves.
- Maintain a healthy fitness level outside of work to keep your body strong and flexible.
- Stretch before you begin working, and take mini-breaks throughout the day to stretch and rebalance your body.

## Did You Know?

Staying in shape helps prevent on-the-job injuries, and can even save you thousands in lost wages. Studies show that injured workers struggle to earn the pay they would have received prior to an injury.

