

The question from the month of June; What is the best way to protect an employee working at a noisy machine?... Reduce or eliminate noise from the machine. The winner for the drawing is **John Lehmer**, he will receive a \$20 prize. The July question is now on the Facilities website.



Get your answers in before July 22nd to be eligible for the next prize drawing!

Self Inspection Checklist

Self-inspection is essential if you are to know where probable hazards exist and whether they are under control. Each month there will be a featured topic. This month is Floor and Wall Openings.

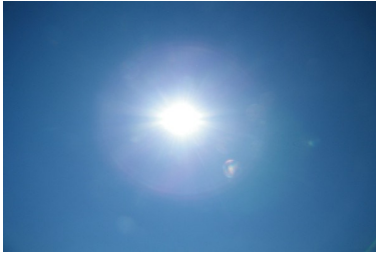
FLOOR AND WALL OPENINGS

- Are floor openings guarded by a cover, a guardrail, or equivalent on all sides (except at stairways or ladder entrances)?
- Are toeboards installed around the edges of permanent floor openings where persons may pass below the opening?
- Are skylight screens able to withstand a load of at least 200 pounds (90.7 kilograms)?
- Is the glass in windows, doors, glass walls, etc., subject to possible human impact, of sufficient thickness and type for the condition of use?
- Are grates or similar type covers over floor openings such as floor drains designed to allow unimpeded foot traffic or rolling equipment?
- Are unused portions of service pits and pits not in use either covered or protected by guardrails or equivalent?
- Are manhole covers, trench covers and similar covers, and their supports designed to carry a truck rear axle load of at least 20,000 pounds (9,072 kilograms) when located in roadways and subject to vehicle traffic?
- Are floor or wall openings in fire-resistant construction provided with doors or covers compatible with the fire rating of the structure and provided with a self-closing feature when appropriate?

see the full self inspection checklist on the facilities website:

<http://www.k-state.edu/facilities/training/safetymanual/OSHA-SBH-Self-Inspection.pdf>

July is UV Safety Month



Many of us spend the better part of the year looking forward to the summer months. The sunny weather inspires vacation plans, outdoor activities, summer festivals, and trips to the pool or beach. With so many activities packed in, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself from ultraviolet (UV) rays.

As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine. It helps with our body's production of Vitamin D and has been tied to issues of depression in some people who don't get enough. However, overexposure to the sun can lead to a variety of health risks. You may be surprised about some of the specific dangers of sun exposure and how you can protect yourself.

There are two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that can make the skin leathery and wrinkly in appearance and these also can contribute to certain skin cancers. (An easy way to remember: "A" is for aging and "B" is for burning). Both types are harmful to you in different ways.

UV light can be harmful to the skin as many of us know who have been badly sunburned. However, it can also be very bad for our eyes. Eye structures such as the cornea, retina, and lens are damaged from UV radiation, so protecting your eyes is vital.

Source: <http://safetytoolboxtopics.com/Seasonal/july-uv-safety-month.html>

Protect Yourself

- Avoid prolonged exposure to the sun when possible.
- Wear sunscreen with a minimum of SPF 15.
 - ◆ SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.) SPF only refers to UVB protection.
 - ◆ To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.
 - ◆ Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
 - ◆ Throw away sunscreens after 1–2 years (they lose potency).
 - ◆ Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
- ◆ Apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- ◆ Reapply at least every 2 hours and each time a person gets out of the water or perspires heavily.
- ◆ Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.
- Wear clothing with a tight weave or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.
- Take breaks in shaded areas.

Source: <https://www.cdc.gov/niosh/docs/2010-116/>