NOTES FROM THE SAFETY OFFICE...

Well hello there August! As we head into a new month, the MCCS Safety Team along with suggestions from fellow MCCS staff, would like to share useful topics which contribute to your safety at work and at home. August’s edition includes: Debris burning, camping/outdoor safety, Safety Data Sheet topics, walking-working surfaces and eye protection. At the end of the day, the goal is simple: 

**Staying safe! And healthy!**

This month’s (suggested) topic is debris burning. Please continue to send us your suggestions to be featured in future safety spotlight newsletters!

**Backyard Debris Burning**

Understand how to prevent wildfires from backyard debris burning. Whether it is to eliminate yard debris or have a relaxing time around a fire, it is important to practice fire safety!

**Learn before you burn. When burning yard waste and debris, follow these important steps**

- **Check conditions.** Don’t burn when it’s windy or vegetation is dry.
- **Check local regulations.** A permit may be required.
- **Burn this, not that!** Household trash and plastics are not good to burn and can be illegal. Check local ordinances.
- **Prepare your pile.** Keep it small and manageable.

**In 2019,** 87% of wildfires were caused by humans.
Safety Office points of contact

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Recommendations:
If you have a topic you would like to see in the MCCS Safety Spotlight, let us know.

Please post this to your safety boards for all employees to review.

Hurricane Season
1 June-30 Nov

Children’s Eye Health and Safety Month

Shoe Truck
August 18

Walking-Working Surfaces
They may not be where or what you think! Read below for information.

Rumors abound that Walking-Working Surfaces -WWS- are right in front of you, at your very toe-tips. It is exactly that rumor that gets OSHA officials worked up while workers get tripped up!

A WALKING-WORKING SURFACE MEANS ANY HORIZONTAL OR VERTICAL SURFACE ON OR THROUGH WHICH AN EMPLOYEE WALKS, WORKS, OR GAINS ACCESS TO A WORK AREA OR WORKPLACE LOCATION.

BE ON THE LOOK OUT

Look Up! Ladders, platforms, roofs, stairs, ramps, and scaffolds, among others, constitute WWSs.

Look Down! Manhole steps, holes, and areas where a worker may fall to a lower level or into something.

Look Around! Openings and unprotected sides and edges are hazards where one could trip, slip and fall.

Watch out! Keep all of these walking-working surfaces as clean and dry as possible, whether from the weather or work environment.

More complex work situations call for more complex systems which include work-positioning systems to allow hands-free work and personal fall protection systems which include all the components to provide protection from falling or to arrest an employee’s fall if one occurs.
Protecting Your Eyes at Work

Eye injuries in the workplace are common. The National Institute for Occupational Safety and Health (NIOSH) reports that every day about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment. However, safety experts and eye doctors believe the right eye protection can lessen the severity or even prevent 90 percent of these eye injuries.

- Chemicals or foreign objects in the eye and cuts or scrapes on the cornea are common eye injuries that occur at work. Other common eye injuries come from splashes with grease and oil, burns from steam, ultraviolet or infrared radiation exposure, and flying wood or metal chips.

- Computer Vision Syndrome, also referred to as Digital Eye Strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. The average American worker spends seven hours a day on the computer either in the office or working from home.

In addition, health care workers, laboratory and janitorial staff, and other workers may be at risk of acquiring infectious diseases from eye exposure. Some infectious diseases can be transmitted through the mucous membranes of the eye. This can occur through direct exposure to blood splashes, respiratory droplets generated during coughing, or from touching the eyes with contaminated fingers or other objects.

- Ensure your eye protection fits
- Use appropriate guards, screens and other safety devices
- Chose proper eye protection for the job
- Replace worn or damaged equipment and eye protection
- Avoid prolonged periods of looking at computer or other screens.
Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure your camping trip is safe and healthy.

✓ Prepare Safe Food and Water

Bring safe and healthy foods along on your camping trip. Eating contaminated food and drinking contaminated water can increase the risk of developing certain infectious diseases caused by germs. Follow these steps to keep your food and water safe:

- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Wash hands and surfaces often. Use hand sanitizer if water is not available.
- Separate raw foods from cooked foods.
- Cook foods to proper temperatures (for instance, ground beef should be cooked to an internal temperature of at least 160 degrees).
- Chill foods promptly.
- Food Safety – Prevention and Education
- A Guide to Drinking Water Treatment and Sanitation for Backcountry & Travel Use

✓ Include Safe Physical Activities

Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to stay active during your camping trip. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak, and poison sumac. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone. Watch kids closely. Adults should get at least 2½ hours a week and kids should get at least 1 hour a day of physical activity

✓ Avoid wild animals, and protect family pets.

Some wild animals carry diseases that are dangerous to people. Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings. Keep foods stored in sealed containers and out of the reach of animals. Make sure your family pets are vaccinated and always keep a close eye on them. Check for ticks, and remove them promptly. Make sure pets have plenty of water, food, and shelter.
During the 2020 mishap reporting period, January through July, MCCS has experienced 45 mishaps. This is four (4) more than last year at this same time. The chart below shows where our mishap trends are.

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<tr>
<th>ERGO</th>
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<tr>
<td>Slip trip Fall (STF)</td>
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<td>Impact</td>
<td>7</td>
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<td>Cuts</td>
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<td>Other</td>
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Are your Safety Data Sheets Updated/Current?

Here’s what you can do to stay current and compliant:

- Review your SDS binder for chemicals you no longer use. You can remove those SDS sheets. Keep your binder current.
- Check the date on your SDS sheets. They are good for 5 years. If the date is expired, research the product’s SDS for any updates or changes. If there are NO changes, you can initial and date in the top right corner as reviewed. **Now your SDS is good for another 5 years!**
- Ensure you have a SDS sheet for ALL chemicals stored in your facility. Simply Google the product, the company site will provide the current info.
- Make sure ALL employees know where to locate the SDS binder.
## COVID-19:Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

**Low Risk**
- Opening the mail
- Getting restaurant takeout
- Pumping gasoline
- Playing tennis
- Going camping
- Grocery shopping
- Going for a walk, run, or bike ride with others
- Playing golf
- Staying at a hotel for two nights
- Sitting in a doctor’s waiting room
- Going to a library or museum
- Eating in a restaurant (outside)
- Walking in a busy downtown
- Spending an hour at a playground
- Having dinner at someone else’s house
- Attending a backyard barbecue
- Going to a beach
- Shopping at a mall
- Sending kids to school, camp, or day care
- Working a week in an office building
- Swimming in a public pool
- Visiting an elderly relative or friend in their home

**Moderate Risk**
- Going to a hair salon or barbershop
- Eating in a restaurant (inside)
- Attending a wedding or funeral
- Traveling by plane
- Playing basketball
- Playing football
- Hugging or shaking hands when greeting a friend
- Eating at a buffet
- Working out at a gym
- Going to an amusement park
- Going to a movie theater
- Attending a large music concert
- Going to a sports stadium
- Attending a religious service with 500+ worshipers
- Going to a bar

**Moderate-High Risk**

**High Risk**

**Low-Risk**