



Amputations

Amputation is the loss of a body part (leg, arm, toe, finger) resulting from accidents or injuries. This usually happens at or during factories, farms, workspaces with power tools, vehicular accidents, wars, natural disasters, or sport activities. Amputations are among the most serious injuries at a workplace. It can happen when an employee is operating at inadequately safeguarded machinery, printing presses, power press brakes, roll bending machines, grinders or material handling activities, forklifts, etc.

OSHA's revised guide has named eight mechanical situations where amputations are likely at the workplace. Actions must be taken to avoid amputation hazards in these situations (appropriate material for operation, safeguarding machinery, awareness). Employees must always complete safety training according to the OSHA requirement, as this will help maintain a safe and productive work environment.

Some Amputation Hazard Activities Include:

- Employees operating machinery.
- Working on various activities at a time.
- Cleaning or adjusting machines.
- Clearing jams.
- Maintaining or inspecting machines.
- Lubricating machine parts.

Some Amputation Hazard Prevention Includes:

- Inspecting the workplace and identifying probable hazards.
- Training employees and following the manufacturer's directions.
- Following hazard analysis procedures.
- Always considering the entire machine operation and production processes.
- Servicing and maintaining machines.
- Implementing safe and more effective work methods when possible.
- Not wearing loose clothing and jewelry.
- Not leaving long hair down (using caps or hair nets instead).
- Controlling energy overall (lockout/tag out).
- Having written and accessible instructions for all machines.
- Focusing strongly on all job processes while working.
- Always using the required PPE.
- Always inspecting machines and work space before starting a task.



Work Site Review: Hazards/Safety Suggestions

Company Name: _____ Work Site Location: _____
 Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Employee Signatures: (continue on back of sheet if necessary)

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

Manager/Supervisor's Signature: _____

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Fatigue on the Job

Generally, the word “fatigue” implies feeling tired, sleepy, loss of memory, increased errors in judgment, stress to handle the job, poor decision making, attention and communication disorder, etc. It can be acute or chronic. Lack of sleep or short terms of heavy mental or physical work can cause acute fatigue. This can be relieved by resting or relaxing. Chronic fatigue, though the exact cause is unknown, is constant and can be long term. Syndromes of chronic fatigue include difficulty concentrating, unusual headaches, joint pain, inability to recall details, excessive day time sleeping, etc. It can be caused by some health conditions, or it can be genetic.

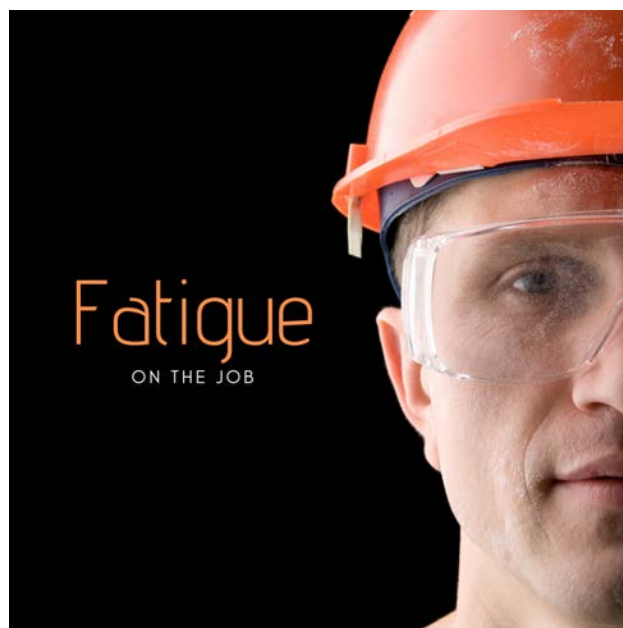
At the workplace, fatigue has an impact on work performance, safety, productivity, and efficiency. It increases the risk of injuries or other accidents. According to OSHA, long work hours and workers fatigue are major safety concerns for medical residents and other industries. Long hours of mental or physical work, inadequate rest, and high stress can cause fatigue. Workplaces can help employees by providing a fatigue risk management system to protect employees and encourage work efficiency.

Fatigue can be increased by:

- High noise and high temperature.
- Dim lighting.
- Limited visual acuity (weather).
- Long/difficult/boring work tasks.

Workplaces can help reduce the risk of fatigue by:

- Providing good lighting.
- Maintaining a comfortable temperature.
- Changing tasks throughout the shift.
- Controlling noise levels.
- Providing facilities where employees can take a nap if needed.
- Promoting safety through training, education, and communication.
- Conducting risk assessment and near miss and incident investigation.
- Reviewing processes to achieve improvement.



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GFCI at Work and Home

A Ground Fault Circuit Interpreter (GFCI) is a fast-acting circuit breaker device used at home, the workplace, and on construction sites to prevent any common electrical shock hazards. If it is properly installed and maintained it will shut off electrical power when a faulty tool is plugged in. A GFCI should be provided anywhere subjected to moisture such as bathrooms, unfinished basements, kitchens, laundry rooms, and outdoors.

The most commonly used GFCIs are “receptacle- type,” which is the same as a common wall outlet. Temporary GFCIs are used on construction sites or outdoors when using electrical tools, trimmers, etc. These GFCIs should not be used permanently and they must be tested and inspected before use. They must be checked on a monthly basis to determine if they are operating properly. To avoid nuisance tripping, a temporary GFCI should not be used for a circuit more than 100 feet, a fluorescent light, or for permanent electrical motors. Handheld tools in good condition do not usually cause tripping, but stationary motors such as bathroom vent fans or florescent fixtures can cause nuisance tripping.

OSHA and the NEC (National Electrical Code) require any extension cords or plug connecting equipment used to construct, demolish, repair, or maintain to use GFCI protection. All employees must be trained and educated on electrical safety at the workplace according to OSHA requirements.

Some GFCI Tips:

- Install GFCIs at areas that are wet or damp to prevent electrical shock.
- Do not use electrical tools in a wet area without a GFCI.
- Use a portable in-line GFCI if you are not sure whether or not the receptacle is already protected by a GFCI.
- Label all circuit breakers and fuse boxes clearly.
- Do not block access to circuit breakers and fuse boxes.
- Make sure exposed receptacle boxes are made of non-conductive materials.
- Inspect portable cords and plugs before use.
- Turn off all tools before connecting to a power supply.
- Test all tools for GFCI before use.
- A GFCI can be installed in place of regular outlets in order to prevent electrocution.



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Life Changing Injuries

Injuries can have a major effect on a person's life as well as the lives of his/her family and friends. High numbers of life changing injuries happen every year at different industries and workplaces. Major injuries to the head, hands, back, or bones can be caused by not wearing seatbelts, not using gloves, falling from heights, not using eye protection, improper training, not inspecting equipment or work areas, and many other easily prevented situations. These injuries require more than basic first aid, often some sort of major surgery, and they must be recorded. Safety training is key for preventing these types of injuries. According to OSHA, safety training can help to drastically reduce or eliminate life changing injuries.



Training Must Include:

- Workplace hazards
- General safety practices Employee involvement
- Material and equipment safety
- Job specific training:
 - At the beginning of a new job assignment or task
 - When a job assignment, task, or procedure changes
- PPE selection, use, and maintenance Emergency and first aid training
- Recordkeeping
- Safety compliance responsibilities

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