



**Christiansted Equipment LTD**

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## **Manager's Message:**

### *Workplace SAFETY*

*To ensure the safety and health of workers, manager's establish a focus on Safety that can include elements such as:*

- *Management Leadership*
- *Employee Engagement*
- *Accountability*
- *Safety Programs*
- *Safety Goals*
- *Safety Inspections*
- *Safety Audits of Programs*
- *Safety Tracking*
- *Hazard Identification and Control*
- *Many challenges in 2012 are ahead.*
- *Keep focused and remember "YOU ARE THE KEY"*

**ALL THE RIGHT STUFF**

*~Jerry*

## **Training For February** **Hytorc Safety and** **Application Training**

Wednesday, February 22<sup>nd</sup>, 2012  
8:00 am – 11:30 am  
1:00 pm – 3:00 pm



## **Safety Facts:**

### **HAND INJURY PREVENTION**

The following tips may prevent finger, hand, and wrist injuries.

- Do exercises that strengthen your hand and arm muscles.
- Stop, change, or take a break from activities that cause your symptoms.
- Reduce the speed and force of repetitive movements in activities such as hammering, typing, or sweeping.
- Change positions when you hold objects, such as an object or hand tool, for any length of time.
- Use your whole hand to grasp an object. Gripping with only your thumb and index finger can stress your wrist.
- Consider wearing gloves that support the wrist and have vibration-absorbing padding when working with tools that vibrate.
- Use safety measures, such as gloves, and follow instructions for the proper use of hand and power tools.
- Use caution when using manual and power tools.
- Wear protective gear, such as wrist guards, in strenuous activities.
- Review your work posture and body mechanics.
- Organize your work so that you can change your position occasionally while maintaining a comfortable posture.
- Position your work so you do not have to turn excessively to either side.
- Keep your shoulders relaxed when your arms are hanging by your sides.
- When using a keyboard, keep your forearms parallel to the floor or slightly lowered, and keep your fingers lower than your wrists. Allow your arms and hands to move freely. Take frequent breaks to stretch your fingers, hands, wrist, shoulders, and neck. If you use a wrist pad during breaks from typing, it's best to rest your palm or the heel of your hand on the support, rather than your wrist.

# Featured Item:

## DIAPHRAGM PIPE STRAINERS



## COMBO WRENCH SET BY STANLEY TOOLS



# Tool Tip:

## POWER TOOL SAFETY AND JEWELRY

Smart power tool operators do not wear jewelry of any kind during work. Even a wedding ring can get caught in just the wrong way with some equipment, raising the risk of amputation of the ring finger. A dangling object of any kind is a major safety liability around power tools, including sleeves, shirt tails, and necklaces. Good tool safety measures include minimizing any risk of a foreign object becoming entangled in your power tools. Remove all jewelry, button down sleeves, and even pin back loose dangling hair to maximize your safety margin around power tools and their accessories with moving parts.

# Fun Spot: Safety word scramble

Unscramble the letters to find words about safety.

1. FESA \_\_\_\_\_

2. ENACL \_\_\_\_\_

3. KAS \_\_\_\_\_

4. BOTOS \_\_\_\_\_

5. PHLE \_\_\_\_\_

6. WONK \_\_\_\_\_

7. SEURL \_\_\_\_\_



1. Safe 2. Clean 3. Ask 4. Boots 5. Help 6. Know 7. Rules