

Henderson Hall Safety "Safety Checks"

Make the right decisions! Your family, your leadership, and fellow Marines are counting on it!



Hello Henderson Hall,

March has finally arrived! Hopefully, this month will bring us better weather and get us one step closer to a COVID 19 recovery.

This month's newsletter focuses on the importance of smoke detectors and carbon monoxide detectors. It will also highlight some safety precautions you should consider while performing your spring cleanup. Be on the look out for our NSC Family Safety & Health Magazine Spring edition which will be disseminated throughout HH and the Pentagon.

Take care and stay safe!

R/s, Your Command Safety Office

Special points of interest:

- **Workplace Eye Safety**
- **Ladder Safety**
- **Spring Cleaning Safety**

Spring is Coming

This year we have definitely had our share of snow and ice. But fear not, warmer days are coming...

Since the seasons vary in length, the start date of a new season can fall on different days each year. This year, astronomical spring begins on 20 March 2021 and ends on 21 June 2021(though that doesn't always mean the weather changes right away).



St. Patrick's Day and March Madness will be some of the keys events this month. This month also brings Daylight Savings Time, which begins on 14 March. When you move your clocks ahead, you should also change the batteries in your smoke detectors. On page 3 of this months newsletter, you will find some information about smoke alarms and carbon monoxide detectors.

March is National Ladder Safety Month and "Workplace" Eye Wellness Month. This months newsletter provides a snap shot of safety measures while using a ladder and some need to knows about eye injuries and prevention. You will find this on pages 2 and 4.

Lastly, we ask that you continue to think of the safety of others as well as your own. Please keep social distancing, washing your hands/using hand sanitizer, and wearing your masks/face coverings. Slow the spread - stay safe and healthy.



Inside this issue:

Workplace Eye Safety	2
Smoke and Carbon Monoxide Detectors	3
Ladder Safety	4
Spring Cleaning Safety	5



Command Web App

Eye Safety

Each day, about 2000 workers in the United States sustain a job-related eye injury that requires medical attention. About 1/3 of the injuries are treated in hospital emergency rooms, and more than 100 of these injuries result in one or more days away from work. March is dedicated to Workplace Eye Wellness Month, to help prevent these injuries.

How do eye injuries happen to workers?

- **Striking or scraping:** The majority of eye injuries result from small particles or objects striking or scraping the eye, such as: dust, cement chips, metal slivers and wood chips. The objects are often ejected by tools, windblown, or fall from a worker above. Large objects may also strike the eye or face, or a worker may run into an object, causing blunt-force trauma to the eyeball or eye socket.
- **Penetration:** Objects like nails, staples, or slivers of wood can go through the eyeball and result in a permanent loss of vision
- **Chemical and thermal burns:** Industrial chemicals or cleaning products are common causes of chemical burns to one or both eyes. Thermal burns to the eye also occur, often among welders. These burns routinely damage workers' eyes and surrounding tissue.

How do workers acquire eye diseases?

- Eye diseases are transmitted through the mucous membranes of the eye as a direct result of exposure to things like blood splashes, droplets from coughing or sneezing, or from touching eyes with a contaminated finger or object. Eye diseases can result in minor reddening of the eye, or life threatening diseases such as HIV, Hepatitis B, or avian influenza.

What can workers do to prevent eye injury or disease ?

- Wear PPE (personal protective equipment), such as goggles, face shields, safety glasses, or full face respirators.
- The eye protection chosen for specific work situations depends on the nature and extent of the hazard, the circumstances of exposure, other PPE used, and personal vision needs. Eye protection should be fit to an individual or be adjustable to provide appropriate coverage. It should be comfortable and allow sufficient peripheral vision.

What can employers do to prevent worker eye injury?

- Employers can ensure engineering controls are used to reduce eye injuries and to protect against ocular infection exposures
- Employers should conduct hazard assessments to determine the appropriate type of PPE for a given task.
- Employers are responsible for providing the protective eyewear to employees if their job exposes them to eye injury hazards.

(www.cdc.gov)



Smoke Detectors and Carbon Monoxide Detectors

Three out of every five home fire deaths result from fires in homes with no smoke alarms, or no working smoke alarms, according to the National Fire Protection Association. Test your smoke detectors every month and replace the battery at least once a year. Smoke alarms should be in every bedroom, and in the common areas on each floor of a home. Large homes may need extra smoke alarms. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors, and ducts.



Smoke alarms can be interconnected wirelessly. That means when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms that have a reputable testing agency on the label, such as Underwriters Laboratory (UL). Replace all smoke alarms in your home every ten years.

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries once a year, test them and interconnect them (if possible). Also, make sure vents for your gas appliances (fireplace, dryer, stove, furnace) are free of snow or debris, and are not blocked by anything else.

A good way to remember to change the batteries in your smoke alarms and carbon monoxide detectors is to change them whenever you change the time on your clocks when daylight savings time begins or ends. Keep these tips in mind to keep your family and your home safe.

(NSC.org)



Ladder Safety

March is National Ladder Safety Month. Every year, thousands of people suffer disabling injuries and over 300 people die in ladder-related accidents, according to the CDC. One of the goals of National Ladder Safety Month is to decrease this number. We will provide you some tips to prevent you from becoming one of these statistics.

Ladder Safety should start before you even step foot on the ladder. Here are some tips to keep you safe:

- Inspect your ladder for cracks, loose rungs, splinters and sharp edges prior to every use. If the ladder appears to be in poor condition, do not use it.
- Use caution when moving or carrying ladders.
- Use team lifting if the ladder is too long or too heavy for one person to carry.
- Ladder should be carried horizontally, rather than vertically, unless it is lightweight or less than 8 feet long.
- Ensure ladders are set on firm ground and against a solid support while in use.
- When using a non-self-supporting ladder, which must lean against a wall or other support, be sure to position it at an angle so that the horizontal distance from the top support to the foot of the ladder is about 1/4 the working length of the ladder.
- **Always** completely open the step ladder and make certain it is stable before stepping on the ladder.
- Ensure to read and abide by the maximum intended load and manufacturer's rated capacity when selecting and using ladders.
- **Never** stand higher than the second step from the top of the ladder.
- **Never** stand or sit on the top step of the ladder.
- If using an extension ladder, make sure it extends three feet past the top of the roof.
- **Always** maintain 3 points of contact with the ladder (2 hands and one foot or 2 feet and one hand).
- **Always** face the ladder while ascending or descending.
- **Never** use a metal ladder near electrical exposures.
- **Never** move a ladder while someone is on it, or try to reposition the ladder you are on.
- **Never** reach too high or too far from the ladder to ensure you don't lose your balance.

**Take
Your
Next
Step
With
Care**

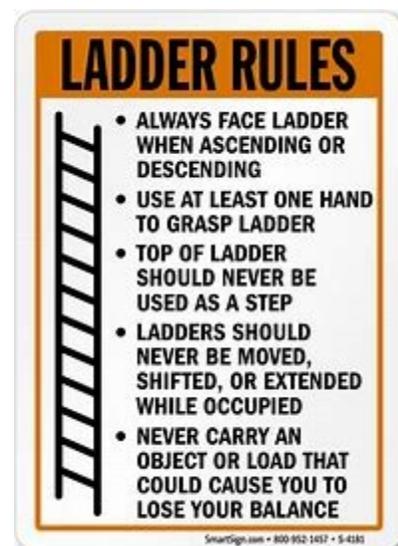
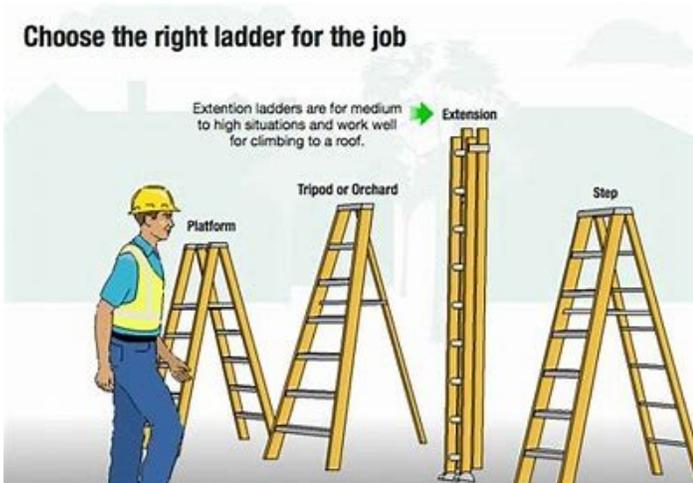
**Inspect
Your
Ladder**

BEFORE You Use It

SafetyBanners.Org



(www.laddersafetymonth.com / www.travelers.com)



Spring Cleaning Safety Tips

This year, the first day of Spring is March 20. Many people choose this time of year to start their yearly cleaning, so we will provide you with some Spring Cleaning Safety Tips.

- **Do not rush, even if you are tired or in a hurry.** You are much more likely to make a mistake that will jeopardize your safety if you are rushing. Take a break if you are exhausted, get some water, and start again when you are rested.
- **Be careful when moving large pieces of furniture and appliances.** Use proper lifting technique - keep your back straight and lift with your legs. Wear shoes when moving heavy items, to prevent injury to your toes. Do not move something if it is too heavy - it is not worth risking injury. Clean around the item or get someone to help move the item.
- **Be safe while on ladders and stepstools.** Use extreme caution while performing a task that involves being on a ladder. Keep 3 points of contact on the ladder. Do not lean too far to either side. You should wear non-skid shoes, and ensure that the rungs are not wet before you step on them. If possible, have someone hold the ladder steady for you.
- **Be careful when walking on wet surfaces.** Take precautions to keep from falling, it is very easy to slip on a wet floor. Make sure others in the house are warned of the wet floor, and keep children away, or make it so they cannot access the wet area.
- **Keep stairs, landings, and walkways clear of boxes, bags and clutter.** Spring cleaning is a great time to de-clutter your home, but make sure you do not cause a safety hazard while you are deciding what to get rid of. Place your boxes or bags out of walkways and away from stair or steps.
- **Do not carry too much stuff at once, especially on stairs.** Always ensure you can see over the load you are carrying, whether you are on stairs or not. If on stairs, make sure you keep a hand free to hold onto the stair railing.
- **Always follow cleaning product label safety instructions and recommendations.** Cleaning supplies can create nasty fumes, so ensure you have fresh air - open a window or place a fan in the room. Also, do not mix ammonia and bleach (both common household products) - this will create toxic fumes.
- **Wear a mask when cleaning dusty areas.** This is especially important if you are allergic to dust.
 - **Do not leave buckets filled with water around your home.** If you need a break, put the bucket in an inaccessible area - a child can drown in a very small amount of water.
 - **Put all cleaning supplies away when you are done.** Keep cleaning supplies in a childproof cabinet and put them away as soon as you are done using them.



(household-management-101.com)