

# THE PORCELAIN PRESS

July 2012 - Weeks 1 & 2

## Special Points of Interest:

### Report your injury -

You stop for lunch or head home after work and notice your back is sore or your arm is tingling, what should you do? You need to tell your supervisor and report to the Medical office promptly. That way we can all work together to mitigate the cause ASAP.

### Fermilab Site Lunch-time Clean-up:

11:45 a.m. - 1:30 p.m.  
August 16th and September 20th. Transportation to clean-up site from WH, GF east side. Hot dogs & refreshments served afterwards to all volunteers! Questions? Contact Roads and Grounds at x3303.

### ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

## Hard Hats

Is it time for a new hard hat? The most common misconception when it comes to hard hats is that they last forever. OSHA does not specify the service life of a hard hat, and there is no standard expiration timeframe for hard hats.

Hard hat life spans vary depending on the conditions of each work site.

As a general guideline, most hard hat manufacturers recommend replacing hard hats every five years regardless of outside appearance.

If you work under extreme conditions such as exposure to high temperatures, chemicals or sunlight, hard hats should be replaced after two years of use. In addition, some manufacturers even recommend replacing the suspension in your hard hat every 12 months. Considering the main purpose of a hard hat is to protect your head, it's important for you to inspect and replace hard hats on a regular basis. Below are some general tips when it comes to wearing hard hats:

- Wear it – Hard hats can't do their job if they are not worn.
- Inspect it – Inspect your hard hat before you wear it. Make sure there are no cracks, dents or tears.
- Maintain it – Clean the hat and suspension with soap and water. Store your hard hat in a cool place away from direct sunlight.
- Replace it - Hard hats are designed to protect you only once. If your hard hat has been hit with a blow or dropped from high heights, replace it.
- Recycle it! - Your old hard hat can be recycled.

## Lighten the Load

Boxes of paper from the stockroom used to have 10 reams of paper in each case and weighed 51 pounds. Now, the stockroom has switched to five reams per case, with each case weighing in at 25 pounds. These 25 pound boxes are much easier to handle and pose less of a risk for injury. This is an excellent example of how we can change the way we do business to reduce risk to employees.

