



PROJECT

SAFETY

IN THE CLASS & ON THE JOB

DATE

SEPTEMBER 20, 2010

CLIENT

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LOST YOUTH

Four stories of injured young workers

[http://www.youtube.com/watch?
v=Mlkvyjsxz9A](http://www.youtube.com/watch?v=Mlkvyjsxz9A)

Running Time: 17:44



Discuss

- * What are some of the reasons Michael, Jennifer, John, and Nick were injured at work?
- * What safety messages/issues were conveyed in the video?
- * What role does the employer play in keeping workers safe at work?
- * What role does the worker play in keeping himself or herself safe at work?
- * What strategies could you use to keep yourself safe at work?

Clothing

- * No sandals or open-toed shoes
- * No shorts or saggy pants
- * No glove, no love
- * Backpacks out of the lab area

Cables (audio & electric)

- * Lay cable as far away from high traffic areas as possible
- * Cables are to lay flat on the floor with no knots or loops
- * Keep cables away from all water and moisture

Lifting

- * Get close to the object.
- * Bend at your hips and knees. Get a good grip.
- * Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.
- * Pivot with your feet instead of twisting your back.



Ergonomics

How to sit correctly at a
computer workstation



Workstation Ergonomics

- * Legs and arms at 90 degrees
- * Feet flat on floor or on footrest
- * Sit up and against the chair back
- * Get up and stretch every 30 minutes

Communication

Communicate **LOUDLY** when moving a piece of equipment that is large, heavy, or can hurt someone.



One last thing...

Use good common sense and judgment throughout the assignment.

