



"Safety & Compliance are Never a Compromise"

Keep it moving!

Inside this issue:

Dock and warehouse
safety 1

Safety focus: CPR. 3

Blood pressure and your
health 4

**Call Today to Get Your
FREE
Transportation
Audit.**

520.398.4697

www.McCrarenCompliance.com



Dock and warehouse safety

Every year, thousands of injuries occur in warehouses across the United States. Potential hazards for workers in warehousing include:

- Failure to use proper personal protective equipment (PPE);
- Slips, trips, and falls on the dock or entering/exiting vehicles;
- Inadequate securement of vehicles;
- Unsafe use of forklifts; and
- Improper stacking of products.



PPE

Safety at the dock and warehouse starts with making sure appropriate (PPE) is being used.

The Occupational Safety and Health Administration (OSHA) has developed regulations addressing PPE in the workplace. All PPE should:

- Fit correctly;
- Be appropriate for the job; and
- Be in good shape.

The forms of PPE that are most often used at the loading dock and in the warehouse are hand and foot protection.

Hand protection. The dock and warehouse are places where hands are exposed to hazards on a regular basis. OSHA requires the use of hand

protection if there is exposure to hazards including:

- Skin absorption of harmful substances;
- Severe cuts or lacerations;
- Severe abrasions;
- Punctures;
- Chemical burns; or
- Harmful temperature extremes.

Gloves are the most common form of hand protection. They should be designed to protect against the specific hazards of the job being performed.

Foot protection. Foot protection guards toes, ankles, and feet from hazards with a variety of devices available. OSHA requires that foot protection meet the requirements of the American National Standards Institute (ANSI). Safety shoes are the most common form of foot protection.

Additional PPE. Other PPE used around the loading dock and warehouse includes eye protection, hard hats, dust masks, and cold weather clothing.

Safe lifting practices

Proper lifting technique can help in avoiding back injury. The following are steps you should take before the lift:

- Stretch;
- Make sure footing is solid and path of travel is safe;

(continued on page 2)

Dock and warehouse safety *(continued from page 1)*

- Watch for slippery or uneven surfaces;
- Wear proper footwear; and
- Size up the load by carefully lifting one of the corners to test weight.

Mechanical aids (carts, dollies, etc.) should be used as needed and you should ask for help if the load is too heavy.

When lifting:

- Feet should be placed apart and close to the object;
- The body should be centered;
- Knees should be bent (never bend at the waist);
- Get a good handhold; and
- Lift straight up and smoothly.

Once the lift is made, the load should be kept steady and close to the body. Twisting or turning the body should never be done, and a load should never be carried above the head. When setting the load down:

- Go slow;
- Bend at the knees;
- Let the legs do the work;
- Keep back upright;
- Keep head up;
- Tighten abdominal muscles; and
- Change foot position to make body turns — do not twist the body.

Also, remember to push and not pull an object. Pushing puts less strain on the back.

Loading and unloading

Although loading and unloading a trailer is a routine task, it can be dangerous. Use caution when on or around loading docks.

When loading or unloading a vehicle you should always:

- Set the parking brake;
- Turn off the vehicle;
- Put the keys in your pocket; and
- Chock the wheels.



When exiting the vehicle and walking around the loading dock area, including steps and ramps, you should watch for hazards that could cause you to slip and fall such as snow, ice, oil, or grease. Caution should be used when on platforms, scaffolds, or other elevated areas.

When opening the vehicle's doors, you should watch out for falling freight. Even a load that has only traveled a few miles can shift.

You should never spend more time than necessary in a trailer while loading or unloading. Carbon monoxide and other emissions from forklifts being used to load and unload can build up and become deadly.

Maintaining communication with others involved in the loading and unloading process is important. Everyone should use the same hand signals, light systems, and signs.

A vehicle should never leave the dock until an "all clear" signal is given.

Stacking loads

An improperly stacked load can be hazardous. It can also cause costly and unnecessary cargo damage.

- Know and follow company policy when it comes to where and how to stack loads.
- Stack lighter items on top of heavier items.
- Items stacked on a pallet should not stick out past the pallet's sides.
- Pallets should be stacked straight and centered on top of each other.
- Keep in mind that some pallets may not be stackable, depending on the product.
- Keep aisles and evacuation routes clear.
- Never stack objects near exit signs, fire extinguishers, or alarm switches.
- If items need to be stacked near a ceiling, the items must be at least 18 inches away from overhead sprinklers.

Forklifts

When at the loading dock or in the warehouse, it is important that both forklift operators and pedestrians work together to prevent accidents and incidents.

Though forklift operators are trained to yield to pedestrians, there are times when it is difficult for a forklift operator to see a pedestrian. The following are safe practices to follow.

- Walk along the sides of aisles or in marked pedestrian ways;
- Check mirrors at blind corners;
- Make sure the forklift operator can see you; and
- Never be inside a trailer while a forklift is loading or unloading.

Safety focus: CPR

Did you know that you have less than 5 minutes to intervene successfully when an individual suffers a cardiac arrest? Nearly 400,000 Americans suffer out-of-hospital cardiac arrests every year, and almost 90 percent die because they don't receive immediate cardiopulmonary resuscitation (CPR), from someone on the scene. When begun immediately, CPR can double or triple a person's chance of survival. This is one of the primary reasons the American Heart Association (AHA) has come out with guidelines for CPR.



CPR guidelines have trained people to follow these simple A-B-C instructions: 1) Open the airway by tilting the victim's head back; 2) Provide breaths by pinching the victim's nose and doing a succession of breaths into his/her mouth; and 3) Perform chest compressions.

Hands-Only™ CPR

Several years ago, the AHA began teaching people how to save lives with Hands-Only™ CPR. This type of CPR focuses on chest compressions only. This technique helps oxygen-rich blood circulate throughout the body sooner, critical for people who have had a heart attack. This technique is also much easier to perform so even non-trained individuals can provide assistance.

There are a few things to do before you start chest compressions. Check to see:

- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
- If the person doesn't respond, lay the person down on a flat surface. If two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone and have a phone handy, call 911 before beginning CPR. If an automated external defibrillator (AED) is immediately available, deliver one shock if instructed by the device, then begin CPR.

Stayin' Alive

The tempo of the 1970's Bee Gees' classic hit, "Stayin' Alive," happens to be the near-perfect rate for doing chest compressions during CPR. The song is a centerpiece of the AHA national awareness campaign to teach people how to

save lives with Hands-Only™ CPR. If a teen or adult suddenly collapses, follow these two steps:

- Call 9-1-1.
- Position yourself directly over the victim and place the heel of one hand in the center of the chest. Then, put your other hand on top of the first, interlocking the fingers. Push hard and fast at the rate of 100 beats per minute, about the same tempo as "Stayin' Alive," until help arrives.

You do not need to be certified to perform this and training only takes 60 seconds to learn the life-saving skill. Children and infants require a different technique. Go to www.heart.org for more information about training on CPR for younger individuals.

True or false?

1. **I might make a mistake.** *False.* According to the AHA, there is almost nothing you can do during CPR to harm a person in cardiac arrest except to delay your response.
2. **Chest compressions might not help.** *False.* The AHA asserts that people having a heart attack still have oxygen remaining in their lungs and bloodstream. Starting chest compressions delivers needed oxygen until medical help arrives.
3. **Only older, overweight men are at risk for a heart attack.** *False.* Equal numbers of men and women have heart attacks.
4. **The majority of all cardiac emergencies occur at work.** *False.* The AHA says that 90 percent of cardiac arrest events occur at home. This means that you will most likely perform CPR on a family member.

Anyone can learn to do CPR. Information on AHA Hands-Only CPR is available at: www.heart.org/HandsOnlyCPR, or www.youtube.com/HandsOnlyCPR.





Saving Lives Reducing Injuries Protecting Our Clients

3980 E. Columbia St. Tucson, AZ 85714

520.398.4697

sales@mccrarencompliance.com

CHECK OUT OUR WEBSITE! www.McCrarenCompliance.com

Blood pressure and your health

*"If your actions
inspire others
to dream more,
learn more,
do more, and
become more,
you are a
leader."*

John Quincy Adams

As blood makes its way from your heart to other parts of your body, it's pushing on artery walls. When this pressure is too great, a person has hypertension, or high blood pressure.

It's normal for blood pressure to rise and fall throughout the day, but high blood pressure harms your health if it remains elevated for a prolonged period of time.

High blood pressure makes your heart work harder and damages artery walls. If it's not controlled, it can lead to heart attack, stroke, or heart failure, as well as vision loss and kidney problems.

Because high blood pressure usually has no warning signs or symptoms, many people are unaware they have it. That's why it's important to have your blood pressure regularly checked by your health care provider.

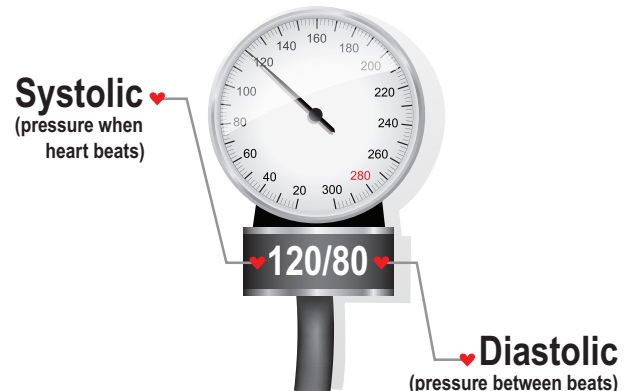
Measuring the force

A blood pressure reading measures the force of blood pushing against the walls of your

arteries when your heart pumps and when it's resting between beats.

The systolic pressure, or the top number of the blood pressure reading, measures the pressure in your arteries when your heart beats.

The diastolic pressure, or bottom number, measures the pressure in your arteries between heartbeats.



*High blood pressure
usually has no
warning signs or
symptoms.*

Certain lifestyle choices can help prevent high blood pressure. These include eating

a healthy diet, maintaining a healthy weight, exercising, managing stress, refraining from smoking, and consuming alcohol in moderation.

The meaning behind your blood pressure numbers			
Top number		Bottom number	Category
< 120	and	< 80	Normal
120 – 139	or	80 – 89	Prehypertension
140 – 159	or	90 – 99	High Blood Pressure Stage 1
160 or higher	or	100 or higher	High Blood Pressure Stage 2