

10 - Reduce the Chance of Exposure: Safety Training

EH&S – MGA

Goals: This safety session should teach you to:

- A. Understand the potential risks of chemical exposure.
- B. Know the basic steps to take to reduce the chance of exposure.

OSHA Regulations: 29 CFR 1910.1200

1. Exposure to Some Chemicals Can Cause Health Problems

- A. Each chemical may present different health risks and different degrees of risk.
 - 1. Risk varies according to type, length of exposure, and repetition of exposure to the chemical.

2. Identify Chemical Hazards and Protective Measures Before You Start a Job

- A. Read a chemical's container label and safety data sheet (SDS) to identify health hazards and what type of exposure is dangerous.
- B. Health hazards can range from rashes and headache to cancer or even death.
 - 1. Acute health effects develop quickly after exposure (e.g., rashes).
 - 2. Chronic health effects develop after longtime exposure (e.g., lung disease).

3. Use Personal Protective Equipment (PPE) to Prevent Chemical Contact

- A. The SDS lists the specific PPE that you need:
 - 1. Respirator to prevent inhaling the chemical.
 - 2. Gloves to prevent hand contact with the chemical.
 - 3. Eye protection to prevent splashes from reaching the eyes.
 - 4. Protective clothing to prevent body contact with the chemical.
 - 5. Select PPE approved for the hazard; every job has different requirements.
 - 6. Inspect PPE before use; be sure it's undamaged and fits well.
 - 7. Don't wear contaminated PPE into an uncontaminated area.
 - 8. Remove PPE without spreading contamination. Dispose of PPE properly.

4. Handle Chemicals Carefully to Prevent Spills, Splashes, and Releases

- A. Report, and don't use, a chemical whose container doesn't have a readable label.
- B. Inspect chemical containers regularly for leaks; report any problems.
- C. Keep chemical containers closed when you're not using them.
- D. Take only the amount you need out of the container.
- E. Use chemicals only in work areas that meet the SDS ventilation requirements.

5. Practice Sensible Hygiene and Personal Habits

- A. Keep food, drinks, cigarettes, cosmetics, and street clothing out of areas with chemicals.
- B. Don't siphon chemicals by mouth.
- C. Wash thoroughly with soap and water after working with chemicals.

6. Be Prepared to Take Fast, Proper Action in an Emergency

- A. Clean up small spills or leaks immediately. Or report them, if you're not trained.
 - 1. Wear the proper PPE during spill cleanup and dispose of waste correctly.
- B. Know whom to contact to handle large spills, releases, or fires.
- C. Know your evacuation route and take it promptly in an emergency.
- D. Get to fresh air immediately if you inhale a chemical; then get medical attention.
- E. Flush your skin or eyes with water immediately after chemical contact.
 - 1. Know the locations of the nearest shower and eye wash.
 - 2. Remove contaminated clothing before you rinse your skin.
 - 3. Get medical attention after you've rinsed the contamination off.
- F. Get immediate medical attention if you swallow the chemical.

7. Take Chemical Exposure Risks Seriously

- A. Pay attention to safety training.
- B. Follow all safety rules and job procedures carefully.
- C. Ask questions whenever you're not sure about a hazard or protective measure.

Summation: You Can Reduce the Chance of Exposure to Hazardous Chemicals

Always know the identity and hazards of chemicals you use on the job. Follow safety rules and label and SDS instructions to reduce your chance of exposure.