



KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

January 2008

Prevent eye injuries at work

Good vision is priceless! Luckily, 90 percent of all workplace eye injuries are preventable with the use of proper safety eyewear. Despite the good news, the Bureau of Labor statistics reports that eye injuries in the workplace cost over \$467 million annually. Adding indirect costs such as legal fees, judgments, and training replacement workers places the estimated total above \$934 million each year.

Nearly one million Americans have already lost some degree of sight to an eye injury. With over 365,000 work-related eye injuries still occurring each year, Americans could use a few tips on how to prevent eye injuries in the workplace!

1 ASSESS! Conduct a thorough analysis of operations. Inspect work areas, access routes and equipment. Examine eye accident and injury reports. Identify operations and areas that present eye hazards.

2 TEST! Uncorrected vision problems contribute to accidents. Incorporate vision testing in your pre-placement and routine physical examinations of employees.

3 PROTECT! Select protective eyewear designed for a specific operation or hazard. Protective eyewear must meet the current standards referenced by the Occupational Safety and Health Act of 1970 and subsequent revisions.

4 PARTICIPATE! For maximum protection against eye injury, establish a 100 percent mandatory program that requires eye protection throughout all operation areas of your plant. Experience shows this kind of program prevents more injuries and is easier to enforce than one limited to certain departments, areas or jobs.

5 FIT! Workers cannot be expected to use their protective eyewear unless it fits properly and comfortably. To ensure the eyewear is satisfactory, have it fitted by an eye care professional or someone trained to do this. Provide the means

for maintenance and require each worker to be responsible for his or her own eyewear.

6 PLAN FOR AN EMERGENCY! Establish first aid procedures for eye injuries. Make eyewash stations accessible, particularly where chemicals are used. Train employees in basic first aid and identify those with more advanced first aid training.

7 EDUCATE! Conduct ongoing educational programs to establish, maintain and reinforce the need for protective eyewear. Add eye safety to your regular employee education/training programs and include it as a large part of new employee orientation.

8 SUPPORT! Management support is a key ingredient in successful eye safety programs. All management personnel should set an example by wearing protective eyewear whenever and wherever required.

9 REVIEW! Continually review and, when necessary, revise your accident prevention strategies. Aim for the elimination of all accidents and injuries.

10 PUT IT IN WRITING! When all elements of your safety program have been established, put them in writing. Display a copy of the policy in areas frequented by employees, and include a review of the policy in the new employee orientation.

- SAFTENG.net

**2008 TEC Loss Control
Scholarship Application Deadline
January 15, 2008**

*Scholarship application located at
www.texas-ec.org*

Mind your stress level

For many, stress is at an all-time high. Some common sources of stress include concerns about job security, heavy workloads, job burnout and personality conflicts at work. Many researchers suggest that stress is directly related to health issues. Follow these tips from the Alexandria, VA-based National Mental Health Association to keep your stress levels at a minimum:

- **Set realistic goals.** Do only what is possible.
- **Set and reset your priorities.** Take care of important and difficult tasks first, and eliminate any non-essential tasks.
- **Take one task at a time.** Divide large projects into smaller tasks, and make “to do” lists.
- **Take five.** Taking a short break can help slow down your mind long enough to improve your ability to deal with stress later.
- **Give yourself a break.** No one is perfect. Striving to be the best in everything will lead to worry, anxiety and failure.
- **Learn to say “no.”** Slow down and be honest about what you can comfortably accomplish.
- **Be flexible.** Make allowances for other people’s opinions and be prepared to compromise.
- **Go easy on criticism.** You may expect too much of yourself or others. Try not to feel too frustrated when your expectations are not met.
- **Manage your anger.** Retreat before you lose control.
- **Be honest with colleagues.** Make it clear to those around you that you believe you are in a bind.
- **Treat your body right.** Eating right and exercising can increase your tolerance to stress.
- **Learn to relax or meditate.** Just 10 to 20 minutes of quiet reflection or meditation a day can bring relief from chronic stress and increase your tolerance to it.

— Safety+Health



**Wishing Everyone a
Happy and Safe New Year!!!**

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Mark Your Calendars...

TEC Loss Control Conference

March 11 – 14, 2008
Renaissance Hotel, Austin

Winter emergency kit

The Red Cross recommends that every car on the road this winter have a well-stocked emergency supply kit. The kit should contain:

- Battery jumper cables
- First aid kit
- Shovel
- Basic tool kit (pliers, screwdriver, adjustable wrench) and pocket knife
- Sleeping bags or blankets
- Extra winter clothing (caps, socks, mittens, and boots)
- Food supply of high-calorie, non-perishables (canned nuts, candy, nutrition bars)
- Bottled water
- Necessary medications
- Plastic bags (for sanitation)
- Windshield scraper
- Flashlight and transistor radio with extra batteries for each
- Bag of sand for generating traction under wheels
- Bright colored cloth
- Cellular phone, power adapter, extra charged battery

— American Red Cross

Upcoming Loss Control schools

Transformer School (<i>Fredericksburg</i>)	January 15 – 18
Regulator, Recloser, Capacitor School (<i>Livingston</i>)	January 29 – February 1
Troubleshooting School (<i>Merkel</i>)	February 5 – 8
Regulator, Recloser, Capacitor School (<i>Gonzales</i>)	February 19 – 22
Advanced Pole Climbing School (<i>Gonzales</i>)	March 4 - 7
Underground School (<i>Quitman</i>)	March 24 - 28
Basic Pole Climbing School (<i>Quitman</i>)	March 25 - 28