



*"Our Work Shows Pride, With Safety As Our Guide"*

IRVING MATERIALS, INC.

# Safety Topics

## PROTECTING YOUR EYES FROM INJURY

Typical eye injuries occur by rubbed or abraded foreign matter, such as metal chips, dirt particles, and splinters. Other injury can be by striking the eye. Surface wounds, such as abrasions, scratches, and foreign bodies (splinters and chips) are among the most common types of injuries to the eyes. Other hazards include, but are not limited to, chemicals, adhesives, radiation, tools, and equipment. The highest categories contributing to eye injuries are related to household, the workplace and sports.

### On-the-job eye protection

You may be exposed to several hazards at the same time. The right equipment can protect your eyes against irritation and injury. If you need prescription eyeglasses, make sure your goggles or spectacles have prescription eyeglass lenses or wear extra protection over your prescription eyeglasses. Contact lenses don't provide protection from on-the-job eye hazards and in fact if you wear contact lenses, be extra cautious around gases, vapors, fumes, and dust. Possible reaction can occur. Wear eye protection equipment in addition to contact lenses.

Most of what we do requires the use of safety glasses. But some jobs require added protection. Certainly welding requires special protection and remember to wear those safety glasses under the welding hood. Chipping or grinding and the use of power hand tools calls for added protection. In addition to those safety glasses or goggles, wear a face shield. Handling chemicals also requires the use of a face shield over your safety glasses.

### Off-the-job protection

4 out of 10 accidents that cause blindness happen at home. Off-the-job eye injuries happen because of do-it-yourself work on cars and homes, cooking accidents, chemical splashes, and sports injuries. These injuries can be prevented with proper personal protective equipment.

Wear the right protection for the job you are doing. Choose sunglasses that offer protection from the sun's ultraviolet rays. Wear eye protection while doing repair jobs, working in your home shop, working with power equipment and working with chemicals at home. Wear proper eye protection when participating in sports. Wear eye protection over contact lenses and prescription eyeglasses.

### What to do in case of emergency

**Chemical Splash**—Don't squeeze eyes shut. Hold them open with thumb and index finger and flood the eyes with cool, clean water for 15-20 minutes. Get medical help as soon as possible. Take the container or at least the label or MSDS with you to the medical facility.

**Flying Particles**—Don't remove anything that is embedded in the eye. You may cause further damage. Don't pull or squeeze the eye. Cover both eyes to prevent eye movement. Get medical attention ASAP.

**Radiation Injuries or Burns**—If the eyes are exposed to intense heat, flames, lasers, or arc welding radiation, apply ice packs to relieve the pain and seek medical attention immediately.

**Blows to the Eyes**—Apply ice packs to control swelling and relieve the pain. Cover both eyes to prevent movement. Get medical attention ASAP.

**Eyestrain**—Glare, poor lighting and long periods spent at video display terminals can cause eye fatigue, soreness and headaches. Work or read with adequate lighting and give your eyes an occasional rest from tedious tasks.

As a group, we (imi) have several eye injuries on-the-job every year. Only one has resulted in the loss of an eye, but one is too many. The use of proper eye protection would eliminate most of these injuries. imi is committed to providing appropriate PPE for the work that we do. The proper PPE should be available at your work place, if it is not, bring that to someone's attention.

**Take care of your eyes, you only have two!**



### For What It Is Worth! Sherlock Holmes and Watson—

Sherlock Holmes and Dr. Watson go on a camping trip, set up their tent, and fall asleep. Some hours later, Holmes wakes his faithful friend.

"Watson, look up at the sky and tell me what you see."

Watson replies, "I see millions of stars."

"What does that tell you?" , asks Holmes.

Watson ponders for a minute. "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo.

Time wise, it appears to be approximately a quarter past three. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you?"

Holmes is silent for a moment, then speaks. "Watson, you idiot, someone has stolen our tent."

**Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skillful execution! It represents the wise choice of many alternatives!!**

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*"We're Proud of Our Work"*

**We're on the Web!**  
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**Words of Wisdom:**

Alone we can do so little;  
Together we can do so much.  
- *Helen Keller*

Location: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Please sign below as an indication that the material was read:  
Please include any suggestions that you may have, as well!

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## **Heart Attack—Warning Signs and Symptoms**

Heart attacks are one of the leading causes of death today. They can occur anytime, but often happen while an individual is engaged in physical exertion. Most heart attacks occur between 4:00 AM and 10:00 AM because of the higher blood levels of adrenaline released from the adrenal glands during the morning hours.

Some heart attacks are sudden and intense, where there is no doubt what is happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Approximately 50% of patients who develop heart attacks have warning symptoms. Here are signs that can mean a heart attack is happening:

- **Chest discomfort**—Most heart attacks involve uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes, or symptoms that go away and come back.
- **Discomfort in other areas of the upper body**—Pain spreads to the shoulders, neck, or arms. The pain may be mild to intense and may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
- **Shortness of breath**—Shortness of breath may occur with or without chest discomfort.
- **Other Signs**—
  - ⇒ Chest discomfort with lightheadedness, fainting, sweating, nausea.

- ⇒ Anxiety, nervousness and/or cold, sweaty skin.
- ⇒ Paleness or pallor.
- ⇒ Increased or irregular heart rate.
- ⇒ Feeling of impending doom.

As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Not all of these signs occur in every heart attack. Sometimes they go away and return. If some occur, get help fast. If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait any more than five minutes before calling 9-1-1. Get the victim to a hospital immediately. In the event of a cardiopulmonary arrest (no breathing or pulse), call 9-1-1 and begin CPR right away. If you can't access emergency medical services, have someone drive you to the hospital. If you're the one having symptoms, don't drive yourself unless you have absolutely no other option.

Remember these signs. Even if you're not sure it is a heart attack, you should still have it checked out. Fast action can save lives, maybe your own.

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