

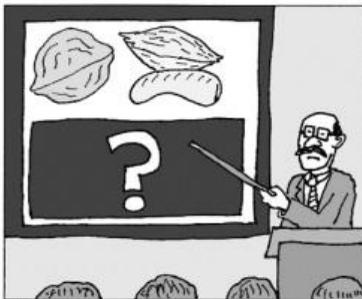
## news & notes

### GHS HAZARD SYMBOLS OR PICTOGRAMS

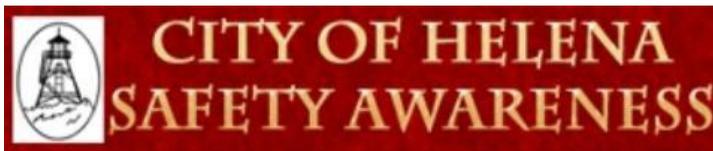
On GHS-compliant labels, pictograms include a black symbol and other graphic elements, which convey specific information about the chemical's hazards. The symbols appear on a white background framed within a diamond-shaped box with a red border.

View the eight mandatory standardized hazard symbols used in pictograms at [www.safety.blr.com](http://www.safety.blr.com). Here is what they mean:

1. **Health Hazard**, which is used for these chemical hazards: carcinogen, respiratory sensitiz- er, reproductive toxicity, target organ toxicity, mutagenicity, and aspiration toxicity.
2. **Flame**, used for chemicals that are flammables, self-reactives, pyrophorics, self-heating, emitters of flammable gas, and organic peroxides.
3. **Exclamation Mark**, used for these hazards: irritant, skin sensitizer, contact, acute toxicity, narcotic effects, and respiratory tract irritation.
4. **Gas Cylinder**, used for a sub- stance that is a compressed, liquefied, or dissolved gas under pressure at 29 pounds per square inch or more.
5. **Flame Over Circle**, used for a substance that is an oxidizer.
6. **Corrosion**, used for substances that cause skin burns, eye damage, or destroy metals.
7. **Skull and Crossbones**, used for substances with a hazard of acute toxicity.
8. **Exploding Bomb**, used for substances that are explosives, self-reactive, or organic peroxides.



OSHA introduces its new hazard symbol:  
"Are you nuts? Don't touch this."



July 2012

## Understanding the New Chemical Labels

### *Know the changes under GHS*

The Occupational Safety and Health Administration's (OSHA) chemical labeling requirements are part of its Hazard Communication Standard (HazCom), which is designed to ensure that you can identify and understand the hazards of chemical substances in the workplace. HazCom was revised to align with the Globally Harmonized System for Classification and Labeling of Chemicals (GHS). Here's how to:

#### **Identify a chemical using its label**

The chemical label must contain both a product identifier for the chemical and supplier identification information. The product identifier is the name or number that allows you to identify the chemical in the container. Supplier identification must include the name, address, and telephone number for the company supplying the chemical.

#### **Know what precautions to take with the chemical**

Precautionary statements describe recommended measures to be taken to minimize or prevent harmful effects from exposure to a chemical or improper storage or handling. Four types of precautionary statements appear on a chemical label. They are:

- **Prevention.** For example, "Wash thoroughly after handling."
- **Response.** For example, "If swallowed, immediately call a poison center."
- **Storage.** For example, "Store locked up."
- **Disposal.** For example, "Dispose of in accordance with local, regional, national, and international regulations as specified."

#### **Interpret the signal word on the label**

The chemical label will include one of two signal words that identify the relative severity of the hazard presented. The words alert you to a potential hazard. For example:

- **Danger** is the more serious of the signal words and indicates a higher level of hazard.
- **Warning** is less serious than danger and indicates a lower hazard level.

#### **Interpret the label's hazard statement**

Hazard statements describe the nature of the hazard and, where appropriate, the degree of the hazard. The hazard statement can include information on fatal or toxic exposures, organ damage, and routes of exposure. For example, a hazard statement could say:

- Highly flammable liquid and vapor.
- May cause liver and kidney damage.

See "news & notes" for how to read hazard symbols or pictograms on chemical labels.

### Hidden Hazards

Have you ever bumped into another person or had a cart pushed into you? Have you ever been hit by a falling or flying object? These accidents can result in more than bruises! They can cause serious injuries.

How would you like to have a big stack of boxes tumble down on top of you? Of course you wouldn't, and neither would anyone else. The best way to prevent this is to avoid stacking materials too high; stack them in such a way that they absolutely cannot fall. Even if you take time to stack items properly, you can't depend on everyone else taking the same care. You should make a habit of inspecting the environment for this type of hazard; this can prevent an accident.

A door is another moving object that often strikes people. Most people know what it feels like to approach a door, perhaps with arms full, and have the door open suddenly from the other side. Some have learned the hard way that if windowless doors open toward you, it's best to approach them with caution. Never stand in front of such a door for an extended period of time. If you must work in such an area, prop the door open and secure it, or place a sign on the opposite side of the door. It goes without saying that you shouldn't use a ladder where a door opens toward it unless you can be sure, by locking the door or propping it open, that the door will not be opened. Of course, out of consideration for those on the other side, you should not push a door open rapidly or forcefully. When approaching double doors, follow signs indicating which door to use.

People, too, can be safety hazard if they do not watch where they are going. While walking, don't get so engrossed in a conversation that you don't notice threats to your safety that are right in front of you. When approaching a corner or intersection in a hallway, walk in the center of the hallway instead of next to the wall where you cannot see or be seen by those traveling in other directions. Perhaps the employees in your work area can reduce the chance of bumping into each other by agreeing to walk only on the right sides of hallways. Think about how this type of accident can be avoided; the next person you bump into could be carrying hot coffee or sharp objects.



## How To Avoid a “Dust-Up”

### *Take precautions around combustible dusts*

The dust of any substance that will keep burning when you light it will combust under certain circumstances. Two things are necessary:

1. The dust must be fine enough, *and*
2. It must be mixed with the right amount of air.

Wood dust, coal dust, and metal dusts that are fine enough to pass through a 500-mesh screen, such as magnesium, aluminum, and bronze powders, can explode. If there is much dust around, you usually get two explosions plus a fire. The first explosion can be small, but if it kicks more dust into the air, there can be a bigger explosion.

Dust in open air will create a big burst of flame, but closed in, it builds up pressures that no buildings and few tanks can take. Dust explosions are preventable. Operations and processes that may produce combustible dusts should be enclosed so that the dust can't get out. Exhausts to catch the dusts and carry them safely away should be provided. Dust that does get out should be quickly cleaned up with a soft fiber push broom or vacuum cleaner. Never use a household-type broom. Water can be used to wash the dust away if the building design allows.

Apply these three principles to prevent dust explosions:

1. Keep dust out of the air as much as possible.
2. Keep the dust cleaned up.
3. Keep sources of ignition away.

---

## Swimming: The Perfect Exercise?

### *This summer sport has year-round benefits*

It's summertime and swimming is high on your activity list. Why? Because it's wet and it's cool and it's fun! But swimming is also beneficial to your overall health in many ways. For example, it:

- **Burns calories** and in conjunction with a healthful diet, it can help you—and your family—lose weight and/or maintain a healthful weight
- **Builds muscle mass** and reduces body fat
- **Builds endurance** so you'll no longer have to catch your breath after climbing stairs or carrying the groceries in
- **Improves cardiovascular health** by increasing blood flow, which can lower blood pressure and increase oxygen consumption in your blood
- **Is a non-impact and low-stress activity** so it doesn't put strain on bones or joints
- **Is great for rehabilitation** from injury or for treatment of chronic conditions such as arthritis or back problems
- **Is a life-long sport** that anyone from toddlers to retirees can enjoy

Professional organizations from the American Heart Association to the Arthritis Foundation recommend swimming and other water sports. So why not find ways to stay in the water year-round?