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Weekly Safety Tip

Life Is All About Choices![®]

September 25, 2017

SCI Safety Tips: Beyond Cut Resistance: Mechanical Hand Protection Ratings

Source: www.blr.com

By: Jennifer Busick

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The 2016 changes to the American National Standards Institute (ANSI)/International Safety Equipment Association (ISEA) 105 and EN 388—the respective U.S. and European standards for third-party testing of protective gloves—focused mostly on updates to cut-resistance test methods and classifications. But cut resistance isn't the only protective factor workers need from their work gloves. The ANSI/ISEA 105-2016 standard also provides test methods and performance ratings for other useful protective factors. In Europe, some of these factors are covered under other standards.

Most of these test methods did not receive significant updates in 2016; however, ANSI/ISEA 105-2016 adds a needlestick test method to its puncture resistance ratings.

Abrasion Resistance

ANSI/ISEA 105 rates a material's abrasion resistance from 0 to 6, with 6 providing the highest protection. The abrasion test methods in EN 388 have been updated; under that standard, glove materials receive an abrasion resistance score of 1–4, with 4 being the most protective material.

SCI Safety Slogan



James Lehrke-SCI

Puncture Resistance

The standard puncture resistance test in ANSI/ISEA 105-2016 and EN 388-2016 has not changed, but it uses a thick, blunt-tipped probe that does not approximate needlestick hazards well. So a needlestick puncture test has been added to ANSI/ISEA 105-2016, to address the risk of needlesticks common to the medical, sanitation, and recycling industries. The needlestick test uses a 25-gauge needle, and like the original puncture test, gives a rating of 0 to 5, with 5 being the best puncture resistance in each category.



Chemical Permeation Resistance

EN 388 does not measure chemical permeation; in Europe, that is covered under a different standard, EN 374. The chemical permeation resistance tests have not been updated for ANSI/ISEA 105-2016; the test still gives a rating of 0 to 6, each keyed to a specific breakthrough time (10 minutes for a 0 rating; >480 minutes for a 6 rating). End users should understand that permeation rates are specific to different chemicals. On chemical glove selection charts, the ratings are usually color-coded to enable users to more easily select the best glove for a given chemical exposure or combination of chemical exposures.

Heat and Flame Resistance

Gloves may be flame resistant, resistant to heat degradation, or resistant to conductive heat—each is measured separately. The test methods and ratings found in ANSI/ISEA 105 did not change in 2016. Gloves are rated 0 through 4 for flame resistance and heat degradation, with 4 providing the best protection. For conductive heat resistance, gloves are rated from 0 to 5, with 5 providing the greatest protection.

In Europe, the relevant standard is EN 407, which also covers resistance to radiant heat and molten metal splashes. Gloves are tested and rated in each category from 1 to 4, with 4 being the most protective.

Vibration Reduction

Under the current ANSI/ISEA standard, gloves are classified as pass/fail with respect to vibration resistance. A new standard is in development.

Dexterity and Impact Resistance

Only the Europeans have standards for assessing dexterity and impact resistance. Under EN 420:2009, gloves can be tested and rated from 1 to 5 based on the smallest pin the wearer can pick up. Gloves with a rating of 5 offer the best dexterity.

Likewise, only the Europeans presently offer a testing standard for impact resistance, and it only applies to gloves that claim to provide impact resistance. Like the U.S. standard for vibration reduction, it is pass/fail. A U.S. standard is in development.

OSHA Compliance: Fall Protections Fact Sheet

Source: www.osha.gov

- Wear a harness and always stay connected
- Make sure your harness fits
- Use guardrails or lifelines
- Inspect all fall protection equipment before use
- Guard or cover all holes, openings, and skylights



DON'T
disconnect from the lifeline



Quick Tips for Healthy Living

September is National Yoga Month

Might yoga be what's missing in your overall health? The American Heart Association talks about the connection between Yoga and your overall health. They say many people experience increased energy, improved balance, and say it can even lower stress when yoga is practiced regularly.

Most people also experience increased energy and an improved overall well-being when physical activity becomes routine. Yoga helps to improve circulation, more efficiently delivering oxygenated blood to the body's cells, especially during yoga breathing techniques. Yoga workouts can help lower your resting heart rate, increase endurance and improve oxygen intake.

Studies have shown that regular physical activity helps relieve depression and may improve the quality of life and mood in people with heart disease, cancer and other chronic illnesses. Yoga might be just what you need if you're not into other types of fitness or are older and have physical limitations. It provides healthy movement to your life.

The American Heart Association does note that more research is needed on the health benefits of Yoga, but it is clear that yoga is gaining popularity. In the last 10 years the number of Americans practicing yoga has nearly doubled. It's now practiced by more than 21 million adults and more than 1.5 million children. Look for classes in your community or instructional videos, books and websites.

Be sure to check out www.aurorahealthcare.org/events to register for upcoming classes. There are Yoga and Soul Sculpt classes being offered at Aurora Sheboygan Memorial Medical Center, Aurora Sheboygan Clinic and Aurora Health Center in Plymouth.

Information source referenced, www.heart.org



DON'T
work around unprotected
openings or skylights

PLAN ahead to get
the job done safely.

PROVIDE the right
roof equipment.

