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## *Weekly Safety Tip*

*Life Is All About Choices!*<sup>®</sup>

January 29, 2018

### **SCI Safety Tip: Do You Have Questions about Disposable Dust Masks? We Have Answers! (Part 2)**

*By: Rick Winship*

*Source: <http://www.ehstoday.com>*

*Date: October 12, 2017*



When R or P filters are used in non-oil mist environments, dirty/damaged/difficult to breathe through is the criteria for disposal.

#### ***How do I select the correct dust mask?***

Selecting the correct type of dust mask for the application also is important, because the incorrect type could make an employee vulnerable to a hazardous situation. Identifying the potential contaminant is the first step. Air sampling or testing for airborne contaminants always is recommended.

Dust masks are identified by NIOSH numbers, all of which begin with an N, R or P – letters which categorize oil-resistance designation.

There are three types of dust masks:

- N series filters – These are limited to atmospheres that are free from aerosolized oil. They can be used for any solid or liquid airborne particulates that do not contain oil.
- R series filters – These can be used for removal of any particulates, including oil-based liquid aerosols.
- P series filters – These filters are designed to block 99.9 percent of particles .3 microns or larger.

Disposable dust masks have the same assigned protection factor (APF) as half-mask air purifying respirators. An APF of 10 means that the dust mask safely can be used in an atmosphere that has a hazardous concentration of up to 10 times the PEL.

***What are the limitations of dust masks?***

### ***SCI Safety Slogan***

*“The way we communicate about safety will influence whether or not people understand and participate in the safety process.”*

***James Lehrke- SCI***

Dust masks can be used for protection from a variety of contaminants. When choosing the type of protection needed, always check with the manufacturer to ensure that the dust mask is the correct type of protection for the contaminant and level of exposure.

As with any negative pressure respirator that filters ambient air, some exposures won't be protected by a dust mask. Be sure that a disposable dust mask is correct for your situation and conditions. When determining the exposure limit, be sure to check the toxic and hazardous substances listed in 1910 Subpart Z. Be sure to look at the Table Z-3 for mineral dusts, including nuisance dusts, which may apply to your situation.

Another useful resource is the NIOSH Pocket Guide, which provides information on a wide range of chemicals. This includes the OSHA and NIOSH exposure limits, sampling methods and recommended respirators.



#### ***What type of training is required?***

Training on dust mask use must be performed by the employer. The employee must demonstrate knowledge of:

- Why the respirator is required and how improper fit can compromise the effectiveness of the respirator.
- The limitations and capabilities of the respirator.
- How to use the respirator effectively in an emergency, including situations in which the respirator malfunctions.
- How to inspect, put on and remove, use and check the seals of the respirator.
- How to recognize medical symptoms that may limit or prevent the effective use of respirators.
- Proper training is key to the effective and safe use of dust masks and respirators. You must fit test all disposable dust masks if they are part of a required respiratory program. Finally, remember to dispose of dust masks when they become dirty, damaged or difficult to breathe through.

Employee health and well-being should be the priority, and proper breathing equipment and handling support this goal – with the bonus of bolstering job satisfaction and productivity.

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*visit [www.MotionIndustries.com](http://www.MotionIndustries.com) or the [Mi Safety Specialist website](#) on [Motion Industries' Knowledge Hub](#).*

## SCI OSHA News: OSHA Fines Prime Woodcraft for Machine Safety Violations

*Source: <http://www.ehstoday.com>*

*By: [Stefanie Valentic](#)*

*Date: January 25, 2018*

When it comes to machine safety, Supply Side USA of New Lenox, Ill., fails to comply to OSHA's standards.

The pallet manufacturer, which does business as Prime Woodcraft Inc., stacked up numerous safety violations after a recent inspection.

“Too often, employees are injured because companies lack adequate machine safety procedures and safeguards,” said Kathy Webb, OSHA Chicago south area office director. “Employers have a responsibility to evaluate their workplaces for hazards, and ensure safe operations.”

The company did not install adequate machine guards nor did it implement energy control procedures to prevent equipment from unintentional operation, according to agency investigators.





In addition, Prime Woodcraft failed to train workers about noise hazards and allowed combustible dust to accumulate on surfaces. OSHA penalized the company for two repeated, six serious, and three other-than-serious violations as well as a proposed total of \$91,832 in fines.



Prime Woodcraft has 15 days to respond to the proposed citations.

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Quick Tips for Healthy Living

**HAPPY 2018!**

The New Year reminds us to start fresh and look ahead at what we can improve on from the past year. Resolutions are a great way to meet short term goals and can help motivate us toward long term healthy living. The overall focus should be on living a lifetime full of happiness and health!

**“Happiness is the meaning and the purpose of life, the whole aim and end of human existence”**

**-Aristotle-**

In the past few years HAPPINESS has been a popular topic in the media. There has been a lot of research and articles related to this, just GOOGLE happiness. From Time magazine to Twitter, you will find endless articles that discuss the correlation of living happy and being healthy.

The Huffington post wrote an article, **“Living Well, According To Some Of The Wisest People Who Ever Lived”**, a common theme is happiness. We all have our own definition of happiness and we have a choice to do better and live happier! Studies show 40% of happiness comes from our thoughts, actions, & behaviors, 10% from our circumstances, and 50% being genetic. Research also suggests certain personal attributes—whether inborn or shaped by positive life circumstances—help some people avoid or healthfully manage diseases such as heart attacks, strokes, diabetes, and depression.

An article from Harvard looks at happiness and health, it states, **“Negative emotions harm the body. Serious, sustained stress or fear can alter biological systems in a way that, over time, adds up to wear and tear and, eventually, illnesses such as heart disease, stroke, and diabetes. Chronic anger and anxiety can disrupt cardiac function by changing the heart’s electrical stability, hastening atherosclerosis, and increasing systemic inflammation.”**

Give yourself the greatest gift in 2018, choose to live HAPPY!



If you want your team to achieve goals, then show the leadership it takes to:

- Show creative ways to motivate the team.
- Leading by example.
- Show innovative ways and inspire.
- Have an open and honest communication between management and employees to cultivate an inspiring team!

*We'd always like your feedback. Let us know what articles you'd like to see!*

In Loving Memory...  
Jessica, Kristin and Nick

