

NASA-LaRC SAFETY NEWSLETTER

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What Happened to Safety TV Channel 11 ?

As previously mentioned in this newsletter, April 15 was the scheduled day for the beginning of broadcast of the Safety TV Channel 11 on the LaRC Cablevision. Because of a delay in delivery of equipment, the debut has been delayed. Interchangeable video equipment that is available from the loan pool is being utilized to get Channel 11 on the air. The premiere is now scheduled for the week of May 1.

Back Safety Tips

No matter where you work or what your job is, chances are good that you run into at least an occasional back-related hazard. Even if your job doesn't require any lifting or twisting, back injuries can still occur. Poor posture can cause problems as can off-the-job activities. The following tips can apply to almost anyone.

Whenever you do any lifting (on or off the job) consider these suggestions:

- * Stand close to the object you're going to lift.
- * Keep your feet about shoulder width apart.
- * When you squat down to pick up the object, bend at the hips and knees and keep your back straight.
- * Push your shoulders back and stick out your chest as you grasp and pick up the object.
- * Make sure the weight of the load is evenly distributed.
- * If there's a chance you can't handle the load, make multiple trips or get some help.
- * Once you have the object in your hands, stand up slowly.

- * Try to keep your ears, shoulders and hips in a straight line.
- * Keep the object as close to your body as possible and keep your elbows against your sides.
- * When you put the object down, remember to again bend at the hips and knees, keeping your back straight.

Hazard Communication

LaRC's Hazard Communication Plan is an OSHA required program that is for the education of employees regarding chemicals in the workplace. The program involves initial training, a written program (LHB 1710.12) and refresher training. While the initial training and the written program are in place at LaRC it is important to remember that refresher training is required within the facility. Refresher training should include the following areas;

- 1- How to detect the release of hazardous chemicals.
- 2- The hazards of all the chemicals in your work area and the dangers of any job you are required to accomplish.
- 3- How to protect yourself from these dangers.
- 4- The details of the Hazard Communication Program developed by LaRC.

By following the safe work practices explained in your training, and using information from product warning labels and MSDSs, you can help keep hazardous chemicals under control in your workplace.