CFM/VR-TESCO, LLC
CONTINENTAL FIELD MACHINING

WELDING DYNAMICS INTERNATIONAL
Div. of CFM/VR-TESCO, LLC

Eye on Safety

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At CFM/VR-TESCO,LLC, the lives of our employees are very important to us; hence we strive to provide maximum safety to our employees within the organization.

Our organization is successful because of our hard-working workforce, their lives and safety is our main concern; therefore we promote workplace safety within our organization.

2019 Recordable Injuries	**0**
EMR	**.69**

Forklift safety: Rules of the aisle!

Forklifts are wonderful tools for moving and stocking material. However, they do come with a certain number of safety hazards.

Many pedestrians or bystanders are injured in forklift-related accidents. These injuries can occur when forklifts strike pedestrians or when pedestrians are struck by falling loads.

OSHA requirements

The Occupational Health & Safety Administration (OSHA) requires that permanent aisles and passageways be free from obstructions and appropriately marked where mechanical handling equipment is used. [29 CFR 1910.176(a)]

Your employer should take the following safety measures:

- Separate pedestrians from lift trucks by providing:
  - Pedestrian walkways;
  - Permanent railings or other protective barriers;
  - Adequate walking space on at least one side, if pedestrians must use equipment aisles; and
  - Pedestrian walkway striping on the floor, if barriers cannot be used.
- Installation of convex mirrors at blind aisle intersections.
- Posting of traffic control signs; and
- Posting of plant speed limits.

Potential hazards with pedestrians

Forklift operators should always be aware of conditions in their workplace, including pedestrian traffic. Forklift traffic should be separated from other workers and pedestrians where possible.

Some of the hazards you might encounter that involve pedestrians include:

- Danger of striking pedestrians and objects;
- When a person or group of people walks across your planned route;
- Blind corners;
- Loads that obstruct your view of pedestrians; and
- Backing up.

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Forklift safety: Rules of the aisle! *(continued from page 1)*

Requirements and recommended practices

- Yield right of way to pedestrians.
- When a person or group of people walks across your planned route:
  - Stop;
  - Wait until the pedestrians pass by; and
  - Proceed cautiously through any congested area.
- If an area is cluttered, walk the route first to spot problems.
  - Check for situations that require a spotter and use one when traveling;
  - Warn pedestrians by asking them to move if there is not sufficient safe clearance;
  - Sound the horn at blind corners, doorways, and aisles; and
  - Sound the horn or other alarm when you back up.

Safety precautions for drivers

- Slow down, stop, and sound horn at intersections, corners, and wherever your vision is obstructed.
- When provided, use flashing warning light or backup alarms when traveling in reverse.
- Do not move the truck if you do not have a clear view of travel.
- Use a spotter for blind spots.
- Always look in the direction of travel.

- Use mirrors at corners.
- When moving without a load, keep unloaded forks no more than six inches off of the floor.
- Make sure your load is balanced and secure on the forks.
- Start, stop, travel, steer, and brake smoothly.
- Obey speed limits.
- Signal to pedestrians to stand clear.
- Do not allow anyone to stand or pass under the load or lifting mechanism.
- When possible, make eye contact with pedestrians or other forklift operators.

Safety precautions for pedestrians

When walking near forklift traffic, be aware that lift trucks cannot stop suddenly. They are designed to stop slowly to minimize load damage and maintain stability.

Follow these safety precautions:

- Stand clear of lift trucks in operation.
- Use caution at crossways and corners. The driver's visibility may be limited due to blind spots.
- Be aware of the wide rear swing radius of the forklift.
- Use pedestrian walkways, or stay to one side of the equipment aisle.
- Never ride on a forklift, unless authorized and the forklift is designed for riders.
- Never pass under an elevated load.

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Safety focus: Scissor lifts

Scissor lifts are work platforms used to safely move workers vertically and to different locations in a variety of industries including construction, retail, entertainment and manufacturing. Scissor lifts are different from aerial lifts because the lifting mechanism moves the work platform straight up and down using crossed beams functioning in a scissor-like fashion. Although scissor lifts present hazards similar to scaffolding when extended and stationary, using scissor lifts safely depends on considering equipment capabilities, limitations, and safe practices.

Safe use of scissor lifts

Only trained workers should be allowed to use scissor lifts. Safe scissor lift use includes properly maintaining the equipment, following the manufacturer's instructions, providing workers training and needed personal protective equipment (PPE), and implementing safe work practices.

OSHA's investigations found that most injuries and fatalities involving scissor lifts were the result of employers not addressing fall protection, stabilization, and positioning.

Fall protection

Scissor lifts must have guardrails installed to prevent workers from falling (see 29 CFR 1926.451(9) or 29 CFR 1910.29(a)(3)(vii)).

When using a scissor lift, you should:

- Check to see that a guardrail system is in place before working on the scissor lift.
- Only stand on the work platform; never stand on the guardrails.
- Keep work within easy reach to avoid leaning away from the scissor lift.

Stabilization

Employers should ensure that scissor lifts are stable and will not tip over or collapse. Here are some safe work practices to ensure safe, stable conditions for scissor lift use:

- Follow the manufacturer's instructions for safe movement. This usually rules out moving the lift in an elevated position.
- Isolate the scissor lift or implement traffic control measures to ensure that other equipment cannot contact the scissor lift.
- Select work locations with firm, level surfaces away from hazards that can cause instability (e.g., drop-offs, holes, slopes, bumps, ground obstructions, or debris).
- Use the scissor lift outside only when weather conditions are good. Scissor lifts rated for outdoor use are generally limited to wind speeds below 28 miles per hour.

Positioning

Positioning the scissor lift to avoid crushing or electrocution hazards is important for safe use. Crushing hazards are present in workplaces using scissor lifts and may expose workers nearby, even those not working on the scissor lift.

Scissor lifts present crushing hazards similar to vehicles and other mobile equipment at worksites. You should be watchful when:

- A moving scissor lift is near a fixed object.
- A moving vehicle and the scissor lift are operating closely.
- The scissor lift passes under a fixed object, such as a door frame or a support beam.

Positioning the scissor lift to avoid electrocution, arc flash, and thermal burns is important for safely using scissor lifts near energized power lines.

Since electricity can arc or jump from the power line to the scissor lift or worker, electrocution can occur even if neither the scissor lift nor the worker touches the power line.

Your employer should use the following work practices to ensure that scissor lifts are safely positioned:

- Implement traffic control measures around the scissor lift to prevent other workers or vehicles from getting too close.
- Use ground guides when operating or moving the scissor lift around the workplace.
- Select work locations that have at least 10 feet of clearance from electrical power sources (e.g., power lines, transformers) and that do not pose other overhead hazards (e.g., other utilities, branches, overhangs, etc.).
- If the job task requires work near an electrical source, ensure that the worker is qualified and has received the required electrical training.

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Safety Statement

The well being of our employees while on the job has the highest priority at CFM/VR-TESCO, LLC. While we must provide quality work at a fair price for our customers in order to survive as a business, we refuse to accept that our employees must be injured in the process. We believe that productive work habits and safe work habits are one in the same.

The goal of CFM/VR-TESCO, LLC is to:

- Avoid accidents and other unplanned occurrences that result in injury to employees, interruption of production, or damage to equipment and property.
- Take all action necessary in engineering, planning, assigning and supervising work operations and to establish and maintain safe and healthful working conditions on projects and facilities.

Many accidents happen when people are in a hurry to get something done, or when they get into habits and think that it won't happen to them. None of us have the ability to predict when, where, or how an accident will happen.

The tragedy is that most accidents would take but a few seconds to avoid. No matter how busy or experienced you feel you are, you MUST consistently take that little bit of additional time to do it safety. You cannot coast, you have to do it safely everyday. Victims of accidents wish they had.

Certain jobs will require additional protections. It is extremely important that you understand HOW each task is to be done in safe manner. If you do not know, STOP, and ASK before you begin to work. Your safety and well being, as well as the safety of those around you, can be accomplished only through your constant, sincere effort. Merely talking about safety will not make the safety a fact.

Company management and employees must work together to maintain a safe work environment. Together we can achieve our goal of an accident-free workplace.

President

How much water should I drink?

"Do not take life too seriously. You will never get out of it alive."

Elbert Hubbard

It's important to stay hydrated when working in hot environments.

Water makes up about 60 percent of your body weight. Your body depends on water to survive.

Drinking enough water is important, as it helps keep your body temperature normal, cushions joints, gets rid of bodily waste, and reduces the risk of kidney stones. In addition, it helps you feel full between or during meals.

While it's important to keep yourself hydrated, there are no hard and fast rules about how much water you should drink each day. Generally speaking, a good rule of thumb is to aim for eight 8-ounce glasses each day. More water will be needed if you're physically active or in a hot environment.

One way to tell if you are getting enough fluids is to look at your urine. If it is colorless or light yellow, you are probably getting enough fluids.

Keep in mind that about 20 percent of our water intake comes from the food we eat. Foods like soup, melon, and tomatoes are very high in water content, and this fluid counts toward our daily water intake.

If you're having a hard time convincing yourself to drink more water, consider adding slices of lemon, lime, or even cucumber to your water to add a little flavor.

Replace fluids

When you're exercising or working outdoors on a hot day, your temperature rises. The body cools itself down by sweating and increasing blood flow to the skin.

While sweating cools you down, it also means that fluids are leaving your body. When they're not replaced, you become dehydrated.

Dehydration can lead to muscle fatigue and loss of coordination, as well as heat illnesses such as heat exhaustion or heat stroke. To avoid this issue, always bring water with you when exercising or working outdoors on warm days. Try to drink about 8 ounces every 20 minutes.

If you become dizzy or lightheaded, or feel very tired, it's time to take a break.

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